



Posttraumatic Growth

...positive psychological change experienced as a result of a struggle with highly challenging life circumstances.

SHIFT Happens!

Self-Reflection from a strengths-based lens generates energy to adapt, grow, and change. Begin your reflection time with a Mindful Pause:



TAKE A MINDFUL PAUSE:

STOP and prioritize self-care
BREATHE to connect body and mind
THINK with a restorative mindset
CHOOSE to align with purpose

LEARN MORE AT [GUIDEDRESILIENCE.COM](https://www.guidedresilience.com)



**Development of
deeper
relationships**

Who has experience surviving such a trauma? Are there people whom I trust to share this experience and gain perspective in reframing the experience?

**Openness to
new
possibilities**

While I cannot change what has happened, what can I learn from this experience? How can this experience better prepare me for future stress and trauma? How can I transform tragedy into triumph?

**Greater sense
of strength**

Because I survived this experience, am I stronger than I thought? Are there role models who have grown stronger under conditions of extreme adversity and suffering?

**Stronger sense
of spirituality**

Is this experience bigger than myself? What brings meaning to my life? What are my true values? Are my choices aligned with my values?

**Greater
appreciation of
life**

Will this be a wake-up call for me and push me to reorder priorities in my life?