



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Cultivating Wellbeing

Cultivating wellbeing can include all the resilience tips we have discussed this month: hope theory, constructive trauma narrative, and cultural and social support. Start with what resonates most with you and explore more as you feel comfortable.



Helpful Tips:

- Connect with others. Spending time with people you care about can be a source of continued support. Having a strong family, social and cultural support system is one of the biggest indicators of resilience (SAMHSA, 2013).
- The way trauma is framed after the event has a great effect on your wellbeing. Consciously construct a narrative where you have control. This can mean physically re-writing the trauma to have a conclusion you are satisfied with. (Meichenbaum, 2013a)
- Create meaning. Meaningful activities can be anything that aligns with your values and goals; taking time to seek them out can create a strong sense of purpose and hope.

SPARCS (DeRosa et al. 2006)