**RENEWAL CONCEPT #1: Coping**

Take a moment to reflect on what strategies and tools are helping you ground and respond.

What’s coming up for you?

How do we believe that we have the resources to respond?

**RENEWAL CONCEPT #2: Resilience**

What elements of your community, before, during, and after a crisis, do you want to integrate into your life?

**RENEWAL CONCEPT #3: Post-Traumatic Growth Theory**

How do you know- in your body-when something is growing within?

How do we know- in our practice (clinical, teaching, youth-partnership, leadership)- when we have transformed?

**RENEWAL CONCEPT #4: Healing**

If healing were central to everything we did in our work, what might be different?

What would have to change?

**RENEWAL CONCEPT #5: Meaning Making**

How do you understand your Self in relation to the big thing that happened? Is happening?

How do you understand the people you are in relationship with?

What matters, now?

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| **3: Takeaways, ideas, quotes, pieces that you want everyone to know****2: Wonderings, questions, curiosities, areas of further learning you want/need****1: Ah ha, appreciation for yourself, connection to what you are feeling and doing** |