



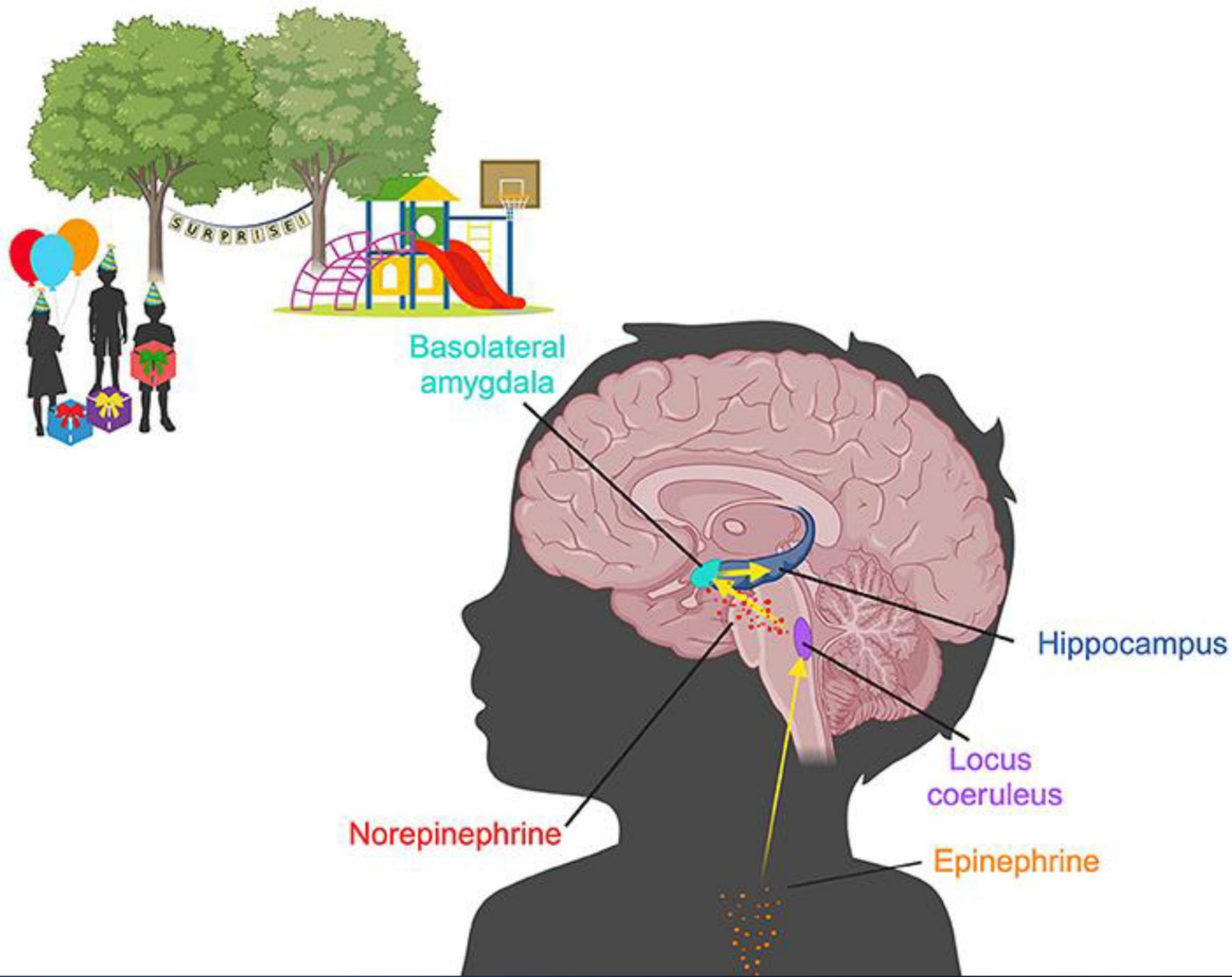
BUILDING RESILIENCY

UNDER THE SHADOW OF GRIEF

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CONNECTIONS



- Look at what I see! People with presents – they must be happy and fun! A playground – that means fun!
- Do you hear what I hear?! – People laughing – this must be a fun party!
- I smell hotdogs! That means summer cookouts and family!
- I remember parties being fun. It must be a fun party!

THINKING BRAIN
(REASON MIND)

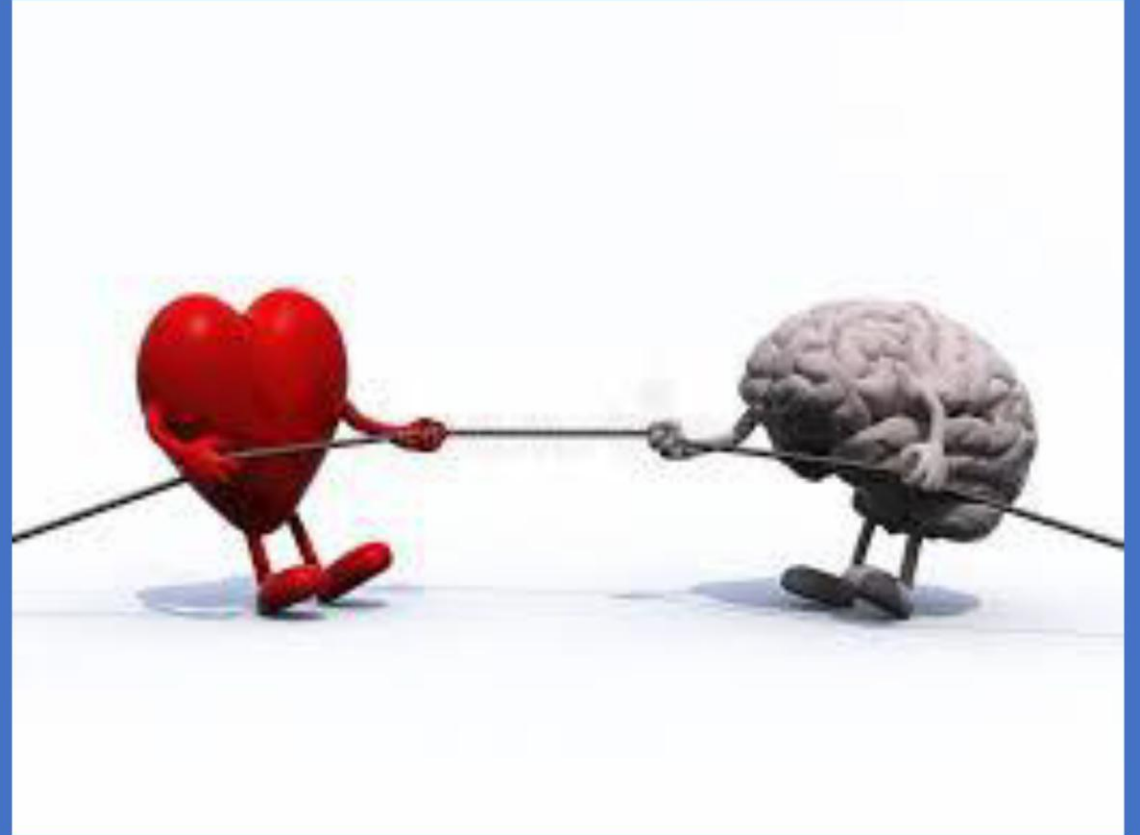


AMYGDALA
(EMOTION MIND)



BRAINSTEM

Heart Rate, breath and muscles
respond to Amygdala.



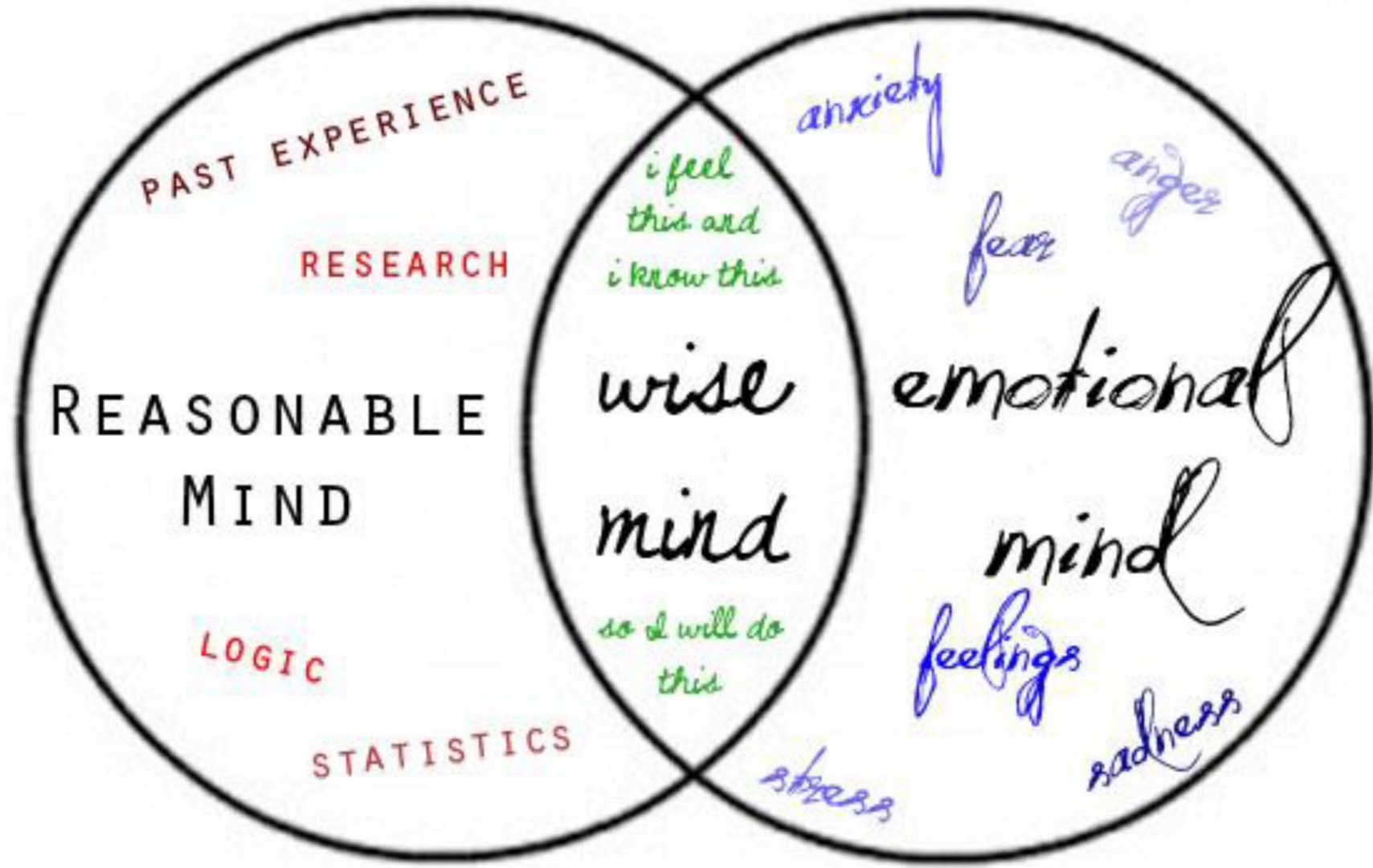
PRESENT-MOMENT LIVING

... When you think about it,
there really is no other moment
you can live. Now is all there is ...

Wayne Dyer







i have
arrived
i am
home

