

THE FOUR C'S OF RESILIENCE

Wellness and Advocacy for Young Leaders

COPING

Coping is what people do to try to minimize stress. Some examples of coping skills include:

- calling a mentor or friend;
- spending time processing to reduce the chance of the trigger coming up again;
- having a good cry or receiving a big hug; or
- writing in a journal.

COMPETENCY

Competency is the ability to do something successfully or effectively and applies to the understanding of how participating in the opportunity might affect you. Some examples of questions to consider:

- Will you be sharing a lot of your story?
- Do you feel prepared to speak or share?
- Is your advocacy aligned with the mission/theme?

CONTROL

Control means you have the capacity to act independently and make your own choices every time you participate in an advocacy opportunity. Following are examples of ways to exercise control:

- Set boundaries.
- Know when to say no to opportunities.
- Focus on emotional awareness.

CONNECTION

Connection is the state of being joined or linked to people, places or things, which helps you cope if you are in a situation where you may feel triggered. Being connected can mean having someone who:

- supports you by being an anchor in the audience when you are speaking or sharing your story;
- shares constructive feedback;
- helps you practice and prepare your remarks; and
- is an ally and advocates for you when you need support.