



The #RANGEOfResilience



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**Productive behaviors, thoughts, and actions
that can be learned. RESILIENCE prepares
us to recover from setbacks and thrive in
the face of adversity.**

; Resilience

RESILIENCE



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**Imagine a world without
resilient first responders**



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A close-up, low-angle shot of a brown and white dog splashing in the ocean. The dog is looking directly at the camera, and water is splashing around its head. The background shows a bright sunset over the ocean with a clear blue sky.

How would my life be better if I improve my personal resilience?



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The #RANGEOfResilience

R. Recognize the good

A. Active Constructive Responding

N. Notice the World Around You

G. Get Up and Move

E. Energy Management





Recognize The Good

#ResponderReadiness: Performance, Persistence, Prevention

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- R.** Recognize the good
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- N.** Notice the World Around You
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- E.** Energy Management

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Active Constructive Responding

#ResponderReadiness: Performance, Persistence, Prevention



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Notice the World Around You

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Get Up and Move

#ResponderReadiness: Performance, Persistence, Prevention



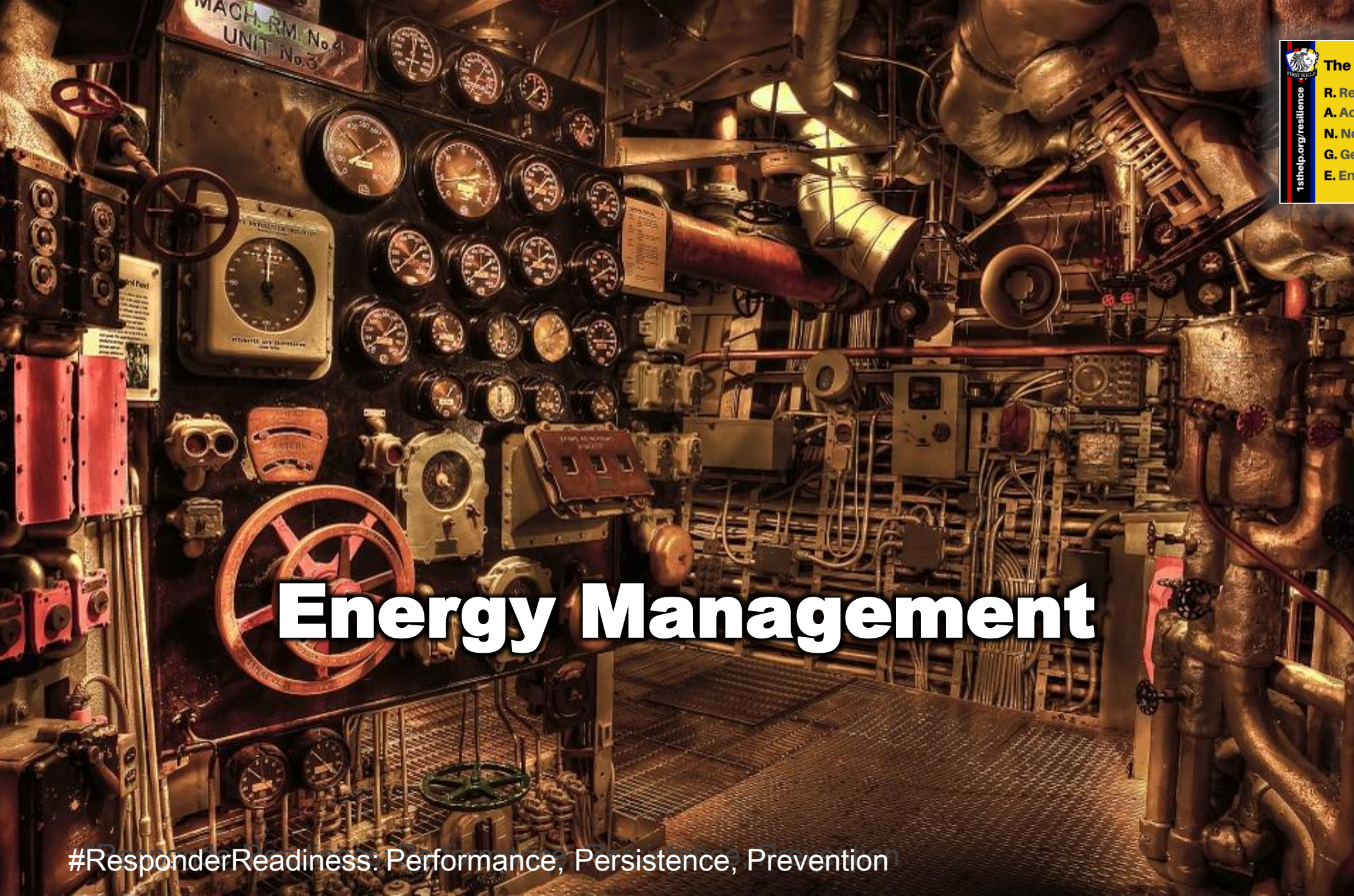
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MACH. RM. No. 4
UNIT No. 3

Energy Management

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#DESTRESSMONDAY

BREATHE WITH THE SHAPE

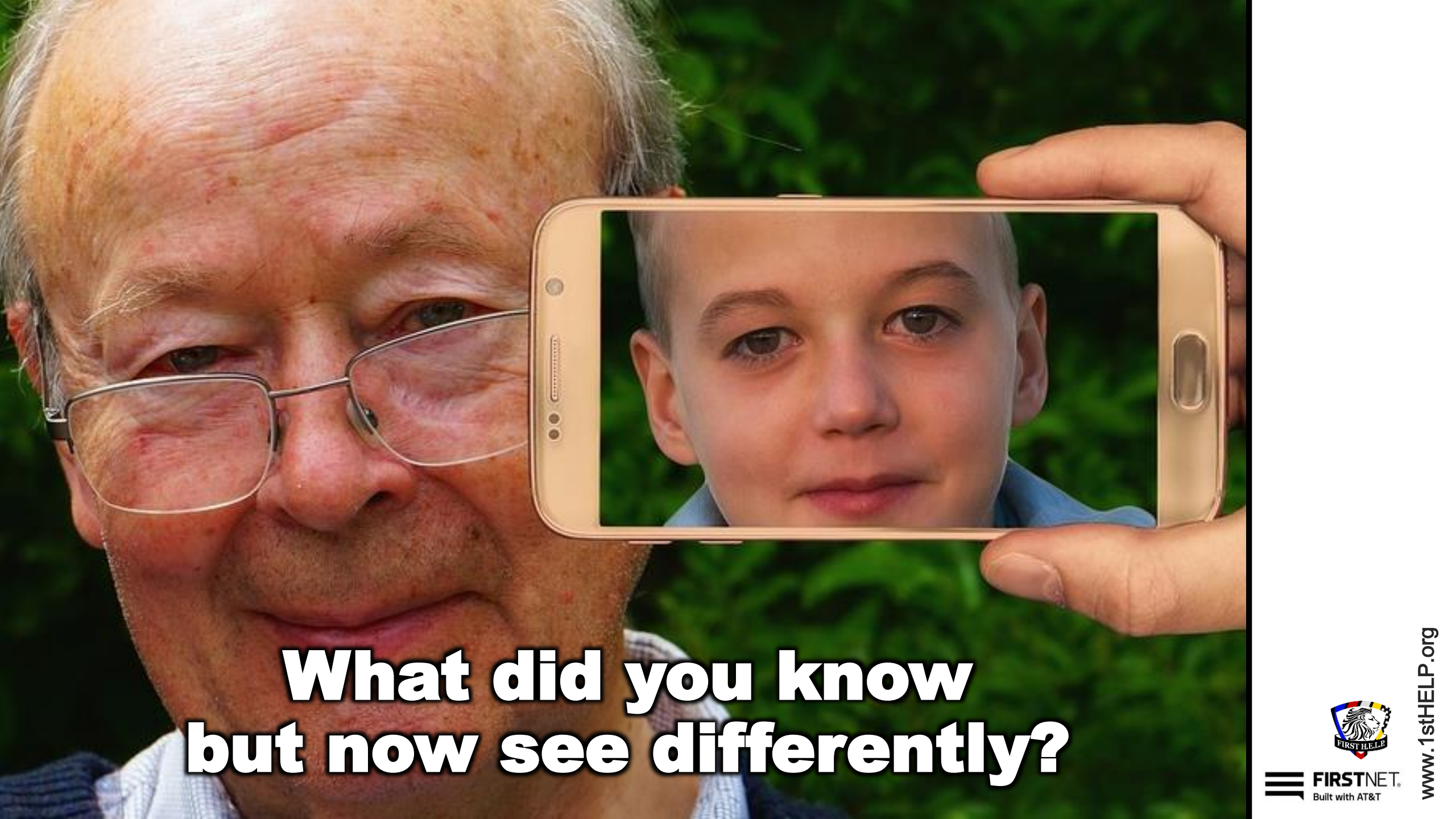


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The #RANGEOfResilience

What surprised you?



**What did you know
but now see differently?**



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What do I still need help with?



What surprised me?



What do I see differently?



What do I need help with?

A close-up photograph of two hands shaking firmly against a bright blue sky with scattered white clouds. The hand on the left has yellow nail polish, and the hand on the right has pink nail polish. The text "One Thing.." is overlaid in the center of the handshake.

One Thing..

#ResponderReadiness: Performance, Persistence, Prevention



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Give yourself a SMART Goals



Give yourself a SMART Goals

S – Specific

M – Measurable

A – Achievable

R – Relevant

T – Timebound

#ResponderReadiness: Performance, Persistence, Prevention

Specific

Use numbers or other details to narrow into a very specific goal.



Measurable

How will you know you reached your goal? What markers will you use to keep you on track?

#ResponderReadiness: Performance, Persistence, Prevention

Achievable

Achieving goals will be hard work. Can the goal be achieved in the allotted time?

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Relevant

**Does this goal fit
into the bigger
picture? Does it fit
your purpose?**

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Timebound

A goal without a time limit is just a wish. Set a deadline for success and if you wish to continue increase the goal and set a new deadline.



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