

INTRODUCING

Remarkably Resilient Together®

A community-based campaign to raise awareness about resilience and well-being.

Remarkably Resilient Together® (RRT) is:

- Informed by the neuroscience of trauma
- Utilizes the evidence-based practice of journaling and self-reflection
- Grounded in lived experience

Our mission:

Teach the importance of emotional regulation and self-care to everyone!

Why are regulation and self-care so important?

We are all more resilient when we are emotionally regulated with full resilience cups.

When we take care of ourselves, we are more equipped to be productive, present, and happier in our homes, workplaces, and communities.

How was it developed?

The RRT campaign and supporting materials were developed by TeamTech, a facilitative leadership company with 30+ years of trauma-informed organizational experience.

Experts at Johnson County Mental Health Center reviewed the campaign, with edits and recommendations incorporated into the final program.





Feedback

"Thank you for giving a name, dysregulation, to feelings I have had all my life and for giving me ways now to manage those feelings."

"I am going to share these cards with my 10, 13, and 16 year old children. We will work on emotional regulation together."

"I always thought of self-care as something I need money for. Your cards gave me lots of ideas for free self-care! I am going to do those positive things."



www.remarkably-resilient.com

RRT in the community

Remarkably Resilient Together® is used within various organizations to help support staff, clients, and community members. Here are some of our partners:

- Johnson County, Kansas organizations: Mental Health Center, Corrections, Elections Office, Treasury/Taxation/Vehicles, Court Administration
- Kansas Department for Children and Families: Northwest Region, Southwest Region
- Kansas Department of Corrections, Topeka Correctional Facility
- Wyandot Behavioral Health Network
- Turning Point (part of the University of Kansas Health System)
- Sarasota, Florida organization: The Florida Center

Self-care and regulation matter!

The RRT **"In the Moment"** card deck provides emotional regulation techniques:



While the **"Over Time"** deck features self-care practices:



Get in touch

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