



Remarkably Resilient Together® (RRT) is a community-based campaign to raise awareness about resilience and well-being.

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

Our Goal

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



**Remarkably
Resilient
Together®**

It takes all of us to heal each of us.™

www.remarkably-resilient.com

Why are regulation and self-care so important?

We are all more resilient when we are emotionally regulated and practicing self-care.

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

How was it developed?

The RRT community-based campaign and supporting materials were created by trauma survivors in collaboration with behavioral health experts. RRT translates the neuroscience of trauma into simple, practical tools people can use in everyday life to navigate stress, trauma, and life's challenges.



Launching July 2026: RRT: Emotional Regulation and Self-Care digitized workshops and materials; (Digitized version in Spanish launching later in 2026).

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."

Get in Touch

EMAIL US

kathleen@remarkably-resilient.com

karen@remarkably-resilient.com

VISIT OUR WEBSITE

www.remarkably-resilient.com

FOLLOW US ON SOCIAL MEDIA



@remarkablyresilientinc



@remarkablyresilientinc



@remarkably-resilient

**PURCHASE
RRT MATERIALS**



RRT in the Community

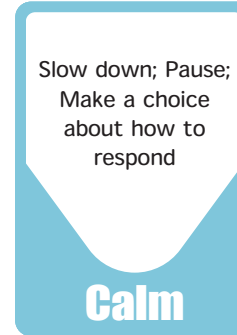
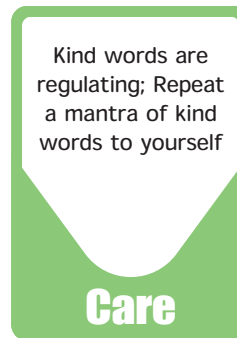
Remarkably Resilient Together® is used within various organizations to help support staff, clients, and community members. Here are some of our partners:

- CASA of Johnson and Wyandotte Counties
- Johnson County, Kansas organizations: Mental Health Center, Corrections, Elections Office, Treasury/Taxation/Vehicles, Court Administration
- Kansas Department for Children & Families: Northwest Region, Southwest Region
- Kansas Department of Corrections
- The Florida Center (Sarasota, Florida)
- Turning Point (University of Kansas Health System)



RRT Regulation and Self-Care Cards

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



The RRT **"Over Time"** deck features self-care practices.

