

ACEs can hurt.  
The good news is, we  
can heal from ACEs by  
building resilience.

#### What is Resilience?

Fortunately, the brain is flexible and can heal, at any age, from the effects of ACEs. Resilience can help.

Resilience is the ability to adjust after something bad has happened. Being resilient helps you get through difficult times and may even include personal growth along the way.

#### What Resilience is Not.

Being resilient does not mean that you avoid adversity or stress, or that you can control every part of life. Pain and loss happen to all of us. Resilience might not mean that you “bounce back” right away after a loss, but that you have the strength to keep going.

 **REMEMBER,  
YOU ARE NOT ALONE.**

#### *Support is available.*

Seeking help from your community or a mental health professional is part of being resilient.

Available 24 hours a day, 7 days a week by phone, text, or chat:

- **988 Suicide and Crisis Lifeline**
  - Call or Text: 988
- **National Domestic Violence Hotline**
  - Text: ‘START’ to 8878
  - Phone: 1-800-799-SAFE (7233)

#### To learn more about ACEs and Resilience:

- Snohomish County Health Department:  
[www.snohd.org/519/Trauma-Resilience](http://www.snohd.org/519/Trauma-Resilience)



425-258-8401

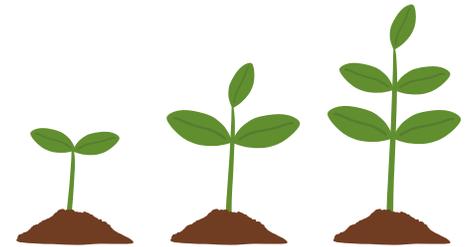
SHD.Trauma&Resilience@co.snohomish.wa.us

**Snohomish County Health Department**  
Prevention Services Division  
3020 Rucker Avenue  
Everett, WA 98201

**YOU ARE  
RESILIENT!**

Trauma & Resilience Program

It's not what is wrong with you,  
it's what happened to you.



Resilience can  
overcome challenges



**SNOHOMISH  
COUNTY**   
HEALTH DEPARTMENT

# Adverse Childhood Experiences

## What are Adverse Childhood Experiences (ACEs)?

Adverse Childhood Experiences (called ACEs for short) are stressful or challenging experiences that happen early in life.

ACEs include things like abuse, neglect, and problems at home, like substance use, untreated mental illness, incarceration, domestic violence, or divorce.

## How Common are ACEs in Snohomish County?

- 2 out of 3 adults experienced at least one ACE while growing up
- 1 out of 3 adults experienced 3 or more ACEs

## Why Do ACEs Matter?

Research tells us that ACEs can cause stress that affects the brain and body as children grow.

Children who experience ACEs may have a harder time learning or they might act out. They also have a higher lifetime risk of having diseases like asthma, heart disease, diabetes, and depression.



# You ARE Resilient

Resilience involves behaviors, thoughts, and actions that anyone can learn.

## Ways to Support Your Resilience:

### Nurture a positive view of yourself.

Acknowledge and have confidence in your strengths and abilities. What strengths have helped you overcome adversity in the past?

**Take initiative.** Make realistic plans to solve a problem in your life and take steps to carry them out. What is a problem you are currently facing? Is there one action you can take today to begin to resolve this problem?

**Support positive relationships.** Spend time with people who remind you that you're not alone during difficult times. Who are three people in your life you can turn to when faced with a challenge?

**Take care of your body.** Eating healthy food, getting enough sleep, and exercising all help build resilience. Have you stretched or moved your body today?

**Practice mindfulness.** Research has shown that bringing our mind to the present moment – through tools like breathing, body scans, and meditation – supports resilience. What are five things you see around you right now?

# Raising Resilient Children

## Ways to Support Your Children:

**Build a strong relationship with your child.** Celebrate, comfort, teach, and engage with your child in ways that support their development.

**Support social connections.** Give children opportunities to interact with other children.

**Offer opportunities for independence.** Listen to and collaborate with your child. Set reasonable limits. Encourage self-soothing and self-regulation of emotions within a supportive environment.

**Take good care of you!** Resilient parents raise resilient children. Model positive relationships and resilience skills.

