



“Tough” Gets You Through Today.

GRIT Gets You Through Tomorrow

By now, we’re all feeling the pressures caused by current stresses of the past several months, on ourselves and those around us. Some days, it feels easy to stay strong. But it’s also hard not to give into fear, overwhelm, and even a little hopelessness, sometimes. On those days, there’s a hidden strength you can tap into—**resilience**.

Spread support in your community by signing up for **GRIT Resilience Training**. GRIT is a free five-hour training designed specifically to support and build resilience in yourself and your community.

Learn foundational education on stress, trauma, and resilience, as well as key steps in reaching out and making meaningful connections in your community, while focusing on strengths! This free training is available in self-paced learning and is packed with helpful resources.

Sign up and learn more at www.letstalkgrit.com



Lyda Hill
Institute for
Human Resilience

Find more training and research opportunities at www.resilience.uccs.edu