

# Ready to get involved?

## Ways to build resilience:

- Mentor a young person
- Spend time with a senior
- Exercise with a friend
- Connect with friends
- Sponsor an intern
- Eat healthy foods
- Tutor a student
- Volunteer
- Play
- Laugh
- Make art & music

## Follow us!

- Sign up for our e-newsletter
- Visit our website to learn more about how you can make a difference

**kitsapstrong.org**



# Kitsap Strong

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## Many thanks to our local funders:



KITSAP  
COMMUNITY  
FOUNDATION



THE SUQUAMISH TRIBE



United Way of Kitsap County



CHI Franciscan Health



KITSAP PUBLIC  
HEALTH DISTRICT

OLYMPIC COLLEGE



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strong**



# THE NEED



**Kitsap Strong**  
is a network of leaders working  
together to build resilience in our  
community.

## Why resilience?

Because of ACEs, or Adverse Childhood Experiences, a set of traumatic experiences that can be “toxic” to our brains and bodies. **37% of Kitsap residents reported having 3 or more ACEs.\***

This leads to increased social, emotional, mental, physical, & behavioral health challenges, relationship disruption, difficulty with work, and can make parenting much more difficult.

The more ACEs a person has experienced, the greater the risk of social and health challenges across the life-span.

\*Based on BRFSS data from 2011.

# THE REMEDY

## Resilience:

### BUILDING HOPE

By building relationships, cultivating self care, and the development of adaptive coping skills, we can transform a potentially toxic event into a tolerable one.

We can build the capability to be resilient to stressors at any age. Through good self-care practices like physical exercise, healthy eating, mindfulness, meditation, prayer, reflection, connection, play, stretching, etc.—we can improve how our brains and bodies function. Our mental skills of planning, prioritizing, regulating emotions, and impulse control can be strengthened through these self-care activities and build our resilience, improving our ability to bounce back.



# YOU!

Who can make a difference in  
Kitsap County? **YOU CAN!**

Relationships are the key to building resilience. When you reach out to a friend, mentor a young person, or spend time with a senior—you are helping that person build the “bounce” they need to overcome life’s stress and reduce the impact of toxic stress. You are also strengthening the skills and relationships you will need to deal with life’s ups and downs.

