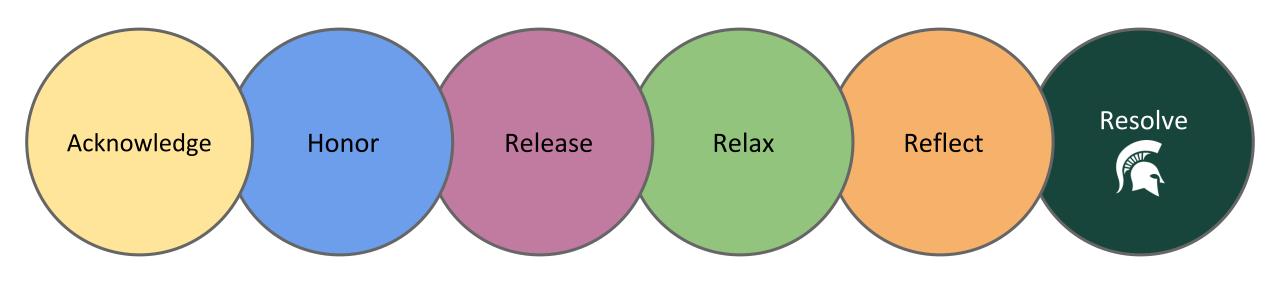


Understanding the Impact of Dominant Cultural Narratives

Future additions to the model as new learnings happen

## The 6-word framework for resilience.









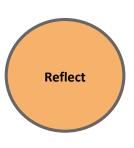
State clearly what has happened or is happening.



Allow yourself to connect with the present moment and help your nervous system reset.



Name and allow yourself to feel the full range of your human emotions.



Reflect on your core values and/or the values of the institution. Identify specific actions you can take that would be lined up with these values.

Ask yourself: Given what happened or is

happening, who do you want to be and

how do you want to move forward?



Become willing to release what you are holding, experiencing, and creating in this specific moment.



Take courageous, value guided action without attachment to the outcome.

Spartan Will

Laughman, L. (2017) The 6-Word Framework for Resilience. Michigan State University. University Health and Wellbeing, Spartan Resilience Education spartanresilience@msu.edu