



Resilient Families:

- make meaning of adversity
- keep positive outlooks
- rise above small problems and nurture spirituality
- demonstrate flexibility
- stay connected
- find social and economic resources
- communicate clearly
- share open emotional expression
- solve problems together

Source: Walsh, F. (1998).
Strengthening Family Resilience. New
York: the Guilford Press.

^{UW}
Extension
Cooperative Extension

Family Living Programs

UW-Extension provides equal opportunities in
employment & programming, including Title IX and ADA.