



# Reach for Resilience

Helpline for  
ND Healthcare Workers

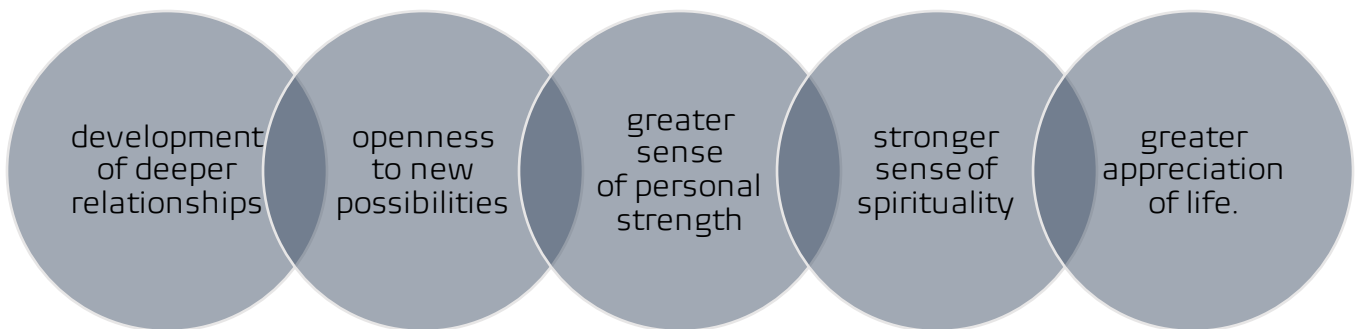
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**701-365-4920**

## The story of the lotus flower . . .

To start, the lotus has a life cycle unlike any other plant. Its roots can reach up to 6 ft deep and are latched in mud. The flower submerges every night into murky river water to bloom clean and bright the next day. This flower also has a fascinating will to live. A lotus seed can withstand thousands of years without water and is able to grow once planted. These flowers also need weeks of hot weather before they start flowering.

In such conditions, with refusal to accept defeat, it is no surprise this flower often symbolizes resilience, growth, and faith.

## 5 domains of Post-Traumatic Growth



*Post-traumatic growth* has been defined as “positive psychological change experienced as a result of a struggle with highly challenging life circumstances” and through establishing perspectives for a “new normal” when the old normal is no longer an option.



Strategies for each  
of the 5 domains



JAMA article:  
Pandemic-Driven Post-traumatic Growth  
for Organizations and Individuals

“Ultimately, it is not the trauma that causes growth, but rather how individuals and organizations interpret and respond to it.”

(Olson, Shanafelt & Southwick (2020))

