



## What Is Our Legacy?

While many define a legacy as a gift that is handed down, there are elements of a legacy that do not come in physical forms. [Center for Strength's](#) most treasured forms of legacy are found in our Rays of Resilience which are defined values to sustain your healing and recovery journey. Whether you are looking for continued guidance or resources in maintaining those goals, the Rays of Resilience are to be used to extend the support the Center offers.

Our Rays of Resilience legacy captures the time we have been a part of your life to celebrate and support you throughout these past few years. Hopefully, our "gifts" have had a tremendous impact on your mental health, encourage you to explore your strengths and leave pathways for you to succeed in moving forward.

Our [Pillars of Strength, Connect, Do, Heal and Learn](#) are tools for you to use on that pathway to resilience. Our Pillars provide you with essential coping skills, activities, and resources that healing journey and to give yourself the space and energy needed to recover. address negative moods and reduce stress. However, everyone responds differently to stressful or difficult life events. Using these tools to help maintain a healthy mental state will vary from person to person.

Let's explore the Pillars of Strength in action.

- The purpose of "Connect" is to [gather, build and maintain relationships](#), and laugh a little. The connections you make through relationships, places, and social activities can build a safety net for your physical and mental health. Healthy connections with family, friends, partners and co-workers, and even having a pet, are known to lower levels of anxiety and depression, and raise self-esteem. Whether it is spending time with a friend, chatting to someone, joining a choir or a group of like-minded people, going to a place of worship, or offering to help someone else, staying connected can assist in overall wellness.
- "Do" encourages engaging in activities that promote [health and wellness](#). It is no surprise that exercise has many benefits, not only for your physical health but also your mental health. Exercise releases chemicals like endorphins and serotonin that improve your mood. It can also get you out into the world, help to reduce any feelings of loneliness and isolation, and put you in touch with your physical self. [Exercise](#) does not mean that you must run 5 miles a day, it can be as simple as going on a walk or taking a yoga class.



- The “Learn” Pillar encourages you to gain strategies, insights, and understanding related to trauma recovery, [teen relationships](#), parenting, and other relevant topics. Learning new skills can also improve your mental wellbeing by boosting self-confidence along with helping you to build a sense of purpose and help you connect with others.
- People engaged in [learning](#) can develop an ability to cope with stress, as well as feeling more self-confident (in what?). There is a myriad of ways to bring learning into your life, it just depends on how you learn or gain knowledge.
- “[Heal](#)” is where you are encouraged to access [mental health services](#) in either a group or individual setting. We all heal in different ways so you may find that the other Pillars don’t offer what you need. Our Pillars are complementary to and not used to replace traditional therapies. We all heal in different ways so you may find that talk therapy can be helpful. It can be provided in a variety of settings, including group therapy or a support group. This allows you an opportunity to talk with others who may be experiencing similar things and find support and assurance through speaking about your experiences and listening to them talk about theirs.

Our vision is to empower and educate our community to utilize resources that will guide and support their journey through resiliency and recovery. Resilience is best served when you actively participate in supporting your physical, mental, emotional and social skills on a regular basis. You can build your resilience by engaging in our Pillars. They may be small actions such as a call to a friend, writing in your journal, or taking a walk around the block. Collectively these steps can help you to feel strong, relaxed, capable, and more connected to others in your community.