

# *Resilient Farms & Families: Strength Under Stress*



**Stronger Together: Gathering  
for Farming in Challenging  
Times**

# **Resiliency is the ability to**

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Not only survive, but thrive!



*In order to remain strong, we must stretch ourselves and spring forward!*

# Walsh's Key Processes in Family Resilience: Belief System

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- Resilient families:
  - Make meaning of crisis and challenge
  - Maintain a positive outlook
  - Value spirituality

Family and farm mission statements:

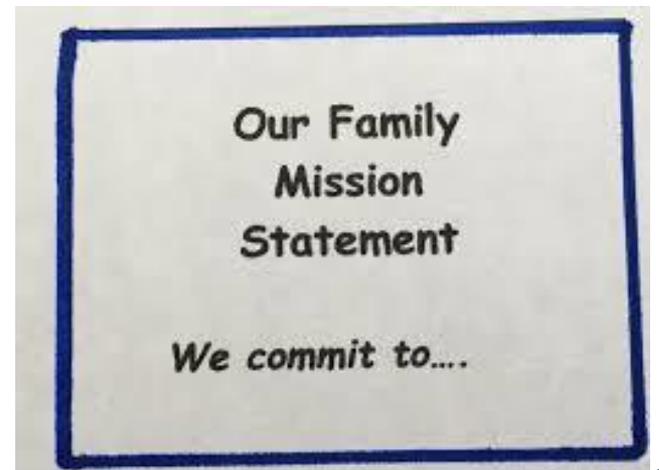
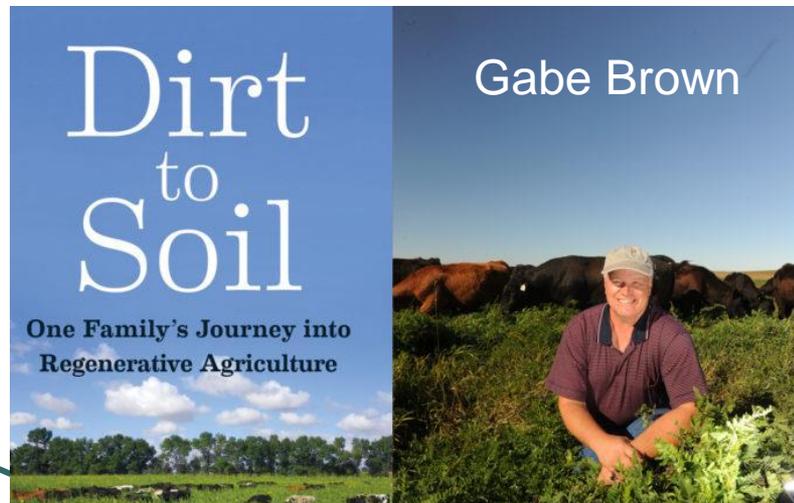


Our Farm's Mission is to provide

\_\_\_\_\_ *what* \_\_\_\_\_ for \_\_\_\_\_ *who* \_\_\_\_\_

through \_\_\_\_\_ *how* \_\_\_\_\_

because \_\_\_\_\_ *values* \_\_\_\_\_.



# Resilient Families:

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- Time Together
  - Connection & cohesion
- Communication
  - Respect
- Adaptability
- Willing to use their “life lines” for resources, help, and support.



# We need resiliency in all domains

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- Physical
- Social
- Environmental
- Financial
- Spiritual
- Emotional
- Intellectual



# Resiliency:

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It's not what happens to you,  
but what you *make* out of what  
happens to you,  
that makes you resilient.

<https://www.rfn.com/podcast/2020/02/03/transfarmation-the-proper-a-take-on-the-challenges/>

