

hope & resilience tree

A tree's health is impacted by its soil and the surrounding conditions of the forest. Every tree needs healthy water, sunlight and nutrient-rich soil to survive; however different species of trees require diverse conditions to prosper. If you plant a palm tree in Alaska, the tree can't flourish, but in the California desert, it will thrive.

The Hope and Resilience Tree visually represents the self and how we connect to the larger forest ecosystem of our community. The tree is divided between two halves, the parts of us that feel like we are surviving and the aspects of us that are thriving.

You may or may not have had the agency, or free will to choose where you're rooted, or the care you've received. And just like other shared ecosystems, other creatures or circumstances beyond your control can lead to damaged roots, leaves and bark, which affect your ability to thrive.

The Hope & Resilience Tree shows how the environments and experiences we stem from shape our health, wellbeing and our views of the world, ourselves and each other. When searching to understand frustrations, suffering and pain, visit the shadow roots for insight. The shadow leaves that sprout from unstable shadow roots can bud into anxiety, stress, illness or substance abuse, just to name a few. If left untreated or unresolved, this can perpetuate a state of feeling like you are surviving versus thriving.

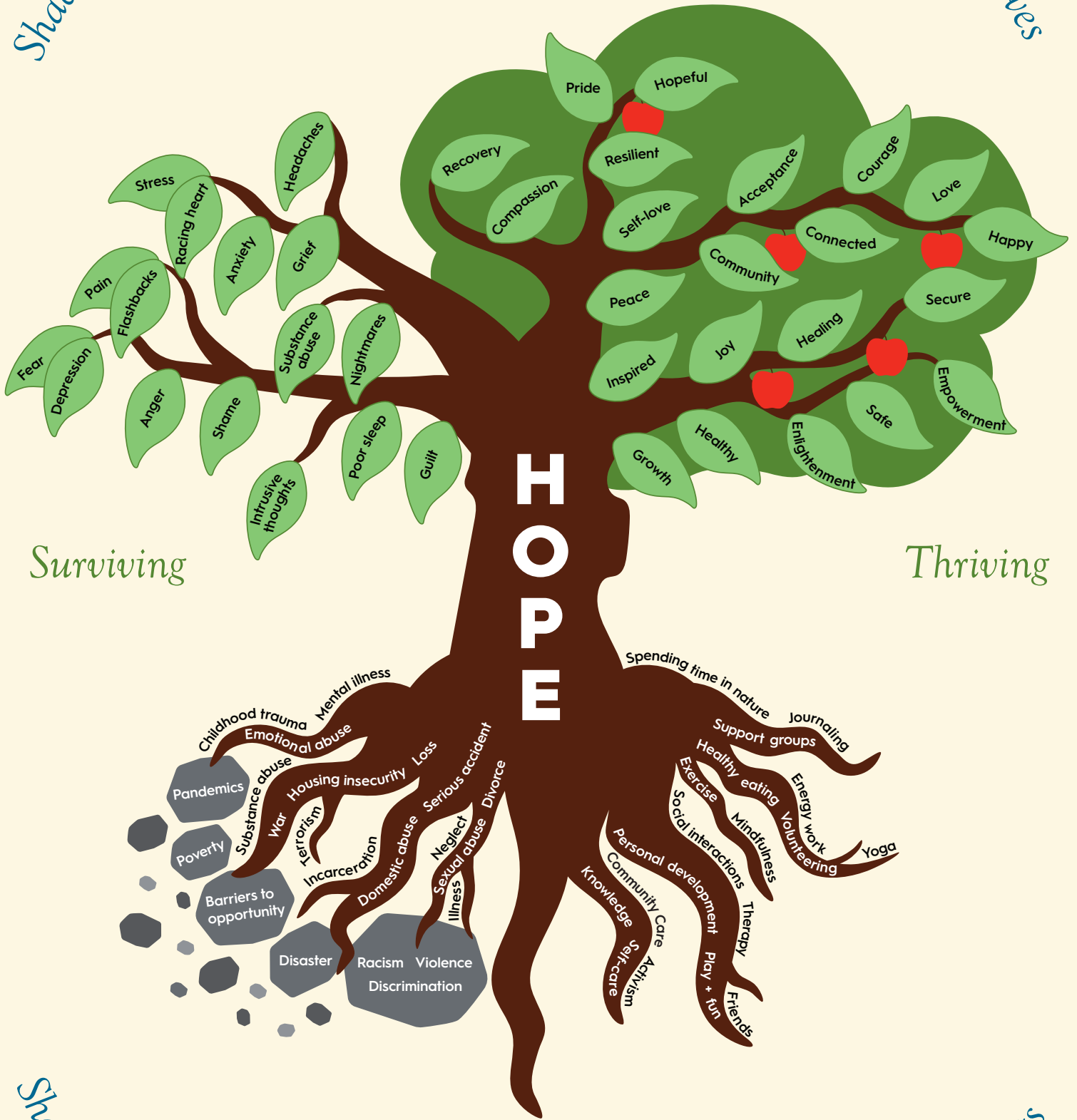
The shadow leaves can make us feel disempowered and can filter our ability to access and trust the light roots of our tree. Change occurs in the light roots, where hope and resilience sprout, where agency, vision, plan and action bloom into something thriving, fruitful and fulfilling.

Hope and Resilience Tree activity made in partnership with Kitsap Strong.



Shadow Leaves

Light Leaves



Surviving

Thriving

Shadow Roots

Light Roots

growing your hope & resilience

Hope is the desire and belief that better things will come. Resilience is the ability to bounce back and overcome difficulties. Together, these concepts help us to not only identify and overcome hardship but empower us to dream, influence and tend to aspects of our lives we can control.

Using the Hope and Resilience Tree, what does your personal ecosystem look like and how can you nurture your soil to flourish? If you need more room, this printable activity is available in a larger size at onebook.KRL.org.

1. Start by filling in the shadow leaves. What are you currently feeling or experiencing at this time that is frustrating or challenging? Example: anxiety, anger, illness.
2. Move on to the shadow roots. What environments and experiences have contributed to your shadow leaves?
Example: racism, childhood trauma, divorce.
3. Transition to the light leaves. What positive feelings do you wish to feel?
Example: empowered, courageous, safe.
4. Move on to the light roots. As the gardener of your own tree, what can you do to help grow the positive feelings you've identified? Example: exercise, therapy, volunteering.

Action Plan

Circle one word from the light leaves that you would like to feel right now.

5. Which word did you circle? Example: healthy.
6. What is keeping you from feeling this right now?
Example: skipping meals, not exercising.
7. Close your eyes and visualize the word you circled.
What does feeling like this look like? When is the last time you felt like this?
8. From the above list, what feels out of your control to change?
Example: gym membership and food costs.
9. Trees grow gradually. What small change could bring you closer to your desired feeling? Example: walking, more fruits and vegetables, talking to a trusted friend.
10. Make a plan! Explain what your changes look like in action and after two weeks, see if you feel closer to that desired feeling you circled in question 5.
Example: 30-minute walks, writing in a journal, call a friend weekly.



1
Shadow Leaves

3
Light Leaves

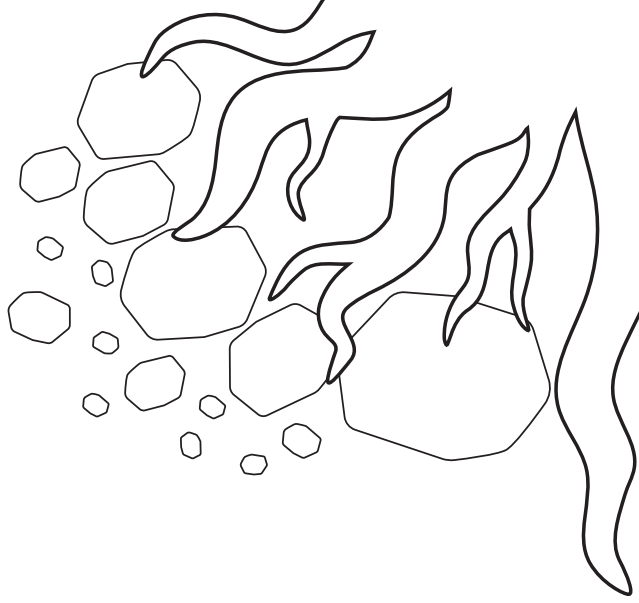


— *Surviving* —

Thriving —

2
Shadow Roots

4
Light Roots



2

4