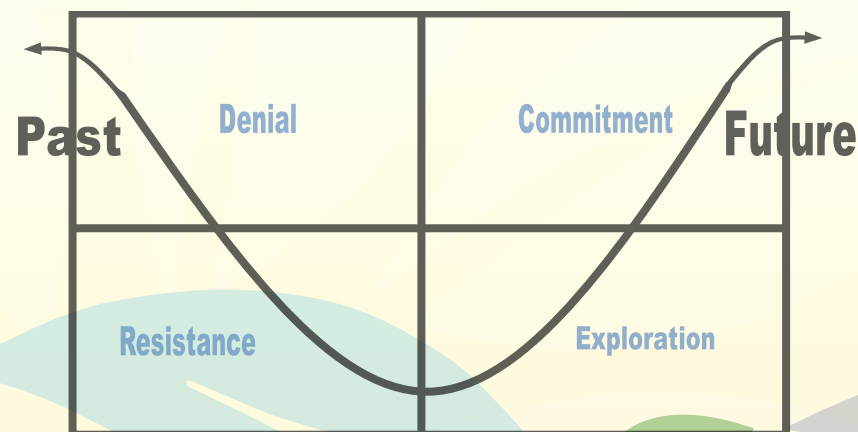


The Three G's of Coping with Crisis

GRIEF



Navigating change:
100% of us experience
this process



Did you know what Denial does?

- Serves as a defense mechanism allowing you to manage stress
- Preserves the past
- Allows us to assess new needs
- Understand the support required

DENIAL IS NOT OUR HOME



GRATITUDE

Grateful + Attitude



“I have learned how to be content with whatever I have. I now how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.”
– St. Paul's Letter to the Philippians

- Makes us happier
- Reduces symptoms of depression
- Increases our resilience
- Improves our positivity ratio
- Improves our self-esteem

“Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.”
– Sarah Ban Breathnach

GOODNESS

Goodness =

- G – Generosity
- O – Be Objective
- O – Be Openhanded
- D – Daring
- N – Nourishing
- E – Enduring
- S – Smart
- S – Soulful and Sufficient

危机

“Crisis” In Chinese
is made from two characters:
DANGEROUS & OPPORTUNITY

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