



# SAMARITAN CENTER



Share



Tweet



Share

Change Lives

## Building Resilience

### The Brilliance of Resilience

by Shawna Moss, LCSW

Hello my friends. We have made it through one of the worst winter storms in Texas history...and that is after experiencing as a society social injustice, economic hardship, political division... during a global pandemic that just hit the tragic marker of 500,000 American lives lost. This is all in the last 12 months. **This is hard folks!** I know I am not saying anything here that has not been said and felt by all.



One thing that really stood out to me since the ice has melted and the sun started shining again is **RESILIENCE**. Resilience is more than bouncing back after adversity. It is about taking life head on, adapting, finding humor even when there are challenges, staying open to and seeing opportunity, being resourceful. **Resilience is a skill can be learned, honed and improved.** An opportunity we have all been given in this last year are many experiences to practice building resilience.

There are many ways to build resilience – **four key ways is to focus on self-wellness, connectedness, healthy thinking and move towards goals.**

Self-wellness – I am using **self-wellness** versus self-care with intention. Think more broadly with wellness for yourself. **Take care of your body with some movement, what you eat, drink water (and then drink more water) and get good sleep.** Enjoy the 70 degree weather and appreciate not being in at or below freezing weather for 6 straight days (some with no heat...or water...or both! Talk about overcoming adversity!) Engage in meditation, breathe, journal, connect to your body. Listen to music, play drums, sing (even if you don't sound like Beyoncé). Limit the intake of...

[Read the rest of Shawna's blog here](#)

Donate

## Meet An Advisory Board Member

### Brig Gen Rick Zehrer, USAF (Ret)

A Distinguished Graduate of Air Force ROTC in college, he was commissioned as a 2nd Lt in 1962 and retired 30 years later with the rank of Brigadier General. Following retirement from the Air Force, he was Defense Liaison for the State of Alabama, working Base

Realignment and Closure (BRAC) issues for the Governor for three years.

He spent the next nine years working for Lockheed Martin Corporation, retiring as a Director at the corporate level. He now spends much of his time serving the community as a volunteer and supporting veteran activities.



He is Vice President of the national Air Warrior Courage Foundation charity and the local Restoration Ranch, where veterans are paired with rescue horses for holistic healing from PTSD and similar issues; the Ranch works in harmony with the Samaritan Center. He also volunteers at Lake Travis Crisis Ministries, providing food and financial resources to people in need.

## Ongoing Groups & Wellness Classes



### Healing Trauma: Group for Veteran Survivors of Military Sexual Trauma - FREE

Wednesdays, 4:30-5:30 PM via Zoom

[Learn more](#)



### Isolation No More - A Partnership with NAMI Central Texas

Mondays, 5:00-6:30 PM via Zoom, begins March 29th

[Learn more](#)



### Mothers of Adult Children with Mental Illness - A Partnership with NAMI Central Texas - \$10 per session

Tuesdays, 1:00 to 2:30pm PM via Zoom

[Learn more](#)



### Parent Support Group - \$20/individuals, \$25/couples

2nd & 4th Tuesday each month, 5:30 to 7:00 PM via Zoom

[Learn more](#)



### Pilates - FREE

Fridays, 2:30-3:30 PM via Zoom

[Learn more](#)



**Parenting Workshop**  
Empower, Connect, & Correct: TBRI®  
Wednesdays, 5:30-7:00 pm  
Samaritan-Center.org

## TBRI Parenting Workshop - \$200/individuals, \$300/couples

Wednesdays, 5:30 to 7:00 PM via Zoom

[Learn more](#)

Donate



### Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

Samaritan Center | (512) 451-7337 | [samaritan-center.org](https://samaritan-center.org) | [Donate Now](#) | [Join Our List](#)