



CISM NEWS

THE STRIVE FOR RESILIENCY

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

“You Are Psychologically Stronger Than You Think”

By: *George S. Everly, Jr. PhD, ABPP, FACLP, CISM*

“There is a dangerous myth that is virtually endemic in today’s society, and it hampers happiness, success, and growth.”



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The Strive for Resiliency

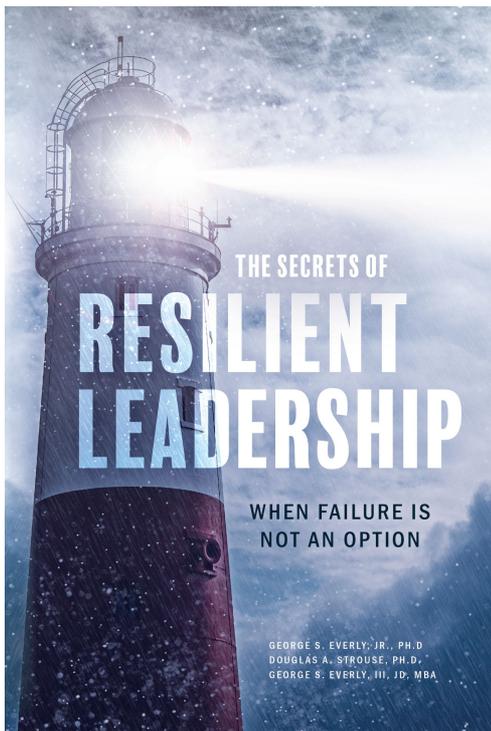
“In Times of Distress, It’s Really OK to Ask for Help” Seeking assistance in times of distress is an imperative, not a luxury. An article by Dr. George Everly, Jr. PhD, ABPP, FACLP on Psychology Today.

“CISM: Fostering Resilience in Rural Montana” *By: Teresa Majerus*

“6 Essential Ingredients for Resilience” *By: Mike Taigman, Kevin Hammond and Jurie Rossouw*



Upcoming ICISF Training & Resources



Resilient Leadership for Emergency Services & Healthcare Professions ICISF Virtual Training & Asynchronous Online Course

The Secrets of Resilient Leadership When Failure is Not an Option By: George S. Everly, Jr., PhD, ABPP, CCISM, Douglas A. Strouse, PhD, George S. Everly, III, JD, MBA

“Champions of Adversity: What They Do That Most People Don’t” (ICISF Quick Tips Podcast)



Strategic Partner Content

“Weekly Wellness Minute: Increase Your Effectiveness and Happiness with One Simple Question” Presented by Lighthouse Health and Wellness.

“THE CALL (STORIES FROM BEHIND THE BADGE) No Bad Days”
From The 100 Club of Arizona

“PTSD911 Documentary Film” Learn more about the upcoming screening dates and support this documentary.