



Resilience

Tips for facing a path that may be different than the one you thought you would be traveling



LEARN

From Those Who Have “Been There”

While grief can certainly feel paralyzing, many families have told us that the challenges they have faced caused them to grow and do what they would not otherwise have done. One described resilience as “living life to its fullest, even when that life is not what we wanted it to be.” Traveling the pathway of grief is about approaching one’s new life with grounded hope, balancing the reality of loss with the commitment to forge a new direction.



SEE JOY

Through the Eyes of Children in Your Family

While it’s true that a line-of-duty death of a parent can have lifelong impact on a child, many have told us how the children in your family amaze you with their strength and their joy. Consider this an opportunity for you to establish new traditions while honoring existing ones. When you are social distancing together for what may feel like an eternity, ice cream for breakfast on occasion might just be the best idea ever.



SHARE

Stories of Comfort With Others

Remember to talk about your fire hero often. With family members and close friends in the “social distancing bubble” together, time spent in each other’s company offers a chance to start (or continue) a storytelling tradition. If you have participated in our workshops, you know that talking is a great tool for healing. Go through family photos and memorabilia. Tell—or retell—the stories surround the items and put your favorites on display.



TALK

With Your Older Children

The transition from childhood to adulthood is challenging on its own. Leaving home, going to college, entering the workforce, or getting married can carry additional complexities when accompanied by grief and loss. During your time together (or virtually), you can make checklists, shop online for the upcoming event, and make “resilience” your goal as get ready for ordinary life experiences during a time when nothing is “normal.”



NETWORK

With Your Fire Hero Family Peers

Our Network offers a hand—or a shoulder—and gives you someone to share with during a time of seclusion. Many have found other Fire Hero Families to be invaluable for creating and maintaining personal relationships, finding meaningful support, and using communication to help improve lives and health. For some of our families, our [virtual support events](#) have made it easier to share (or not).



Learn More About the National Fallen Firefighters Foundation’s Fire Hero Family Programs at: www.firehero.org/families



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