



Resilient SLO: Stories of Resilience

Our community has a history of overcoming challenges and recovering from natural disasters.

In times of natural disasters and shocks, the San Luis Obispo community has demonstrated strength and the ability to bounce back. We want to understand how community members have overcome past challenges to inform [Resilient SLO](#), a City initiative to prepare for, and adapt to, the worsening impacts of climate change. Help us build upon your existing strengths as we craft our shared vision for community resilience!

What is Resilience?

Resilience refers to the capacity of individuals, communities, institutions, businesses, and systems to survive, adapt, and thrive in the face of chronic stresses and acute shocks (APA 2017).

We want to hear your stories!

Do you have a story about how your community responded to a challenge? This could be a story about you or your business, a community organization, your family and friends, or your neighborhood. This could be from long ago or today. Tell us about your experience managing extreme heat this summer, the ongoing Covid-19 pandemic, wildfire smoke events, or any other issue that has impacted our community. **Through your stories, we want to understand and celebrate how you successfully overcame challenges impacting our community.**

How can you share?

What your story looks like is up to you! Whether you want to tell your story through text, audio clips, images, or videos – or a combination of all four! – we want to hear from you. Please share your story in the language you are most comfortable speaking and/or writing in. All story submissions should include a completed [Media Release Form](#).

Here are a few options for sharing:

- Schedule an interview with our team to record your story on video. To schedule an interview, email Lauren at lauren@carbonfreeslo.org with the subject line, “Stories of Resilience.” Please include a short description of your story and a completed Media Release Form.
- Submit written stories, audio/video recordings and/or images through this [form](#) or by emailing Amber McGarvey at amcgarvey@lgc.org with the subject line, “Stories of Resilience.” Stories submitted by email should include a completed Media Release Form.
- Share video and photo stories on Twitter, Facebook, or Instagram using the hashtag **#SLOStoriesofResilience**.
- For additional options, please contact Naomi at Amber McGarvey at amcgarvey@lgc.org.

Not sure where to start?

If you are unsure about how to begin telling your story, you can start by thinking of a time when you experienced a stressor or natural disaster – one that impacted you and your community, such as flooding, a heatwave, a wildfire – then letting your story flow from there. The prompts below may help you craft your story of resilience.

- 1) **What disaster or shock did you experience?**
In [year], [I/my community] experienced _____.
- 2) **How did this impact you or your community?**
The [disaster/shock] impacted [me/my community] by _____.
- 3) **How did you or your community respond?**
[I/we] responded to this by _____.
- 4) **How was your experience recovering from this impact?**
[I/we] were able to recover by _____.
- 5) **How can your experience with this impact inform our community's approach to responding to future disasters?**
From this experience, I [learned/realized/discovered] that _____. For me, resilience means _____.

What will we do with your stories?

All stories will inform the Resilient SLO project and **help us find solutions to adapt to climate change**. In addition, select stories will be featured on the [project website](#) and some storytellers may be invited to speak at our future community events.

Questions?

For general information about the Resilient SLO project please visit <https://www.lgc.org/resilient-slo/>. If you have questions about Stories of Resilience, please email Amber McGarvey at amcgarvey@lgc.org.

Let's stay connected!

Subscribe for updates on the [project website](#) and follow the City on social media.

