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**A4.004: Supporting Emotional Resilience with Creative Activities**

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
<p><b>A4.004: Supporting Emotional Resilience with Creative Activities</b></p>	<ol style="list-style-type: none"> <li>1. Emotional resilience through creativity</li> <li>2. Creative expression for emotional well-being</li> <li>3. Coping with emotions through art</li> <li>4. Resilience-building activities</li> <li>5. Fostering emotional strength in families</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>"Supporting Emotional Resilience through Creative Expression"</b> – A guide from <i>VeryWellMind</i> on how creative activities can help foster emotional resilience.</li> <li>2. <b>Building Emotional Strength Through Art</b> – Resources from <i>CreativeChild.com</i> on using art to build emotional resilience in children and families.</li> <li>3. <b>Coping with Emotions Creatively</b> – Insights from <i>PositivePsychology.com</i> on how creativity helps individuals and families cope with emotional challenges.</li> <li>4. <b>Tippecanoe Emotional Resilience Programs</b> – Local programs focused on fostering emotional resilience through creative activities, hosted by Tippecanoe Family Services.</li> <li>5. <b>Tippecanoe Art and Emotion Workshops</b> – Workshops designed to support emotional well-being through creative activities, hosted by Tippecanoe County Libraries.</li> </ol>	<p><b>Key keywords: Emotional resilience, Creative expression, Coping with emotions, Resilience-building, Emotional strength.</b> These resources help families build emotional resilience through creative activities and collaborative expression.</p> <ol style="list-style-type: none"> <li>1. <b>Explore Creative Resilience-Building:</b> Learn emotional resilience strategies at <i>VeryWellMind</i>.</li> <li>2. <b>Strengthen Emotions Through Art:</b> Discover art-focused resilience tips at <i>CreativeChild.com</i>.</li> <li>3. <b>Cope with Emotions Creatively:</b> Access coping strategies from <i>PositivePsychology.com</i>.</li> <li>4. <b>Join Emotional Resilience Programs:</b> Participate in local programs at Tippecanoe Family Services.</li> <li>5. <b>Attend Art and Emotion Workshops:</b> Join creative workshops at Tippecanoe County Libraries.</li> </ol>