The Palatinate makes itself/you strong
- The Comic -

What does resilience mean to you?

HUH ?!
Dear readers

We need resilience because everyone experiences ups and downs in private life, at work, in financial matters, their social environment or on an emotional level.

These crises are different for everyone but there are solutions that help to cope with these ups and downs.

With this long overdue comic about resilience we do not want to introduce you to mental resistance in general. We are, however, very pleased to give you an understanding of resilience on a psychological level by using simple images and easy language.

We would like to show you possible solutions that are important to us as the state association of ex-users of mental health services because they can reveal our path out of hopelessness so that you do not have to despair.

I hope you enjoy reading.

Yours sincerely

Franz-Josef Wagner

Chairman and CEO of the state association of ex-users of mental health services in the Palatinate
(Landesverband Psychiatrie-Erfahrener Rheinland-Pfalz)
I see. You mean when you cope with the crises and challenges of life?

Exactly! And there is an... initiative in the Palatinate. It takes care of the wobbly man (or the wobbly woman) in all...

... situations. For example, at work. You all know that situation - much to do...

What, not finished yet? Here are the lists for the board presentation. FOR TOMORROW MORNING!

Yes, boss.

Fortunately, however, there is... the family:

I'm home.

Sit down!

How was your day?

Prepared your favourite dish.

Fantastic meal!

And what did you do today?

Look, I've made a doll.

... or the partner.

I understand you. I'm sure you'll make it. Everything will fall into place!

... or the community:

Hi!

Hello, Reese!

How are you?

Any plans for tonight?

Baker Smith

Butcher Williams
Enjoy your meal!

That was good!

I feel great!

Do you now know what I mean?

Exactly! We want to build a resilient region in the Palatinate.

Yes, it’s good to help and take care of each other.

And a week later at work...

Between ourselves: I didn’t find your behaviour okay last week during the meeting.

I’m really sorry that we ignored you. That was not okay. A cup of coffee as an excuse?

Great!

And, of course, you take part in the next meeting!

And really!

In this case you can

Yes!

Exactly!

We catch each other when we fall.

For more information and contact please visit:
www.resilienz-pfalz.de (German)