



MINDRESILIENCE IN RURAL COMMUNITIES AND SMALL TOWNS

Living in rural communities or small towns often offers different perspectives and life experiences, based on a slower, more relaxed pace of life. Extended families may have traditions passed from multiple generations providing important connections that support resilience and belonging, through a shared value on place and time, and often steeped in a sense of history, spiritual grounding and, out of necessity, creative problem solving. Job opportunities in these communities have diminished over time and with fewer traditional job options, there has been an increase in more behavioral health concerns. Nonetheless, strong traditions and expectations, familial and informal supports, an appreciation and connection of the natural world through farming, open spaces and recreation, and a cherished sense of independence and self-reliance, all contribute to a different life perspective for promoting resilience and a sense of well-being in rural areas.

Photography and Content by Joan B. Smith, MSW, LCSW

