

TALK OF THE STATE

MONTANA FCCLA

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DISCOVER **YOUR** SERVICE STORY

This year, Montana's State Outreach Project is Resilient You: Positively Impacting Wellbeing. The definition of resiliency is; the capacity to recover quickly from difficulties; toughness. Montana FCCLA believes that being

resilient is a very important trait whether as an individual, a family, or a whole community showing resilience. Resiliency can be found in all areas of FCCLA: family, career, community, and leadership. In each area there are several instances when we are resilient, but here are a few examples.

FAMILIES and individuals can show resilience by maintaining strong relationships, making positive decisions in tough situations, and working on achieving their goals.

CAREER focused individuals can exhibit resilience by treating challenges at work as a learning process, being flexible with time, and practicing compassion with themselves.

COMMUNITIES show resilience by helping each other clean up after a bad storm, coming together after a loss in their community, or looking out for each other in times of illness.

LEADERSHIP resilience comes in many shapes and forms such as: time management, regulating stress, promoting healthy lifestyles, and more.

Participating in the State Outreach Project this year won't be too hard because there are opportunities to build resiliency all around us! The Resilient You: Positively Impacting Wellbeing is a great way to get your chapter more involved with your community and the whole Montana FCCLA delegation. Within 17 years, Montana FCCLA has raised over \$110,000 for different nonprofit organizations, provided education opportunities, or created awareness around an issue. Each member who participated in the past made an effective impact to those in need, even the smallest efforts can be huge!

Also, by engaging in the State Outreach Project, you and your chapter can gain valuable service hours. These service hours have so many benefits such as bonding with others, building your community, teaching others about FCCLA, and it looks great on college applications. (Be sure that your chapter is reporting these to the State Office through our website.) Being able to grow as an individual, doing a resiliency project, and getting service hours seems like a triple whammy to me! - *Raileigh Strommen, VP of Community Outreach*



RAILEIGH STROMMEN
VP OF COMMUNITY OUTREACH