

A white daisy flower with a yellow center is growing out of a crack in dry, cracked earth. The background is a blurred, warm-toned landscape of cracked soil. The text is overlaid on a white, angular shape on the right side of the image.

# Navigating Recovery & Resilience Strategies for Thriving in Adversity

Presented by Ruth Ann Rigby, CRS  
Capstone Wellness | 28 Years in Recovery

# SESSION OVERVIEW

- WHY RESILIENCE MATTERS
- RUTH ANN'S PERSONAL AND PROFESSIONAL JOURNEY
- TOOLS FOR OVERCOMING ADVERSITY
- STRATEGIES FOR LONG-TERM GROWTH



# Ruth Ann's Story?

From Survivor to Advocate

Survived a brutal assault

Battled addiction and PTSD

Husband's intervention saved her life

28 years in recovery

Now a national leader in behavioral health



# DEFINING RESILIENCE

WHAT IS RESILIENCE?

The ability to adapt and recover from adversity

Built through experience, not born

Emotional, Physical, Spiritual, and Social Dimensions



**I DIDN'T JUST SURVIVE — I REBUILT, I HEALED"**

# **EMOTIONAL RESILIENCE**

**MANAGING TRAUMA  
AND STRESS**

**GROUNDING  
TECHNIQUES**

**THERAPY AND  
SELF-REFLECTION**

**EMOTIONAL  
REGULATION TOOLS**



# BUILDING EMOTIONAL RESILIENCE

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- Recognize and manage stress triggers effectively
- Practice grounding techniques to stay present
- Use therapy and self-reflection to process emotions
- Develop emotional regulation skills for daily challenges
- Embrace the mindset: 'I didn't just survive—I rebuilt.'

# PHYSICAL RESILIENCE



## RESILIENCE CHECKLIST



Sleep, Nutrition,  
Movement



Medical Care & Recovery  
Support



Healing the body to support the  
mind

# **SPIRITUAL RESILIENCE**

**Faith and Purpose**

**Mindfulness and Prayer**

**Values That Guide Recovery**



# SOCIAL RESILIENCE

Support Networks

Mentorship & Community

Healthy Relationships

# THRIVING THROUGH ADVERSITY

	Strategies
<b>Emotional</b>	Journaling, therapy, grounding
<b>Physical</b>	Sleep hygiene, exercise, nutrition
<b>Spiritual</b>	Faith practices, reflection, gratitude
<b>Social</b>	Support groups, mentors, connection

# POST- TRAUMATIC GROWTH

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- **Finding meaning after trauma**
- **New possibilities and personal strength**
- **Appreciation of life and spiritual change**



# RUTH ANN'S IMPACT

- **Chief Development Officer, Capstone Wellness**
- **Co-founder, First Responders of Mississippi**
- **Nationally recognized leader in addiction recovery with 28+ years of experience and long-term personal recovery. Ruth Ann serves on multiple boards including NCADD, MAAP, MADCP, ADA, NACoA, and Center for Hope & Healing. She's known for her advocacy, mentorship, and ethical leadership in behavioral health.**

## Honors Include :

- **Dr. Jasper Chen See Volunteer Leadership Award (2022)**
- **Marty Mann Award (2021)**
- **Resolution from Gov. Phil Bryant (2020)**
- **Fred R. French Award for Excellence (2020)**
- **Silver Shoe Award (2018)**
- **NCADD Bronze Key Award (2015)**



# Reflection

Your Resilience Story

What challenge shaped you?

What helped you overcome  
it?

What strategy will you take  
forward today?

# INSPIRATION

Hope is a Strategy

“Grace carried me here, and grit keeps me going.”

Resilience is a daily choice

You are stronger than you think

# CONTACT ME

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# THANK YOU

MS Addiction's Conference

Donna for this opportunity

To everyone in this room, you are a miracle &  
the miracle continues through you