



Colorado City & County Management Association

A State Affiliate of ICMA



The Spirit of Colorado

Peaks, Pivots, and Perseverance

Dr. Carlton Abner

Associate Provost, Campus Health and Wellness

Kansas City University

Everyone needs to try walking up to music at least once in their life



**Any
volunteers?**



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First.....

A DEMONSTRATION

-



OUR CAPACITY IS FINITE





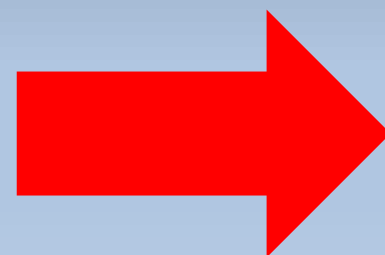
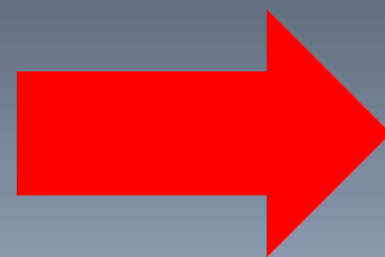
Tough project

Caring for a family member

After work event

Volunteer commitment

Text from ex



OUR CAPACITY IS FINITE



A wooden signpost stands in a desert landscape. The sign is dark brown with a serrated edge and features the text "WELCOME TO COLORFUL COLORADO" in white, bold, sans-serif capital letters. The signpost is made of two vertical wooden posts and a horizontal crossbar. The background shows a vast, arid valley with sparse, dry vegetation and a winding road in the distance under a clear sky.

WELCOME TO
COLORFUL
COLORADO











The Power of Simply Connecting

- Pair and share
 - What was your first or your favorite concert?
- Refection time
- Point is you don't need a deep forest retreat to connect





The Fourth Avenue Pedestrian Bridge over the North St. Vrain Creek, Lyons, September 2013.

SEPT. 11, 11 P.M.

WATER COMES OUT OF RIVERBEDS IN LYONS

Flooding worsens in several mountain communities including Estes Park, Jamestown, Lyons, Glen Haven and Drake. Communities start setting up emergency shelters.



(Courtesy of town of Lyons)

Flood clean-up occurs in front of the St. Vrain Market on Main Street, Lyons, September 2013.

SEPT. 14

REPAIRS BEGIN IN LYONS

The town takes the next seven weeks to repair damage and install temporary utilities. Many families are back home by Christmas.



(Courtesy of the town of Estes Park)

Damage during the September 2013 flood on U.S. 34 leading up to Estes Park.

SEPT. 12

ROADS INTO MOUNTAINS WASHED OUT

Flooding and rock slides take out U.S. 34, U.S. 36, Colo. 7 and Colo. 66, isolating Lyons, Estes Park and Big Thompson Canyon communities.





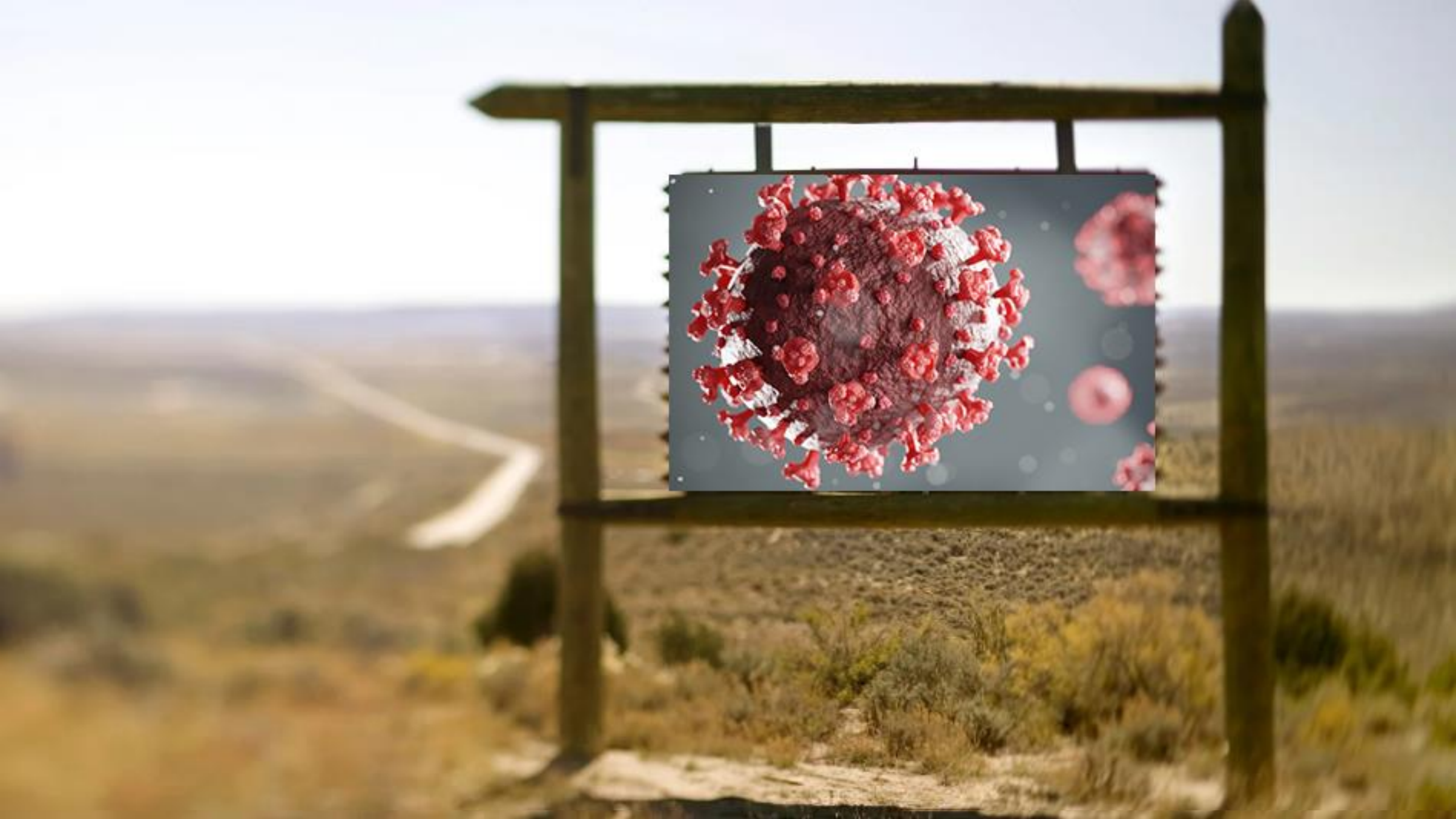
Will Pitner was rescued by emergency workers and a neighbor, Jeff Writer, after a night sheltering on high ground near his water-filled home. Brennan Linsley/Associated Press

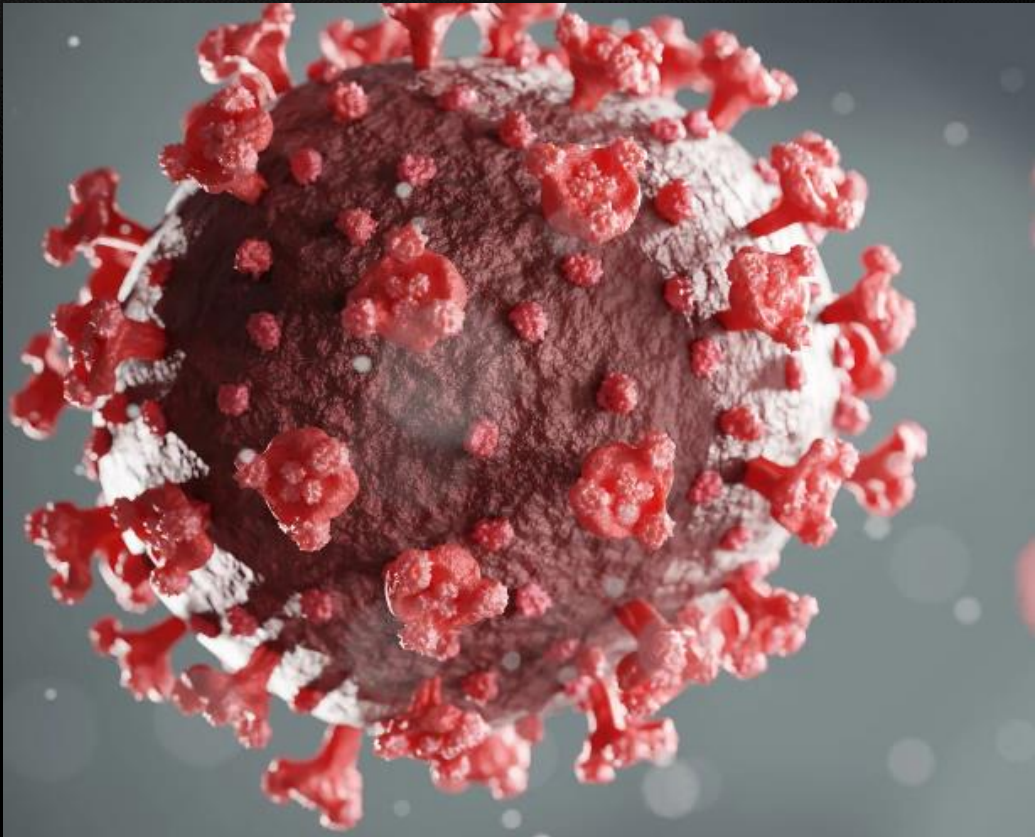
A bridge over St. Vrain Creek in Lyons, July 31, 2023. (Shannon Tyler/ Colorado Newsline)



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WELCOME TO
COLORFUL
COLORADO





FIRE

FIRE

FIRE

FIRE

FIRE









Will Pitner was rescued by emergency workers and a neighbor, Jeff Writer, after a night sheltering on high ground near his water-filled home. Brennan Linsley/Associated Press



The 20 largest wildfires have occurred in the last 20 years

4 of top 5 largest wildfires have occurred in the last 5 years







© Reuters

Pair and share

What are you doing that keeps you in the fight?

How will I remember all of that



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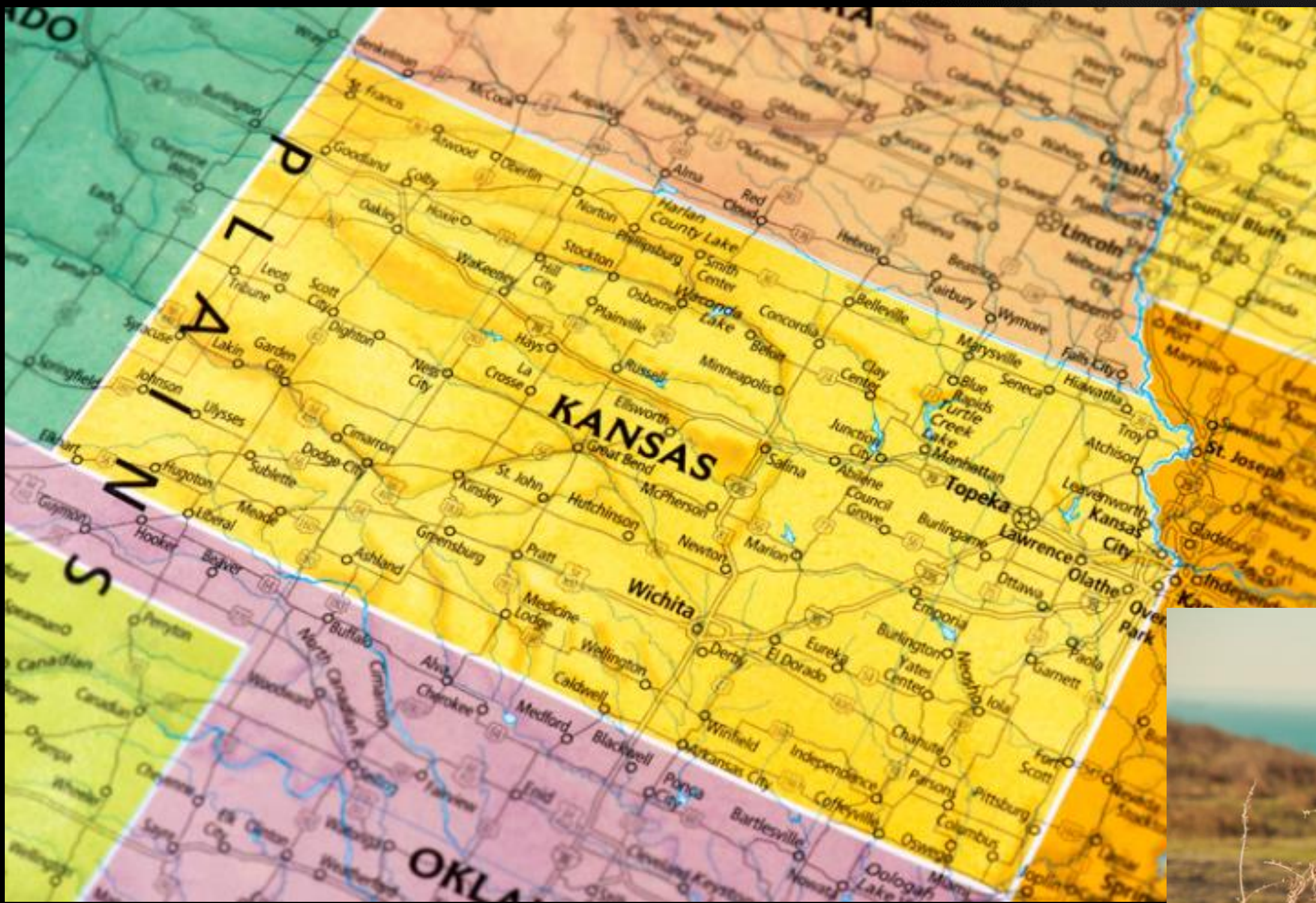
My cup is...



The stove is...



The Spirit of...







1 You too can be an immovable force.

2 We can't ignore that sometimes we just have to go over, under or through.

3 Stay connected!

4 Sometimes, your silence says more than your words ever will.

5 The mountain will show you everything you need to know when you need a reminder of your own greatness.

1 You too can be an immovable force.

- We have to reconnect to why we stay.
- Why are you in the job you currently have?
- Why are you here?



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- We have to reconnect to why we stay.
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Will Pitner was rescued by emergency workers and a neighbor, Jeff Writer, after a night sheltering on high ground near his water-filled home. Brennan Linsley/Associated Press

A bridge over St. Vrain Creek in Lyons, July 31, 2023. (Shannon Tyler/ Colorado Newsline)

2 We can't ignore that sometimes we just have to go over, under or through!







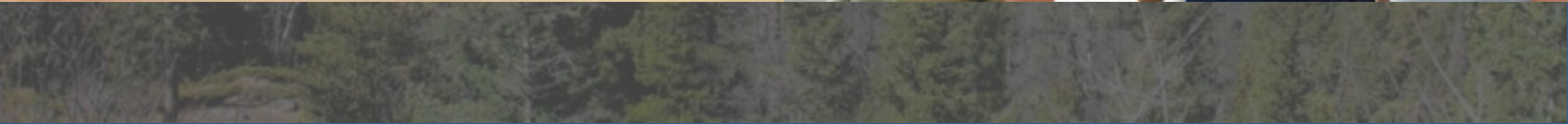








3 Stay Connected





Poudre River

Never Summer Range

Mummy Range

Trail Ridge

Continental Divide

Glacier Gorge

Estes Park

Longs Peak

Grand Lake

Wild Basin









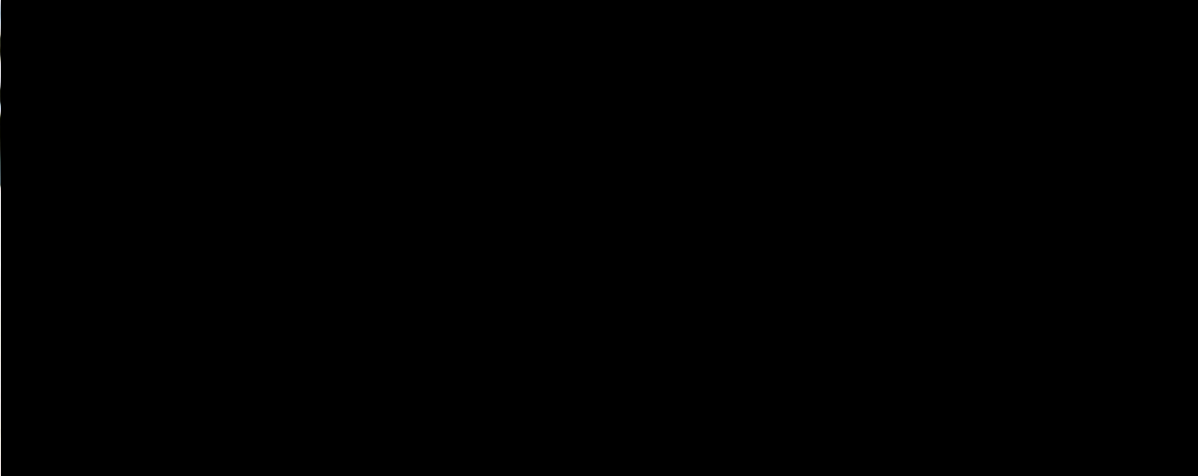
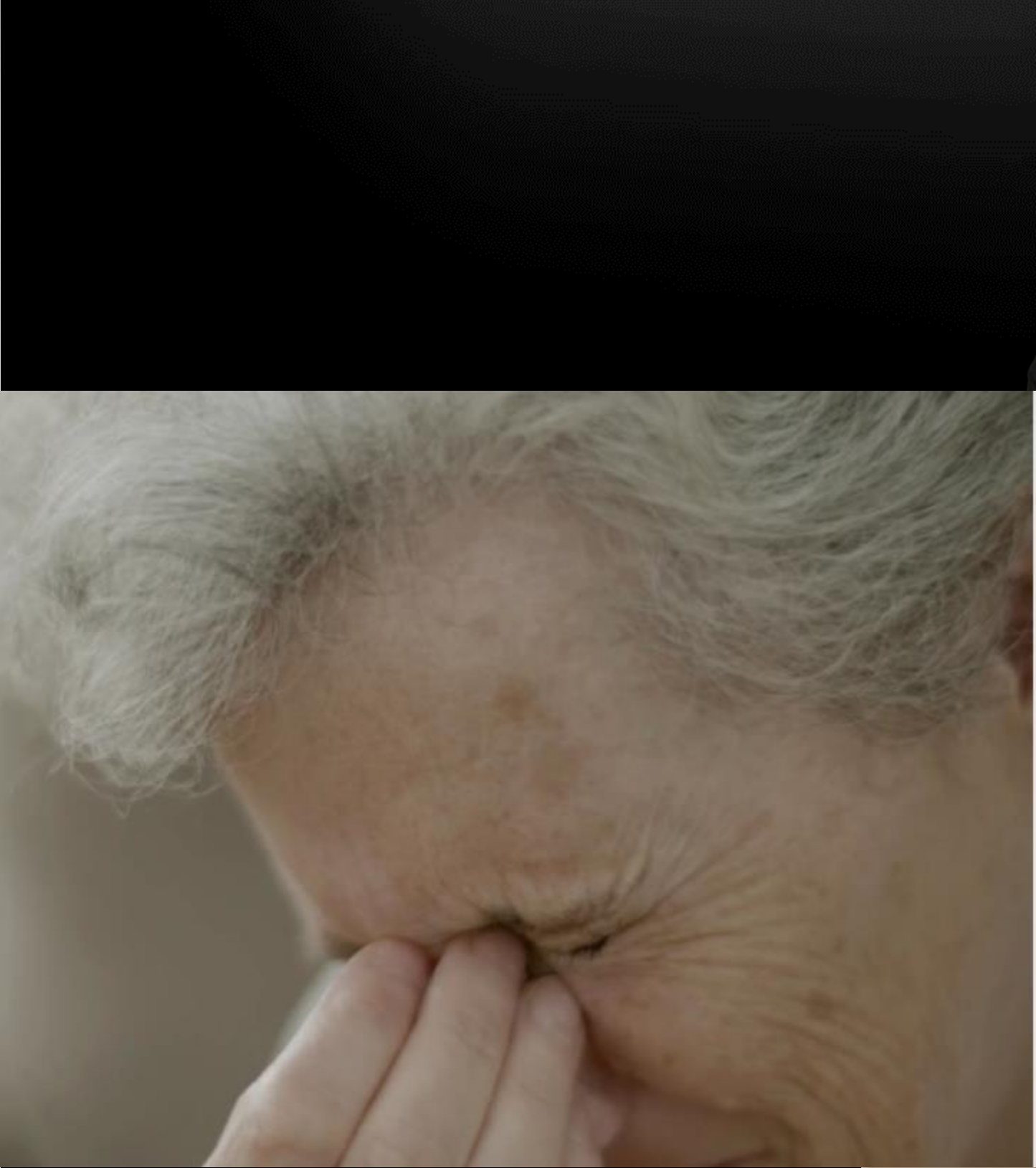
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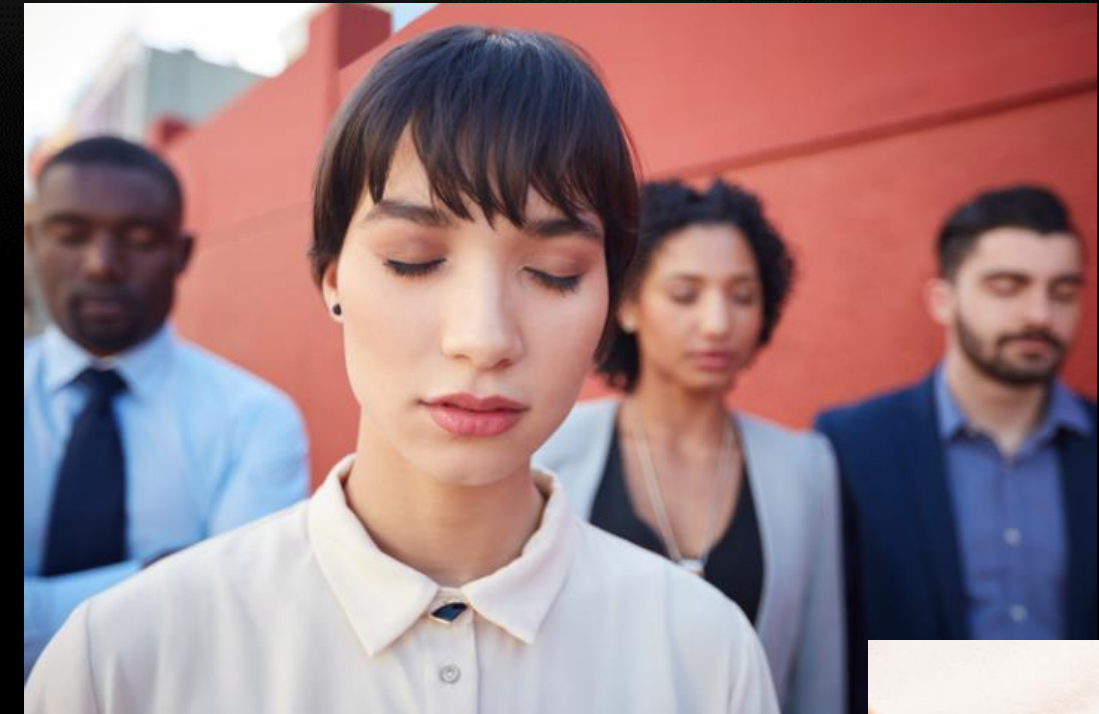






Give Mindfulness a Try!







5 The mountain will show you everything you need to know when you need a reminder of your own greatness.

And yet, it still stands.

No sign of regret, nor frustration, nor weariness nor lament towards its plight.

Did it even make a sound? Did it wince? Did it once think of running?

Has it ever wished to be the bird so it could make a hasty escape?

I think not.







Self-awareness



Self-acceptance



Self-confidence



Resilience



Empowerment



Inspiration





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Readying

Grounding so that you stay present in the moment
Prevents becoming overly anxious
Simple as taking a few deep breaths.

Imaging

Briefly imagining the end result and the path needed to achieve that end result

Focusing

Finding an external object to focus all of your attention on for a few moments
Helps to block out unhelpful stimuli.

Pause for Application







Thank
you!