

1. [Inicio](#)

Ingleside Station Newsletter - May 9, 2018

Por

Ingleside Station

Mayo 09, 2018 | 4:17 PM

Share:

- [facebook](#)
- [twitter](#)
- [linkedin](#)
- [email](#)

[View PDF](#)

We often equate the term “resilience” with the ability to bounce-back after a traumatic incident occurs. This leads many to believe that our greatest moments of testing will be whether or not we can pick ourselves “up off of the mat” when knocked down by the heavyweight title holder (or in the lens of Bay Area disaster management “The 10.0 magnitude ‘Haywired’ earthquake.” The Institute of Heartmath, the neuroscientists at the forefront of developing resilience in the systems of the human body that sustain life when in energetic coordination, defines “resilience” as: “The capacity to prepare for, adapt to, and recover from stress, adversity, or challenge.” This definition broadens the lens in which we view resilience, specifically that we can invest our energy, time, willingness, and commitment now, so that we are all more prepared today than we were yesterday when the unthinkable happens. Ingleside Station is working hard to be resilience partners with all of our neighbors and neighborhoods and looks forward to promoting NEN’s Neighborfest and other initiatives in support of Neighborhood Watch, NERT, ALERT, and other community-building programs already in progress.

[Click here for the full newsletter](#)

Tags

Captain's Message

Announcements

PDF Newsletters

This news content is displayed in its original format and preserved for historical reference. If you need assistance accessing this content in an accessible format, please [contact us](#).

Featured News

SFPD to Conduct DUI Checkpoint January 17, 2026 26-002

Enero 07, 2026 | 7:00 AM

Events

Featured

Announcements

News Release

Nicole Jones Appointed Assistant Chief of SFPD 25-160

Diciembre 30, 2025 | 9:00 AM

Featured

Announcements

News Release

SFPD Arrests Animal Cruelty Suspect 25-161

Diciembre 29, 2025 | 4:00 PM

Featured

Crime News & Tips

Announcements

News Release

SFPD's Honda Unit Arrests Suspected Drug Dealer 25-159

Diciembre 23, 2025 | 1:30 PM

Featured

Crime News & Tips

Announcements

News Release