

1. [Home](#)

Ingleside Station Newsletter - May 16, 2018

By
Ingleside Station
May 16, 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

Featured News

[**SFPD Makes Arrest in Tenderloin District Homicide 25-050**](#)

April 15, 2025 | 1:00 PM
Featured
Crime News & Tips
Announcements
News Release

SFPD DMACC Fugitive Recovery Enforcement Operation Made 67 Arrests and Seized Over 3 Ounces of Narcotics 25-049

April 10, 2025 | 3:00 PM

Featured

Crime News & Tips

Announcements

News Release

SFPD Holding DUI Checkpoint April 12th, 2025 25-048

April 10, 2025 | 11:00 AM

Featured

Announcements

News Release

San Francisco Police Department Real-Time Investigation Center (RTIC) Assists in Over 500 Arrests, Historic Crime Drop 25-047

April 09, 2025 | 1:30 PM

Featured

Crime News & Tips

Announcements

News Release