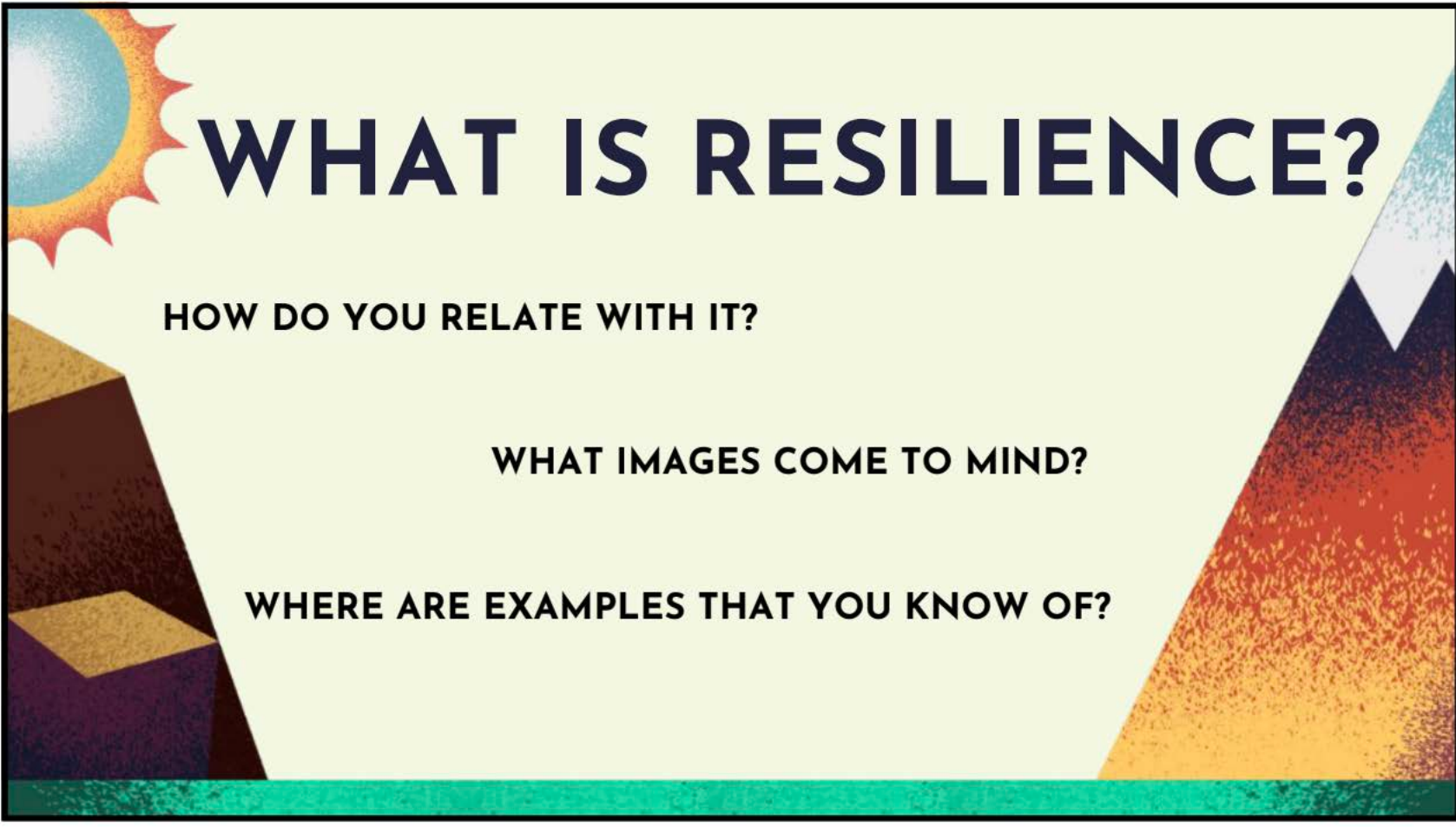


FORTIFYING OURSELVES

RESILIENCE
FOR MEETING
LIFE'S CHALLENGES



A stylized illustration of a landscape. In the top left corner is a sun with a blue face and orange rays. The background is a light cream color. On the left and right sides are stylized mountains. The left mountain has a yellow top, a dark brown middle, and a purple base. The right mountain has a white peak, a dark blue middle, and a red and orange base. A green horizontal band is at the bottom.

WHAT IS RESILIENCE?

HOW DO YOU RELATE WITH IT?

WHAT IMAGES COME TO MIND?

WHERE ARE EXAMPLES THAT YOU KNOW OF?

Use over time for: resilience



noun

noun: **resiliency**; plural noun: **resiliencies**

1. the capacity to **withstand** or to recover quickly from difficulties; **toughness**.
"the remarkable resilience of so many institutions"
2. the ability of a substance or object to spring back into shape; elasticity.
"nylon is excellent in wearability and resilience"

Similar:

flexibility

pliability

suppleness

plasticity

elasticity

springiness

(Google)



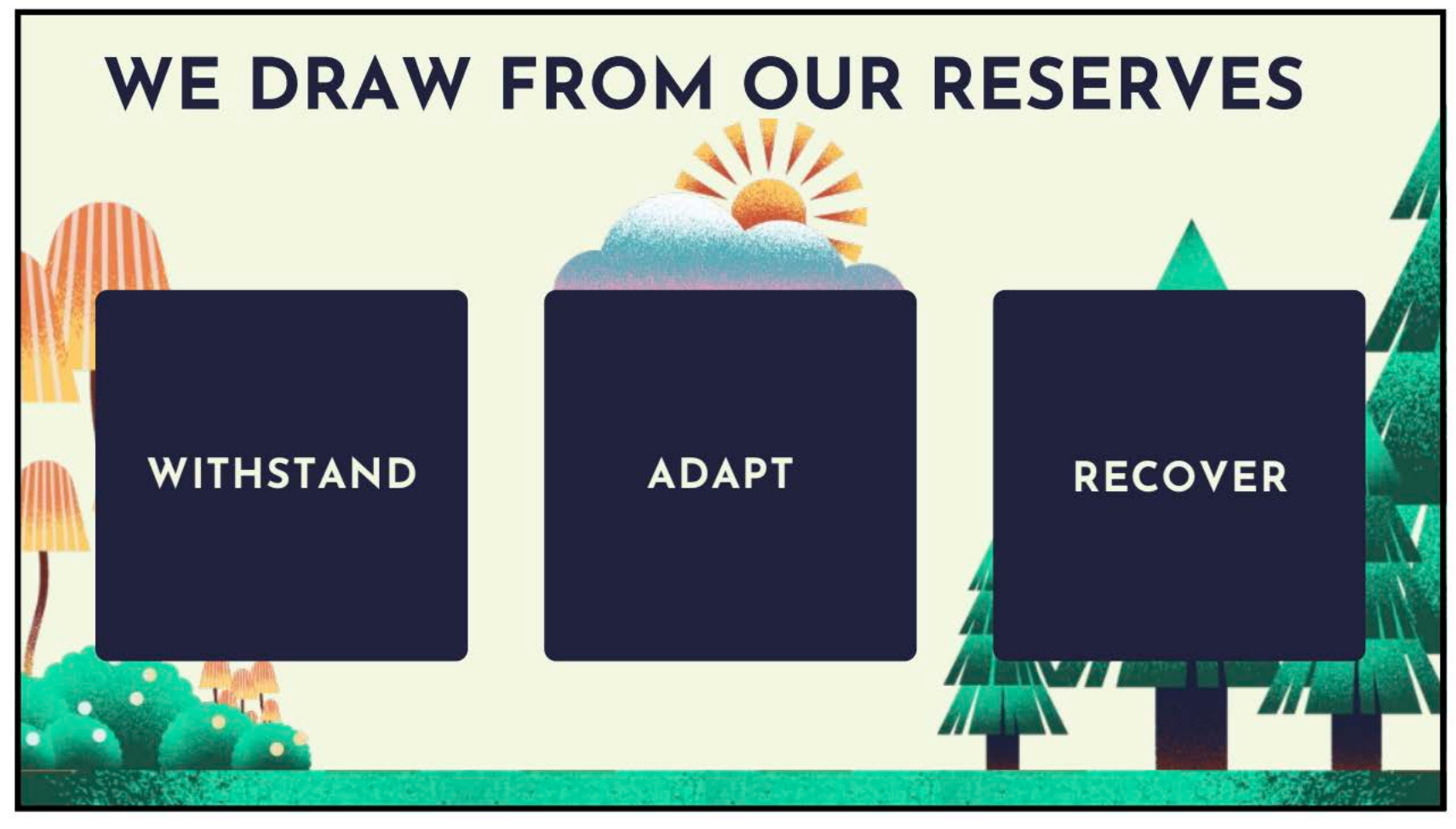
Resilience

Resilience is about how well a person can adapt to problems in their lives. It's the ability to bounce back faster from stress and trauma. Everybody has resilience. It's a question of how much you have and how well you use it. Resilience doesn't mean the person doesn't feel the effects of these problems. Instead, it means that they've found a way of dealing with it faster than others.

<https://www.amnesty.org.au/wp-content/uploads/2020/02/207-sustainable-activism-self-care.pdf>



WE DRAW FROM OUR RESERVES



WITHSTAND

ADAPT

RECOVER



HOW DO WE COPE?!

IT'S PERSONAL

YOU ARE THE EXPERT ON YOURSELF

BOTH STRESS & CARE ARE CUMULATIVE

SMALL THINGS BUILD UP OVER TIME
(THE GOOD AND THE BAD)

USE YOUR BODY AS A COMPASS





STRATEGIES FOR THE STORM

FOCUS ON SIMPLICITY:

- STAY PRESENT, DON'T PROJECT
- BREATHE, HYDRATE, EAT, SLEEP
- FIND MOMENTS OF REST & PLEASURE
- CONNECT WITH SUPPORTIVE PEOPLE



YOU ARE THE EXPERT - WHAT FEELS RIGHT?



DOMINANT CULTURE

"The behaviors, beliefs, values and symbols
accepted generally, without thinking about them
&
that are passed along by communication and
imitation from one generation to the next"



Art by Melanie G. S. Walby

EITHER / OR THINKING
INDIVIDUALISM
QUANTITY OVER QUALITY
POWER HOARDING
MYTH OF OBJECTIVITY
FEAR OF OPEN CONFLICT
BELIEF IN ONE RIGHT WAY
SENSE OF URGENCY
DEFENSIVENESS
PERFECTIONISM
RIGHT TO COMFORT
PATERNALISM



Art by Melanie G. S. Walby

ADAPTABILITY

SELF-COMPASSION



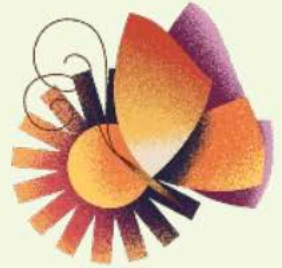
KNOWING YOURSELF

TRUSTING YOURSELF



ADAPTABILITY

RELY ON OTHERS



BE VULNERABLE

GROWTH
MINDSET



FIXED MINDSET

- SOMETHING YOU'RE BORN WITH
- FIXED

- SOMETHING TO AVOID
- COULD REVEAL LACK OF SKILL
- TEND TO GIVE UP EASILY

- UNNECESSARY
- SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH

- GET DEFENSIVE
- TAKE IT PERSONAL

- BLAME OTHERS
- GET DISCOURAGED

SKILLS

CHALLENGES

EFFORT

FEEDBACK

SETBACKS

GROWTH MINDSET

- COME FROM HARD WORK.
- CAN ALWAYS IMPROVE

- SHOULD BE EMBRACED
- AN OPPORTUNITY TO GROW.
- MORE PERSISTANT

- ESSENTIAL
- A PATH TO MASTERY

- USEFUL
- SOMETHING TO LEARN FROM
- IDENTIFY AREAS TO IMPROVE

- USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.

Source: <https://bemycareercoach.com/soft-skills/growth-mindset-definition.html>

The background is a dark navy blue. On the left, a large, textured orange sun or moon is partially visible. Below it are stylized green bushes or trees with yellow highlights. On the right, there are three stylized green plants with yellow flowers, each with a white center. Two small orange and purple butterflies are flying near the plants. The quote is written in a large, white, sans-serif font in the center-left area.

**“Nothing is softer
or more flexible
than water,
yet nothing
can resist it.”**

– Lao Tzu

RECOVERY

NOT AN END POINT OR FINISH LINE

KNOW YOUR NEEDS

AND MEET THEM

HOWEVER YOU CAN

MOTIVATION WITHOUT SHAME



Existing in exhaustion is not normal or acceptable.

The beauty of resting knows that we are blessed to have a body, to be chosen to be alive, to breathe, to make choices, and to proclaim that our bodies are our own, it is a deep practice in care.

-Tricia Hersey

Rest is Resistance (2022)

