

Weasilience: Handling Life's Wild Moments

Carole Starr, MS

Overcome Denial

The Seeds of Resilience

- ❖ Learn about Brain Injury (or whatever the challenge may be)
- ❖ Connect with Peers
- ❖ Reflect on Failure

Observe the Situation

Strategies to Build Resilience

- ❖ Know Thyself
- ❖ Listen to the Little Voice Inside
- ❖ Take Action
- ❖ Start Small, Find Success & Build on It
- ❖ Find Ways to Give to Others
- ❖ Take Risks—Feel the Fear & Move Forward Anyway
- ❖ Make Something—Create Meaning out of Suffering

Learn from the Experience

Resilience Perspectives

- ❖ Ask “What can I Learn from this Situation/What does this Challenge have to Teach me?”
- ❖ Look for Silver Linings—the Positive in the Negative
- ❖ Find Humor
- ❖ Express Gratitude

Resilience Photo Essay—<https://starrspeakerauthor.com/resilience-photo-essay>

Resilience Resources

"Fall seven times, stand up eight." Japanese Proverb

Resilience: The ability to recover from or adjust easily to misfortune or change

BOOKS

- ❖ Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being, Linda Graham, MFT
- ❖ Flourish: A Visionary New Understanding of Happiness and Well-Being, Martin Seligman, PhD
- ❖ Man's Search for Meaning, Viktor Frankl, M.D., PhD
- ❖ Resilience: The Science of Mastering Life's Greatest Challenges, Steven M. Southwick, M.D. & Dennis S. Charney, M.D.
- ❖ Rising Strong, Brené Brown, PhD, LMSW
- ❖ The Resilience Breakthrough: 27 Tools for Turning Adversity into Action, Christian Moore, LCSW
- ❖ The Resiliency Workbook: Bounce Back Stronger, Smarter & with Real Self-Esteem, Nan Henderson, MSW
- ❖ What Doesn't Kill Us: The New Psychology of Posttraumatic Growth, Stephen Joseph, PhD

WEBSITES

- ❖ Action For Happiness—<http://www.actionforhappiness.org/10-keys-to-happier-living/find-ways-to-bounce-back/details>
- ❖ American Psychological Association Road to Resilience—www.apa.org/helpcenter/road-resilience.aspx
- ❖ Greater Good in Action: Science Based Practices for a Meaningful Life—<http://ggia.berkeley.edu/>
- ❖ Psychology Today—<https://www.psychologytoday.com/basics/resilience>

ARTICLES

- ❖ "Resilience: Build Skills to Endure Hardship", The Mayo Clinic <http://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>
- ❖ Resilience and...4 Benefits to Sharing Your Story, Psychology Today <https://www.psychologytoday.com/blog/the-web-violence/201309/resilience-and-4-benefits-sharing-your-story>