



MONDAYS

with Mike

AULTCARE

Weekly PLAN

monday

Understanding Resilience and Purpose

Kendra St. Charles barely survived the crash of US Airways Flight #405 on March 22, 1992. For nearly thirty years since the crash, she has guided people through unexpected tragedies, overcoming adversity, and finding success. Her equation includes acceptance, hope and purpose, and gratitude. Kendra relies on the following traits that emotionally resilient people possess:

1. They practice acceptance. Pain is painful, stress is stressful, and healing takes time.
2. They keep good company. Resilient people tend to seek out and surround themselves with other resilient people when there is a need for support.
3. They look for meaning. Our resilience toolkit strengthens when we experience growth and learning opportunities as a result of stressful or traumatic events.
4. They practice an optimistic worldview. Notice the word practice. We do not inherently possess an optimistic worldview. We have to find the opportunity in all that we encounter.
5. They have a menu of self-care habits. Resilient people have a list of positive habits that support them when they need it the most.

Additionally, she shares the following reflections to help us even more:

- > Adversity does not discriminate.
- > Strength has value when it has purpose.
- > A grateful heart is a trained response.

As we encounter life's challenges, Kendra's guiding words and wisdom are gifts to us as we do. She knows firsthand how these can make a difference.

Have a week full of resilience and purpose!

