



MONDAYS

with Mike

What is resilience?

Resilience embodies the personal qualities that enable one to thrive in the face of adversity.

- Kathryn Connor

We hear the word resilience used often or in context as we see others handle adversity or challenge. Connor's quote helps us frame the meaning. Here are some examples of resilient behaviors and ways that we can show resilience:

- ✓ Trying to take a positive perspective on situations.
- ✓ Viewing challenges as learning opportunities.
- ✓ Balancing our emotions and expressing feelings in appropriate ways.
- ✓ Focusing on the things that we can control instead of dwelling on what we cannot change.
- ✓ Recognizing what is actually true, as opposed to worrying about things that have not happened.
- ✓ Reframing negative thoughts to be more realistic and positive.

As Jo Petty states in her book Apples of Gold:

Resiliency is an important factor in living. The winds of life may bend us, but if we have resilience of spirit, they cannot break us.

To courageously straighten again after our heads have been bowed by defeat, disappointment, and suffering is the supreme test of character.

As we open our week, let's stare adversity and challenge in the face and respond with behaviors that will fuel us to overcome!

We've got this!

