***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://carolestarr.wistia.com/medias/kljbrgqbgy>

**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, Brene’ 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](http://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](https://www.psychologytoday.com/basics/resilience%20)

**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>