Understanding Resilience

The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, or workplace and financial stressors.
A Quiz: Post-Traumatic Growth

1. I changed my priorities about what is important in life.
2. I have a greater appreciation for the value of my own life.
3. I am able to do better things with my life.
4. I have a better understanding of spiritual matters.
5. I have a greater sense of closeness with others.
6. I established a new path for my life.
7. I know better that I can handle difficulties.
8. I have a stronger religious faith.
9. I discovered that I’m stronger than I thought I was.
10. I learned a great deal about how wonderful people are.
Poll Question #1: What’s Your Post-traumatic Growth Score?
Adversity Enhances Small Joys
Adversity Builds Compassion
Adversity Creates Resilience
Strategies for Finding Happiness in the Midst of a Pandemic
Avoid Comparisons

“Comparison is the thief of joy.” by Teddy Roosevelt

“I do count my blessings, but then I end up counting those of others who have more and better blessings, and that pisses me off.”
“Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.”

By Elizabeth Gilbert
Foster Wellness
Find Purpose
Give (to Anyone)
Spend Time in Nature
Build and Maintain Connections
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<th>Poll Question #2: Which of These Have You Done in the Last 6 Months?</th>
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<tr>
<td>1. Foster Wellness</td>
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<td>2. Find Purpose</td>
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<td>3. Give a Gift (to Anyone)</td>
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<td>4. Spend Time in Nature</td>
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<td>5. Build Connections</td>
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“I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death.” By Nelson Mandela
A Real World Example
“Too much good stuff has come out of it. I was not headed towards a career in medicine before the accident, and I don’t think I’d be as good a physician if I hadn’t had that experience.” By BJ Miller
“Sports books are always about winning because winning is far more pleasurable and exhilarating to read about than losing. Winning is wonderful in every aspect, but the darker music of loss resonates on deeper, richer planes. Loss is a fiercer, more uncompromising teacher, coldhearted but clear-eyed in its understanding that life is more dilemma than game, and more trial than free pass. My acquaintance with loss has sustained me during the stormy passages of my life when the pink slips came through the door, when the checks bounced at the bank, when I told my small children I was leaving their mother, when the despair caught up with me, when the dreams of suicide began feeling like love songs of release. … Though I learned some things from the games we won that year, I learned much, much more from loss.” By Pat Conroy
Questions? Want a copy?

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