PERSONAL RESILIENCE

A TOOLKIT FOR INTENTIONAL LIVING

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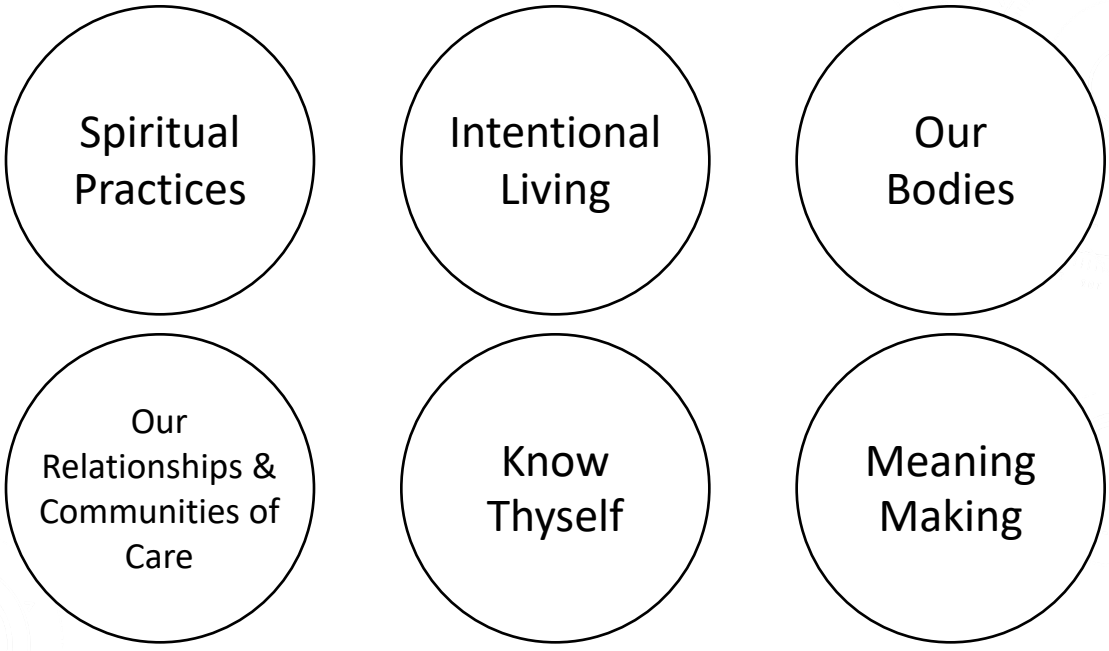

WHAT IS RESILIENCE

- “the capacity to recover quickly from difficulties; toughness”
- “the ability of a substance or object to spring back into shape; elasticity”
- “tolerance for discomfort”
- “have to do tough things and feel our way through tough situations, and we have to feel tough emotions”

PRACTICES FOR OUR BODIES

- Breathing (spiritual too – ruach, pneuma)
- Balance
- Hydration
- Laughter
- Walking
- Healthy Living

"I think that I cannot preserve my health and spirits, unless I spend four hours a day at least—and it is commonly more than that—sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements."

Henry David Thoreau

OUR RELATIONSHIPS

- Isolation & Vulnerability
- Accountability
- Trust
- Conflict
- Compliments (but there are cultural nuances)
- Diversity
- Listening

COMMUNITIES OF CARE

"We are all longing to go home to some place we have never been—a place half-remembered and half-envisioned we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free."
Starhawk

INTENTIONAL LIVING

- Perceiving joy (Kon Mari method)
- Break the twitch/auto pilot
- End-of-life planning
- Decluttering
- Have directions (not necessarily goals though)
- Touchstones

SPIRITUAL PRACTICES

- Body practices
- Breath practices and mindfulness
- Prayer practices
- Rituals & traditions
- Grounding
- Wonder & Awe

MEANING MAKING

- Have directions
- Bucket list
- Helping others (and letting others help you!)
- Legacies

"To know thyself is the beginning of wisdom."
Socrates

Spiritual Practices

Intentional Living

Our Bodies

Our Relationships & Communities of Care

Know Thyself

Meaning Making