



CULTIVATING RESILIENCE



WHAT IF WE COULD BECOME A TREE?





**WHICH DO YOU
WANT TO BE?**

EGG

Carrot

Coffee Grinds

RESILIENCY

- Bounce back and cope effectively in face of difficulties
- Bend, but not break under extreme stress
- Rebound from adversity
- Handle setbacks, adapt and keep going
- Keep balance in hard times
- GROW FROM LIFE'S HARDSHIPS





WHAT IF YOUR BOTTLE IS DRAINED?

Quarantine

Online learning

Fires

Can't see my friends

Tired of being home

Election overload

Protests

My family is struggling

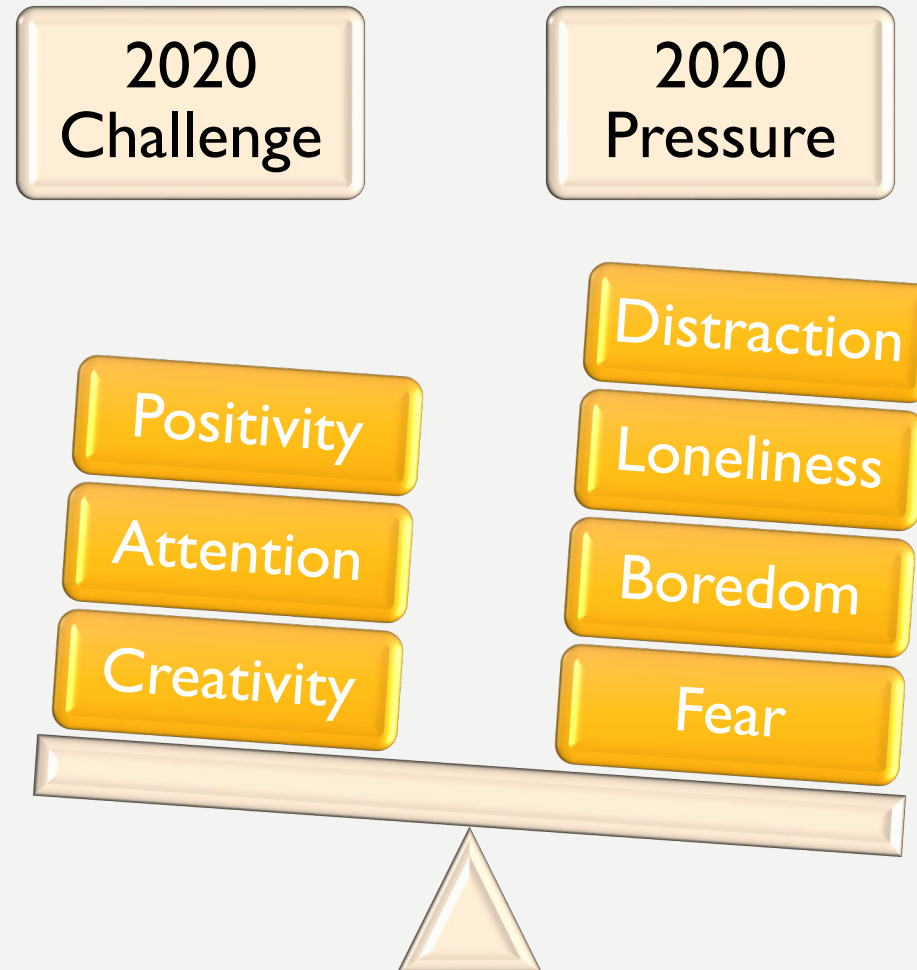
My parents are laid off

Feel alone

How long will this last?

Will we ever have “normal” again?

RESILIENCE



RESILIENCE, THE TRUTH...

- Resilience is hard and only develops when you go through hard stuff directly
- 300 genetic adaptations potentially
- Resilience isn't really about the “survival victory dance at the end” -we love that part
- Resilience doesn't have a pretty time line
- Resilience can be experienced in groups
- Emotions aren't good or bad

HAPPY BRAIN

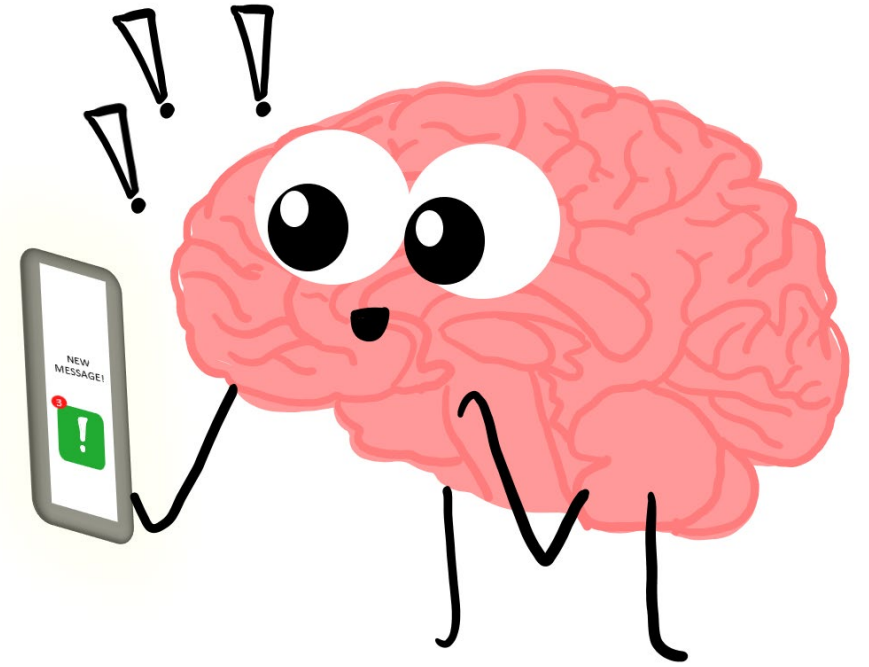


BRAIN HAS TRILLIONS OF Junctions

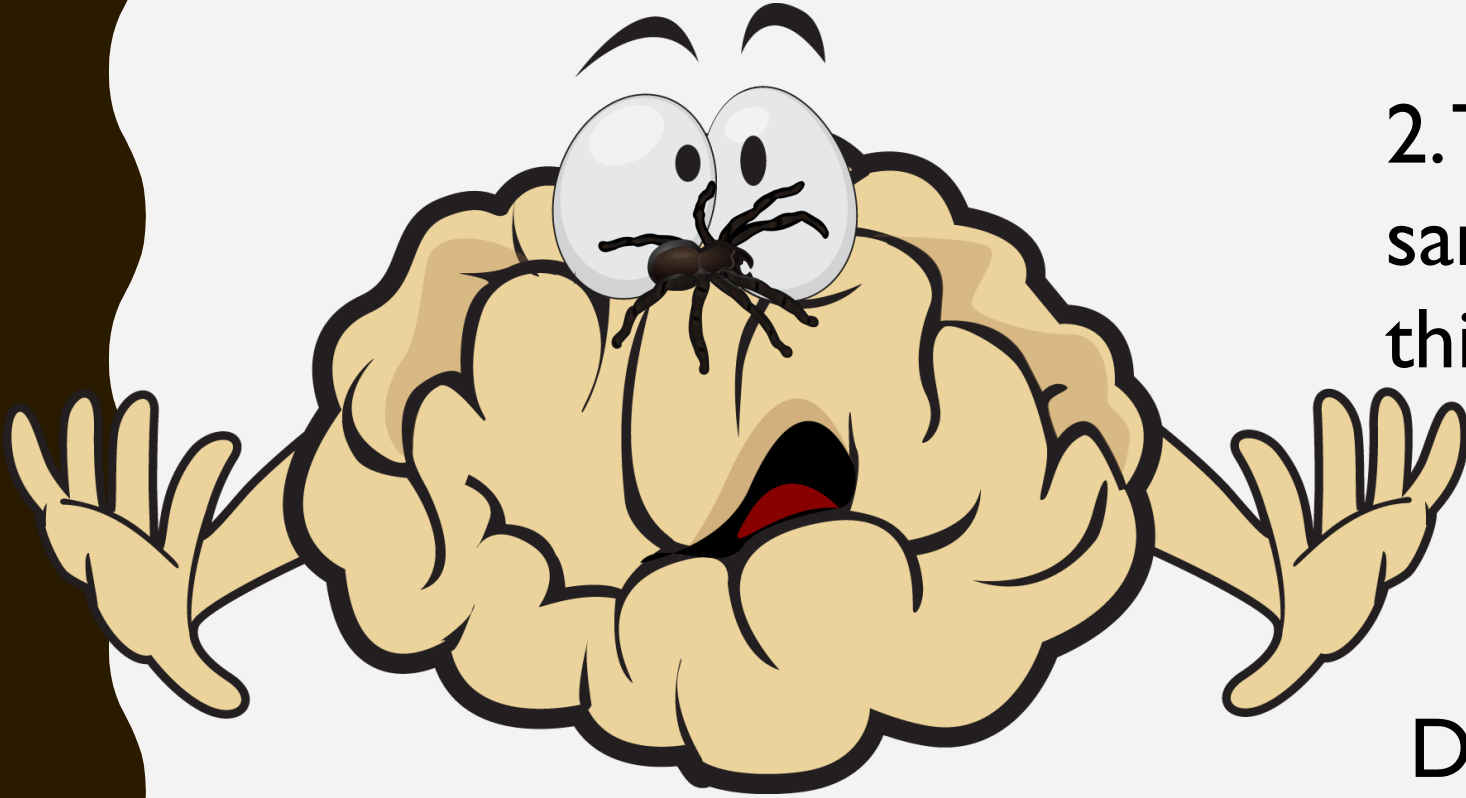
3 TRAITS OF THE BRAIN

1. Your brain feels others pain just like if it happened to you

Same neurons in the brain fire up when you find out your friend is hurt.....it hurts you and you feel pain too!



3 TRAITS OF THE BRAIN



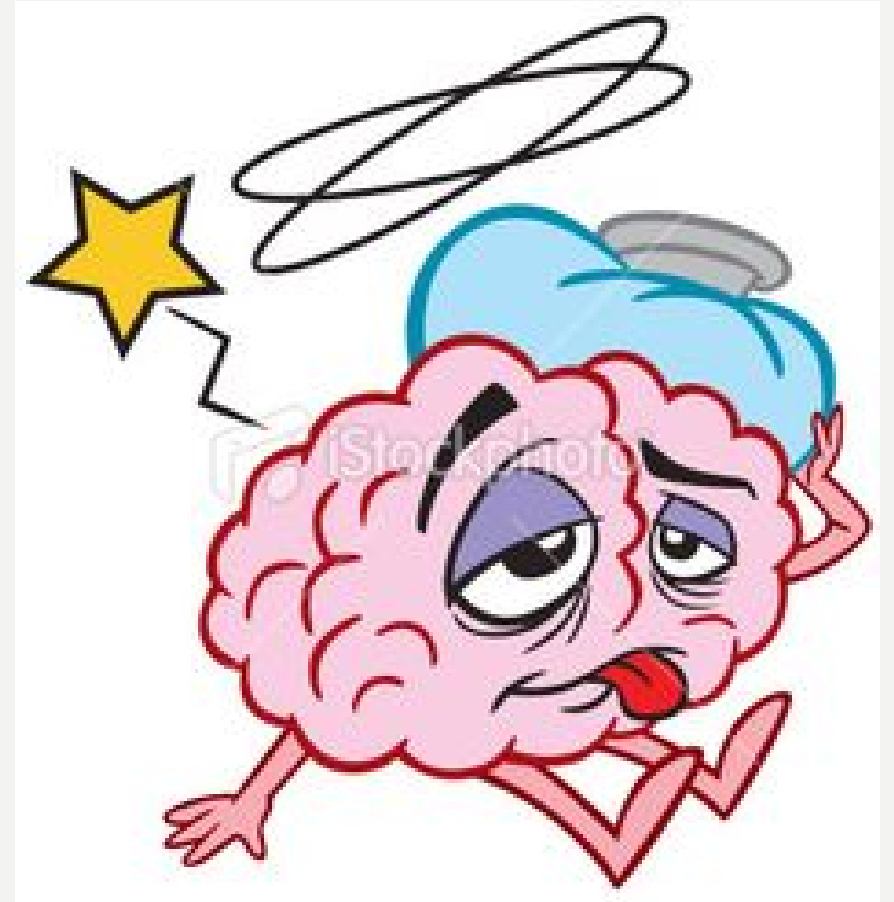
2. The Brain lights up the same nerve bundles for things we imagined or that are real

Dreaming of a spider crawling on me will cause the same fear as a real spider crawling on me

3 TRAITS OF THE BRAIN


3. Our brain can't tell the difference from a physical hurt and a emotional hurt

So a mean comment hurts the same as physical pain



SO WHAT DO WE DO?

It is actually quite simplish...we choose...

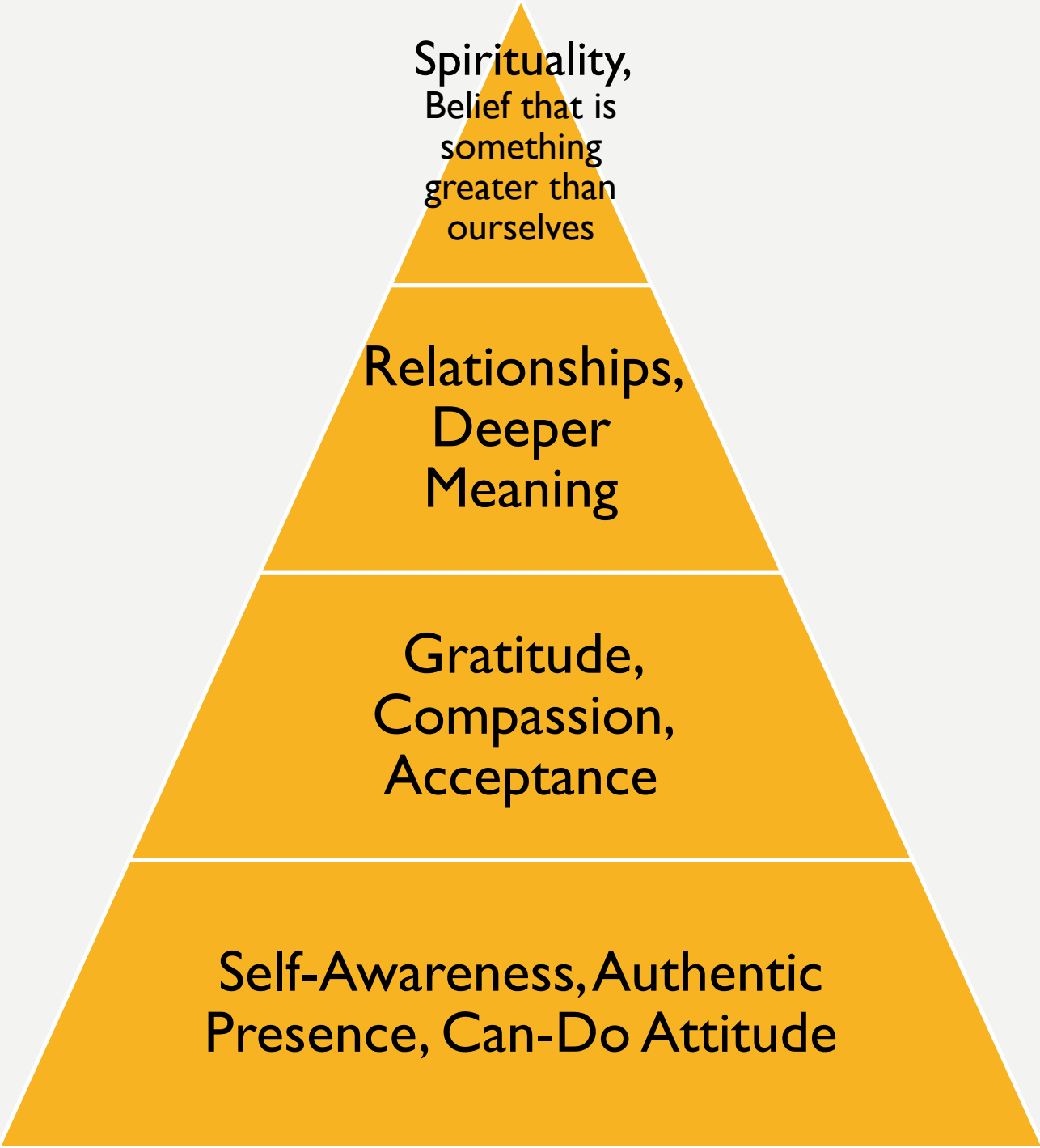
1. Genes	x
2. Life Situation	+/-
3. Choices 	★

3. Resilient : Thoughts, Words, Actions

WHAT DOES THAT MEAN? WE CHOOSE?

So when we choose **Gratitude, Compassion, Creativity, and Kindness** towards each other our brain does that weird thing we just talked about **it makes us happy**. Focusing on making ourselves happy doesn't work!

Focusing on making others happy makes us not just happy but resilient!



Spirituality,
Belief that is
something
greater than
ourselves

Relationships,
Deeper
Meaning

Gratitude,
Compassion,
Acceptance

Self-Awareness, Authentic
Presence, Can-Do Attitude

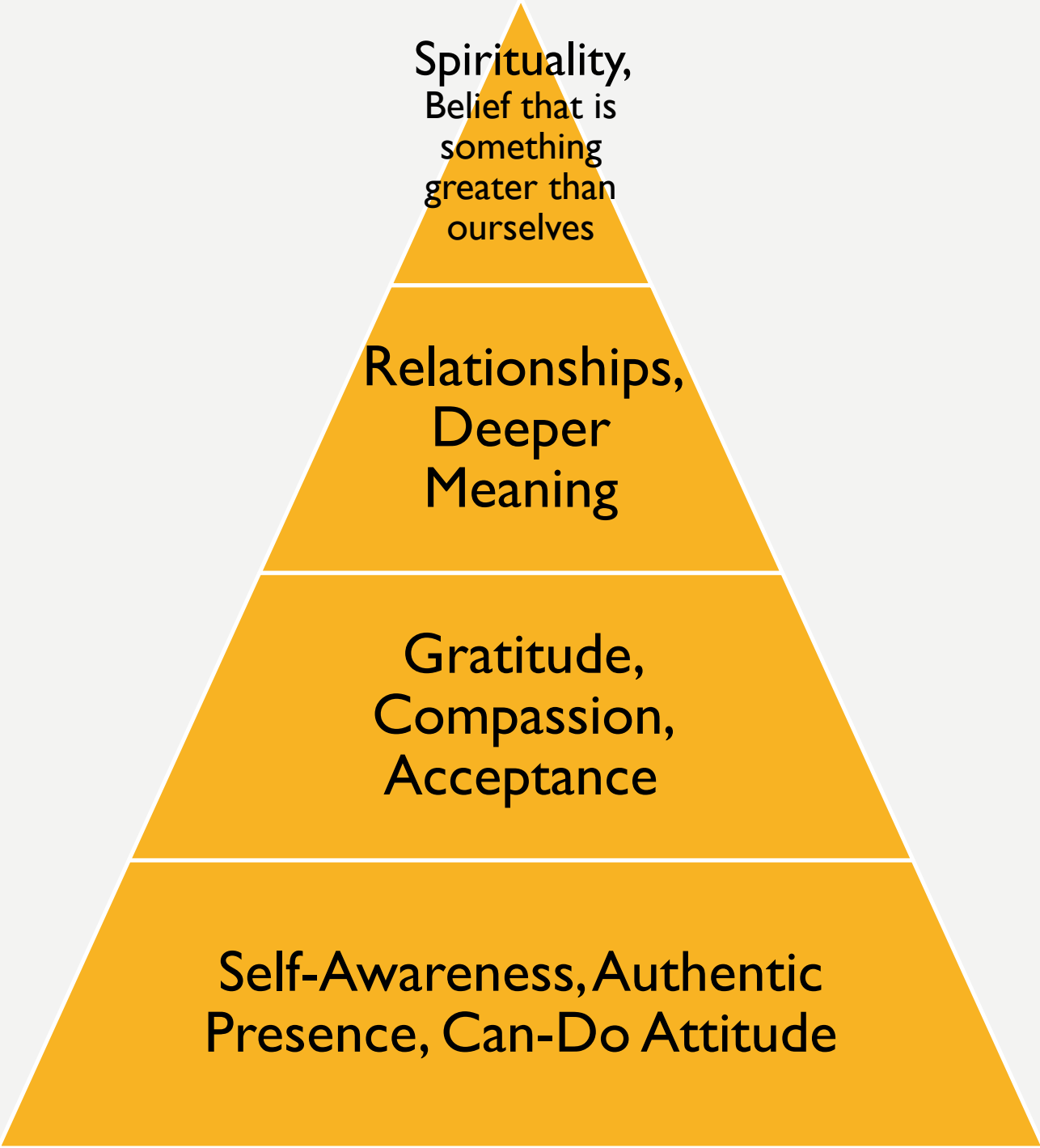
9 PILLARS

The Brain changes when we do
these things!!!!

We can learn to be more
resilient!!!

We aren't born just being better at
handling things...experiences
change us (Egg, Carrot, Coffee
grinds)

- A homeless teen meets a deaf-blind man at a bus stop who changes his life forever. | Feeling Through - YouTube



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EMAIL ANY ? COMMENTS

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INCLUDE EASTMINISTER PRESBYTERIAN
IN SUBJECT LINE