

A small green seedling with several leaves is growing out of a crack in a concrete surface. The background is a blurred, light-colored concrete with several cracks. The text is overlaid on the image in white.

Finding Resiliency in Challenging Times:

**DON'T JUST SURVIVE, BUT THRIVE!**

**Mark Quiner**

**NCSL Legislative Training Institute**



# A Story of Resilience

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- **The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God.**
- **I don't think of all the misery, but of the beauty that still remains.**
- **Whoever is happy will make others happy.**
- **How wonderful it is that nobody need wait a single moment before starting to improve the world.**
- **Where there's [hope](#), there's life. It fills us with fresh courage and makes us strong again.**

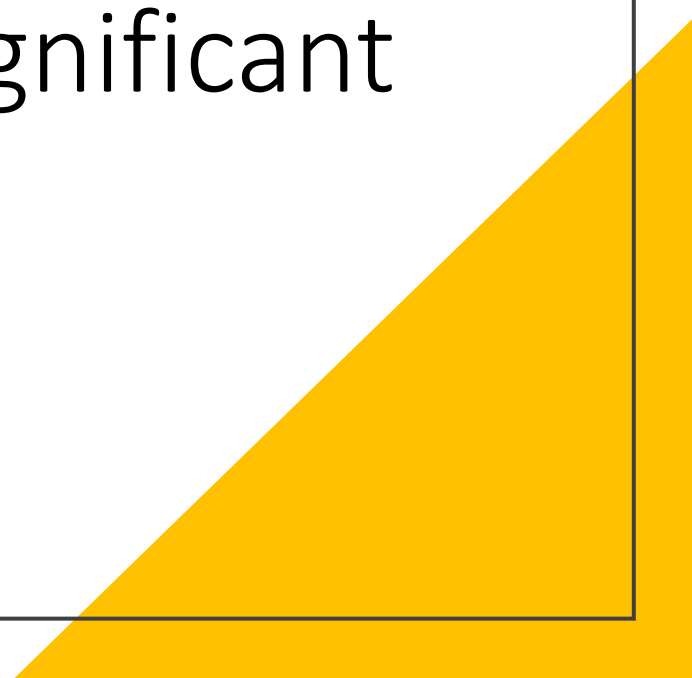


Reflect on a time you faced a significant life challenge and overcame it

What personal characteristics helped you make it through that difficult experience?

What did you learn about yourself for having gone through the ordeal?

The *American Psychological Association* defines mental resilience as “the **process** of adapting well in the face of adversity, trauma, or significant sources of stress.”



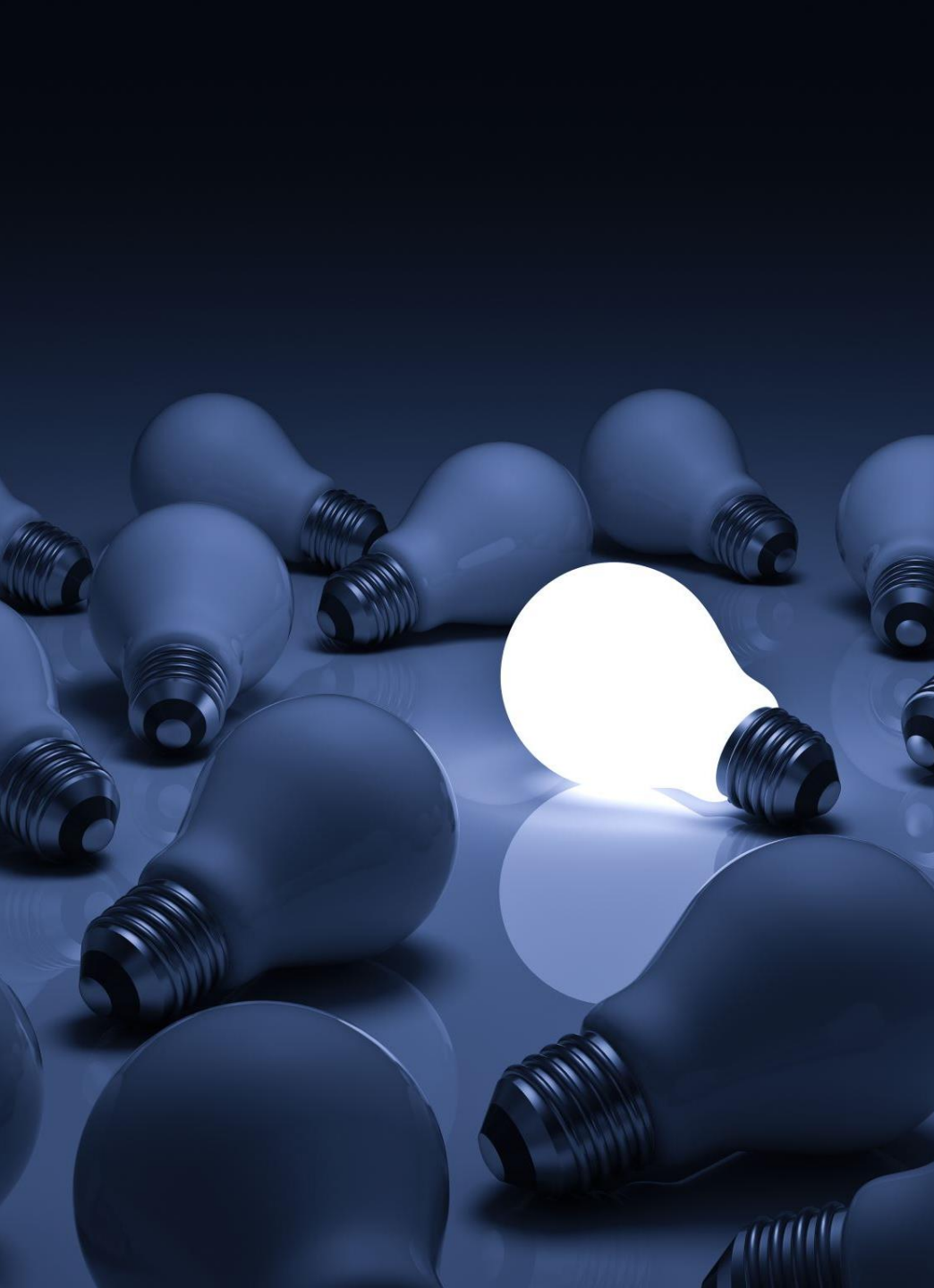
# Typical reactions to stress and change:

- 1) Avoidance and withdrawal
- 2) Intrusive mental reactions
- 3) Physical manifestations

“Feeling overwhelmed is a sense of hopelessness and helplessness. Resilience is the opposite– it is recognizing that you have *agency* in any situation. It’s *action-oriented*, as opposed to sitting back and letting things happen.”

Journal of Professional Psychology





## The Four Rs

**RENEW** your sense of purpose

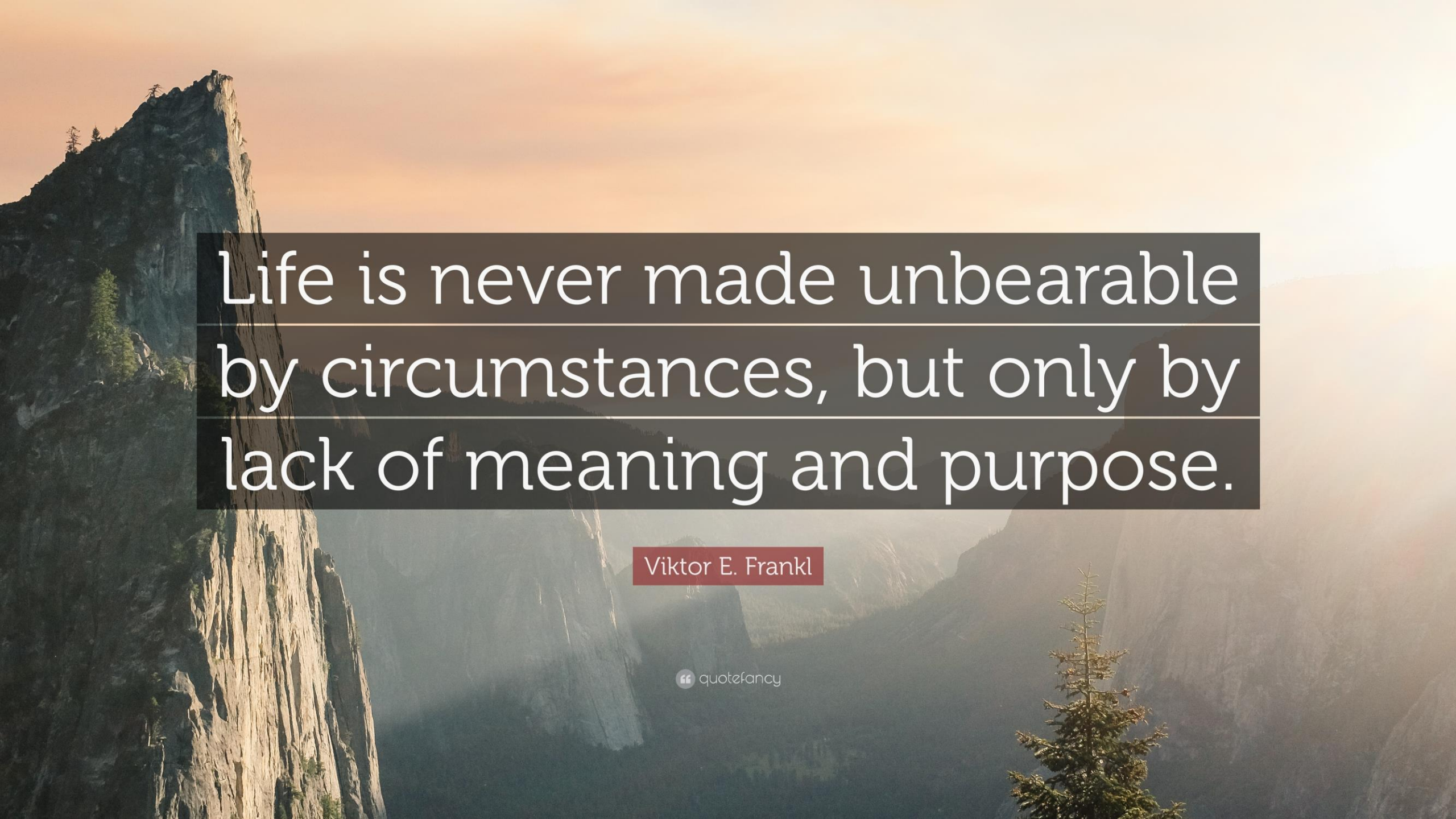
**REGULATE** your emotions

**RECHARGE** your energy

**RELATE** to others

A photograph of a sunset or sunrise over a dark landscape. The sky is filled with soft, colorful clouds in shades of blue, purple, and yellow. A path of light leads from the bottom center towards the horizon, creating a sense of direction and journey. The overall mood is serene and hopeful.

RENEW your sense of  
Purpose



Life is never made unbearable  
by circumstances, but only by  
lack of meaning and purpose.

Viktor E. Frankl

# Meaning can be found in:

- The work that we do
- The love we have for another human being
- The way in which we endure suffering

# PURPOSE STATEMENT

My purpose is to \_\_\_\_\_ (your **WHY**)

Through \_\_\_\_\_ and \_\_\_\_\_ (your **HOW**)

So that \_\_\_\_\_ will occur (your **WHAT**)

# REGULATE YOUR EMTIONS





“We suffer more in imagination  
than we do in reality”

Seneca

Instead of  
focusing on the  
possible  
***NEGATIVE  
CONSEQUENCES,***  
simply focus on  
the ***NEXT STEP***





*WHY?"*  
into  
*"GOOD*



Got injured while exercising? **GOOD**. I needed a break from constant training.

Childcare center closed? **GOOD**. I can spend more quality time with my child.

Can't sleep? **GOOD**. I can count my blessings with an attitude of gratitude.

Current job ending? **GOOD**. I can find one which suits me better.

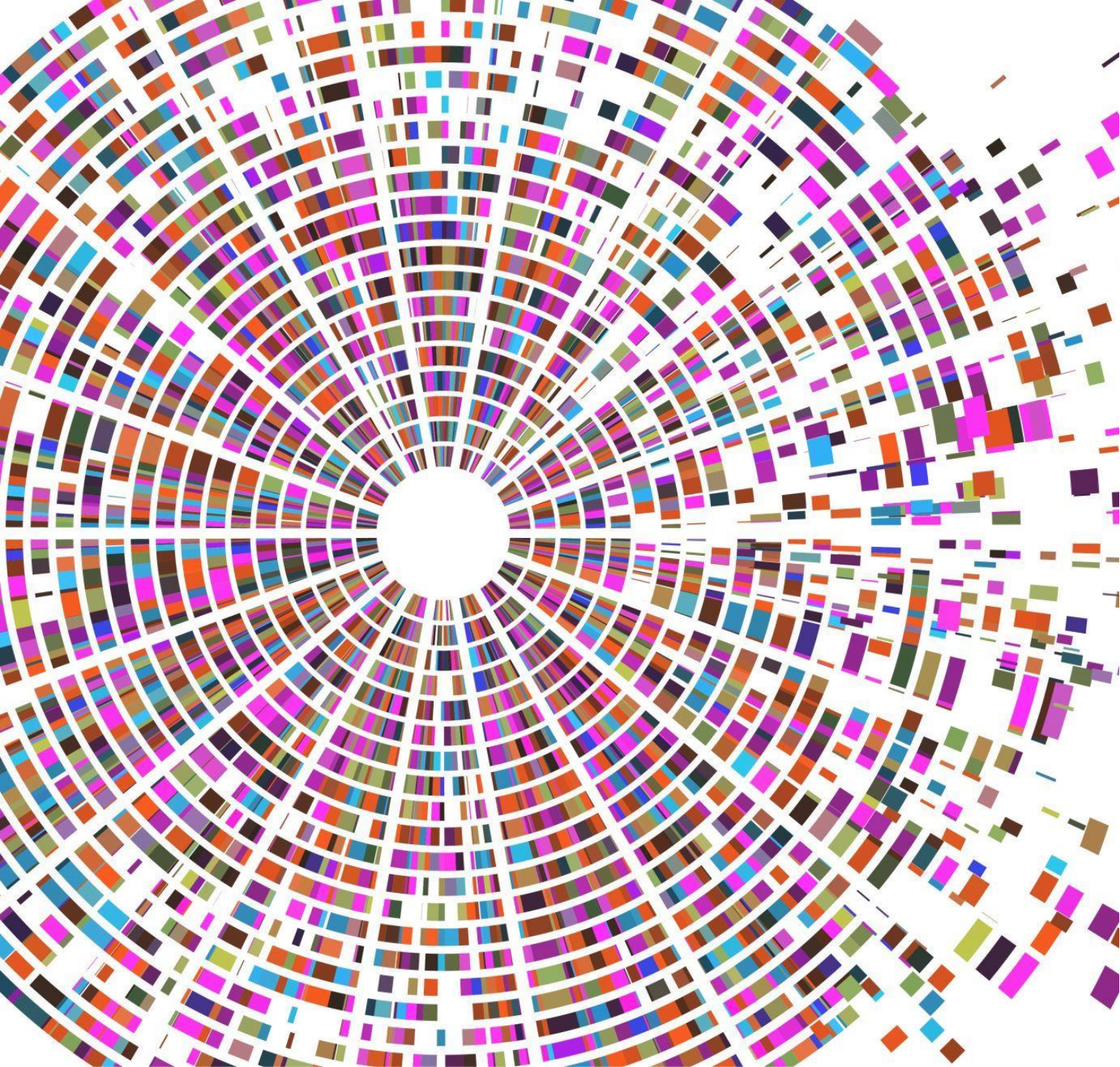
# Let's practice:

Share a recent setback/frustration/fear

Respond with **GOOD**, and an explanation for how that setback can be seen in a positive light

RECHARGE  
your  
ENERGY





**FOCUS:** reading,  
meditation,  
journaling

**VITALITY:** exercise,  
diet, sleep habits

**GROWTH:** new  
skills, hobbies,  
activities



## The Woodcutter's Parable

# RELATE TO OTHERS



**HELPERS:** roll up sleeves and co-carry load

**ADVISORS:** share wisdom and advice

**BLIND SPOTTERS:** tell you the hard truths

**LISTENERS:** offer a judgment-free ear

**CHAMPIONS:** give you praise and confidence





HELPER

LISTENER

ADVISOR

CHAMPION

BLIND SPOTTER

Who fills this role for me?

For whom do I fill this role?



**KELLY CLARKSON**  
**STRONGER**

INSPIRATIONAL SONG  
OR FILM?



## The Four Rs (recap)

Renew your sense of purpose

Regulate your emotions

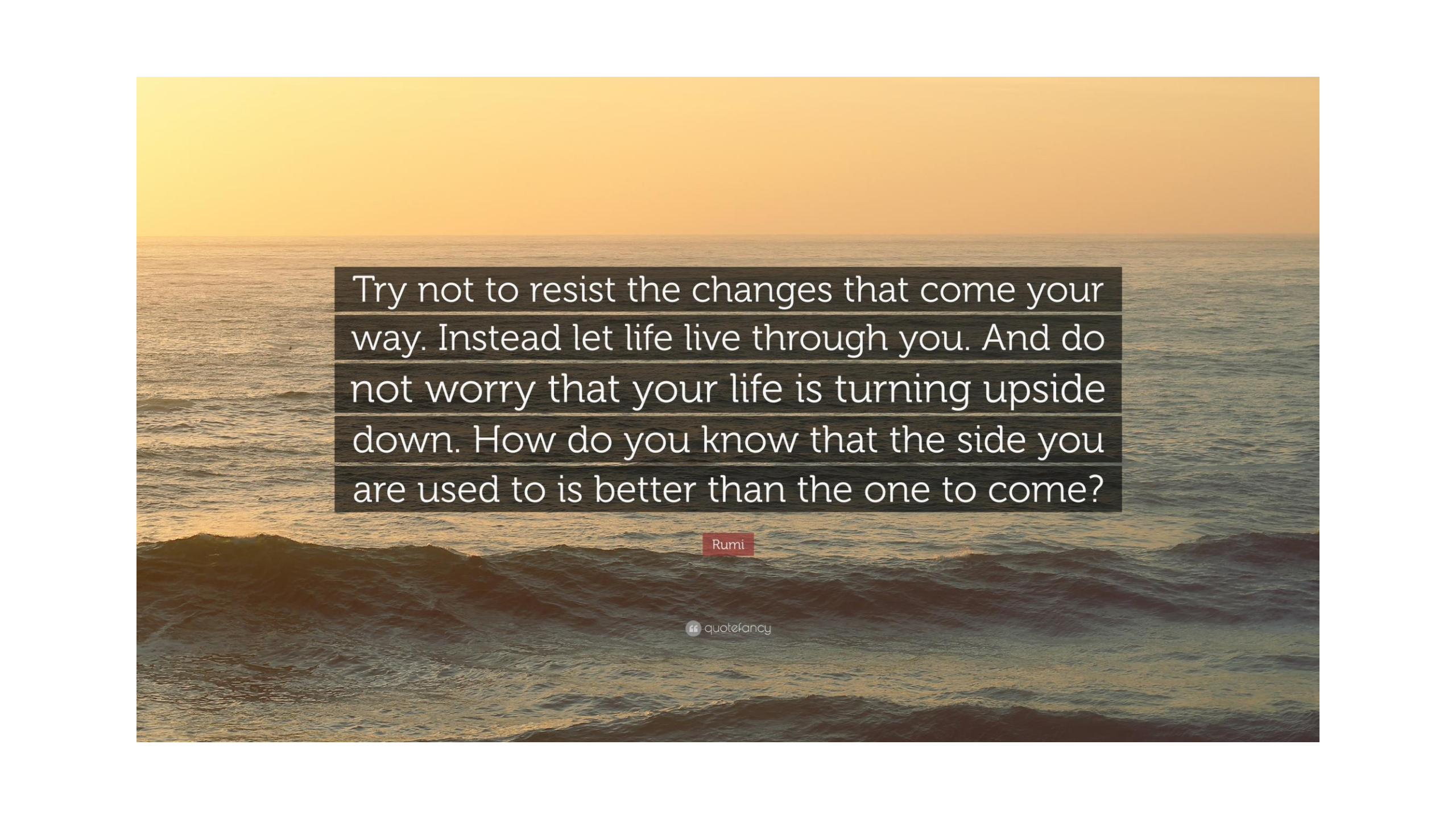
Recharge your energy

Relate to others



A woman with short dark hair is shown in profile, looking towards the right. She has a slight smile and is wearing a dark jacket. The background is a plain, light-colored wall.

DON'T LOSE HOPE

A photograph of a sunset over the ocean. The sky is a gradient of warm colors from yellow to orange, and the water is dark blue with white-capped waves in the foreground. A large, dark, semi-transparent rectangular box is centered over the image, containing a quote in white text.

Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?

Rumi

quote fancy

• Don't just  
survive, thrive!

