

Weasilience: Handling Life's Wild Moments

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OVERCOME DENIAL

The Seeds of Resilience

- ❖ Learn about the Challenge
- ❖ 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://starrspeakerauthor.com/resilience-photo-essay>

Resilience Resources

Fall seven times, stand up eight. Japanese Proverb

BOOKS BY CAROLE STARR, MS

- ❖ *Silver Learnings: Practical Wisdom for Living with Brain Injury*
- ❖ *To Root & To Rise: Accepting Brain Injury*

SELECTED RESILIENCE BOOKS

- ❖ *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
- ❖ *What Doesn't Kill Us: The New Psychology of Posttraumatic Growth*, Stephen Joseph, PhD

SELECTED WEBSITES

- ❖ Action For Happiness—10 Keys to Happier Living
<http://www.actionforhappiness.org/10-keys-to-happier-living/find-ways-to-bounce-back/details>
- ❖ American Psychological Association Road to Resilience
<https://www.apa.org/topics/resilience>
- ❖ Greater Good in Action: Science Based Practices for a Meaningful Life
<http://ggia.berkeley.edu/>

SELECTED SCHOLARLY ARTICLES

- ❖ The ART of resilience: A theoretical bridge across resilience perspectives. *Frontiers in Psychology*
https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2025.1556047/full?utm_source=chatgpt.com
- ❖ Psychological resilience is associated with participation outcomes following mild to severe traumatic brain injury. *Frontiers in Neurology*
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6054998/>