When It Rains
It Pours:

Resilient choices when we feel we are drowning

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About Me:

Valencia Gensson
Today's Discussion

- What is resiliency, and why does it matter?
- Understanding bad things happen
- We are what we think and adjusting our focus
- Turning struggles into strengths
- Being kind to you
- Benefit finding and finding balance
- Choosing happiness when it's hard
- GREATT Resilient Strategies and taking action
- Modeling resiliency for others
What Is Resiliency?

Resiliency is our capacity to recover quickly from difficulties.

The opposite of resilience is:

- Rigidity
- Fragility
- Vulnerability
- Weakness
Why Does Resiliency Matter?

- Why do we need to bounce back?
- How do we build resilience?
- How to shift from surviving to thriving?
- What to do when we fail or fall short?
Understanding

When we get that bad things happen, we start to build resilience
We Are What We Think

Our thoughts affect our ability to bounce back

If we are always thinking about how angry and hurt we are, can we truly be resilient or happy?
Adjusting Focus

Adjust our focus and make the switch

From: "Why me?"

To: "Why not me? And what's next?"
Turning Struggles Into Strengths

Struggles
- Stress
- Overwhelm
- Physical weakness / illness
- Unhealthy coping skills

into

Strengths
- Relaxation / slowing down
- Balance
- Healthy lifestyle habits
- Healthy coping strategies
Being Kind to You

Our thoughts Count
Talk kindly to yourself

T = is it true?
H = is it helpful?
I = Is it inspiring?
N = Is it necessary?
K = Is it kind?
Something to Remember

I didn't cause it.
I can't control it.
I can't cure it.
But I CAN take care of myself by communicating my feelings, making good choices, picking myself up and trying again.
Benefit Finding

We have 1,440 minutes a day
We have 12,000 - 60,000 thoughts a day
And 20,000 moments a day
Can we find three good moments?

BFF Challenge:
1) Find a BFF - Benefit Finder Friend
2) Pick 3 good things a day
   Something good, powerful, or positive
3) Share the moment with each other
Balanced Choices

- Have a strong foundation and an internal compass
- Planning ahead
- Embracing "NO"
- Asking for help when needed
- Try to uplift others. If you can't, walk away
- Find ways to be content right where you are
- If you need more time, take a break
Choose Happy When It's Hard

Tune in to what is good in the world

Enjoy the journey

Don't wait for something bad to end before you start enjoying your life
GREATTT

G = Grateful for the things we have
R = Resilient mindset, helpful or harmful
E = Everyone goes through hard times
A = Accept what we have control over, and what we do not
T = Tune in to what is good in the world
T = Take the good, spit out the bad
Taking Action:

If you find yourself in a situation and your thinking, "I can get through this!"
Apply the GREATT strategies and think over the problem again.

This will not remove all your pain, but it can help show you it is possible to live and go through tough times at the same time.
Food For Thought

Do not judge me by my success, judge me by how many times I fell down and got back up again. -Nelson Mandela

Asking for help is the bravest move you can make. You don't have to go through it alone -Unknown

On particularly rough days when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through hard things so far is 100%, And that's pretty good -Unknown
Modeling Resilience
Plant a seed
Watch it grow
Reap the harvest

People learn by what others do, not what they say
Questions?
Thank you for joining me today!

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