



# When It Rains It Pours:

Resilient choices when we feel  
we are drowning

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# About Me:

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# 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

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# What Is Resiliency?

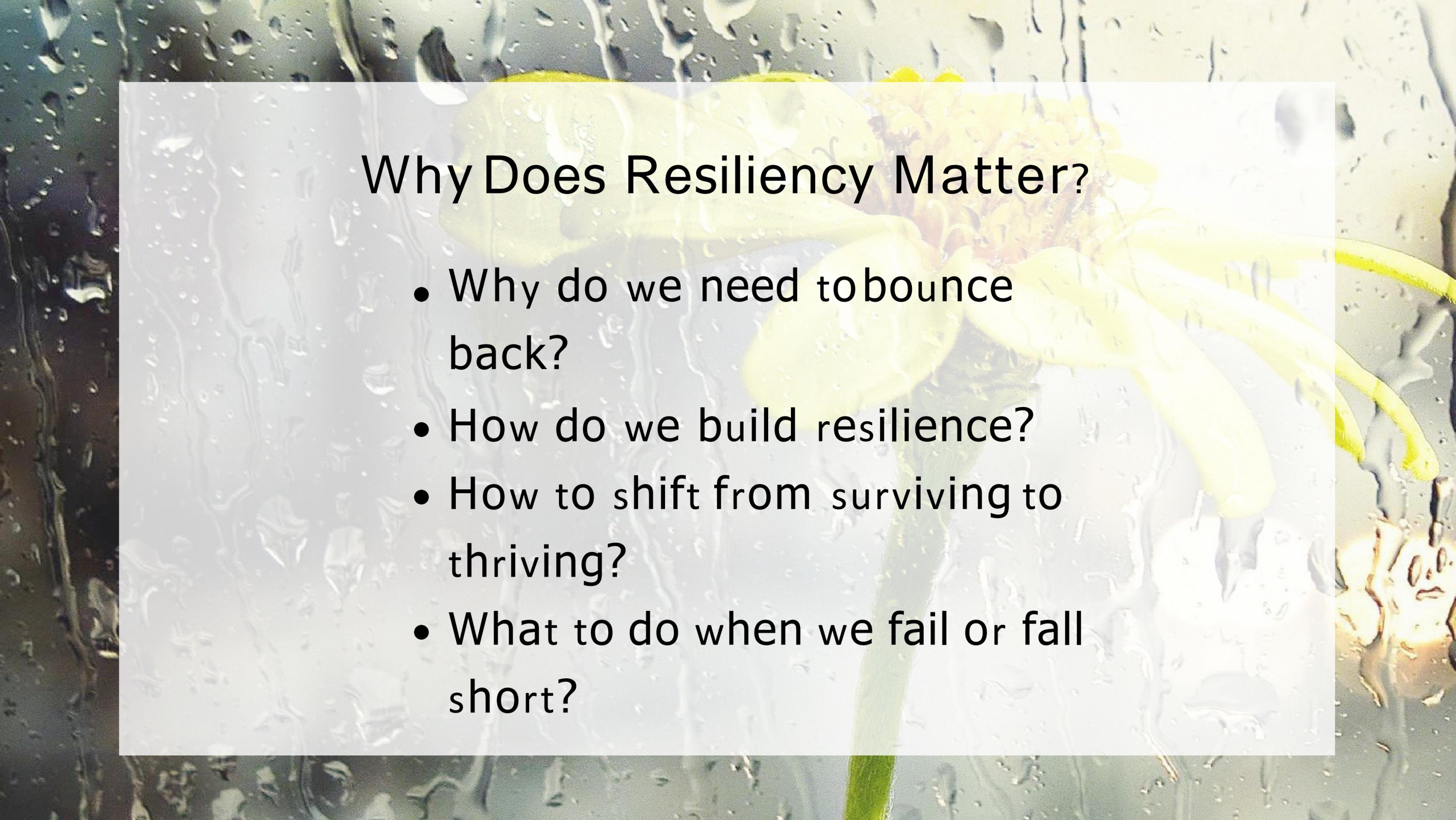
Resiliency is our capacity to recover quickly from difficulties

The opposite of resilience is:

- Rigidity
- Fragility
- Vulnerability
- Weakness

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# 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

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# 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?

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# Adjusting Focus

Adjust our focus and make the switch

From: "Why me?"

To: "Why not me? And what's next?"

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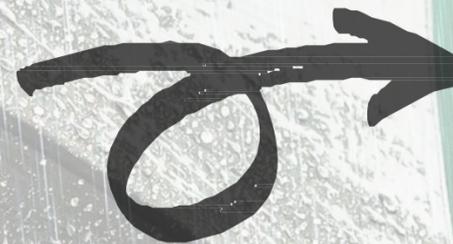


# Turning Struggles Into Strengths

## Struggles

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

into



## Strengths

- Relaxation / slowing down
- Balance
- Healthy lifestyle habits
- Healthy coping strategies

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# Being Kind to You

Our thoughts Count  
Talk kindly to yourself

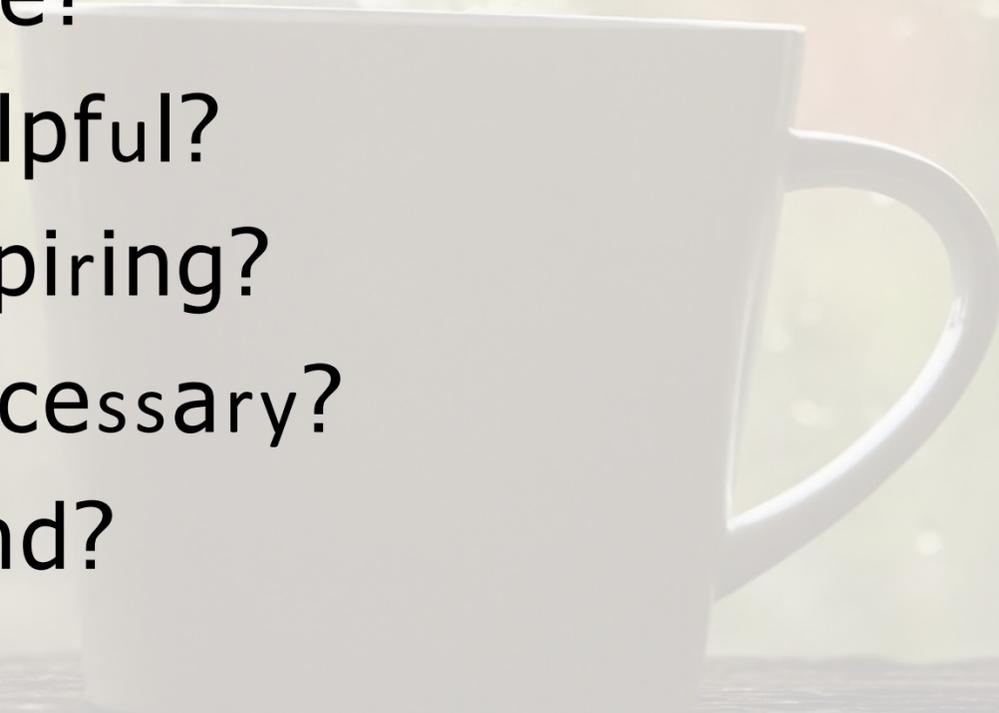
T = is it true?

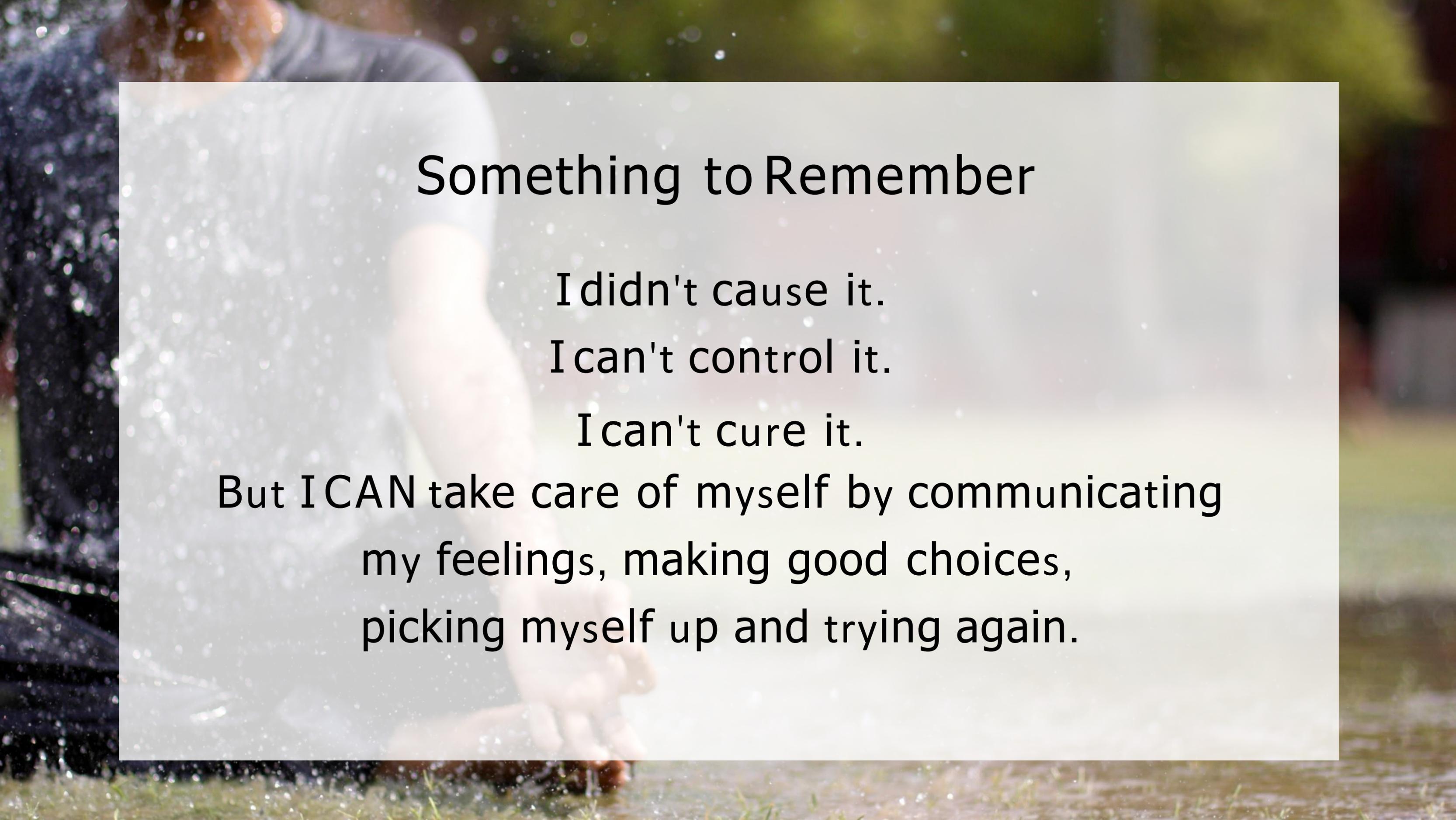
H = is it helpful?

I = Is it inspiring?

N = Is it necessary?

K = Is it kind?



A person wearing a white t-shirt is splashing water in a pool. The water is captured in mid-air, creating a misty, sparkling effect around the person's arms and torso. The background is a blurred green, suggesting an outdoor pool setting.

# 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.

A bouquet of pink tulips is placed inside a yellow rubber boot. The boot is standing upright on a light-colored surface. The background is a solid yellow color. The text is overlaid on a semi-transparent white rectangle in the center of the image.

# 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 cant, 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**



# GREATT

- 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

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# Questions?

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**Thank you  
for joining me today!**

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