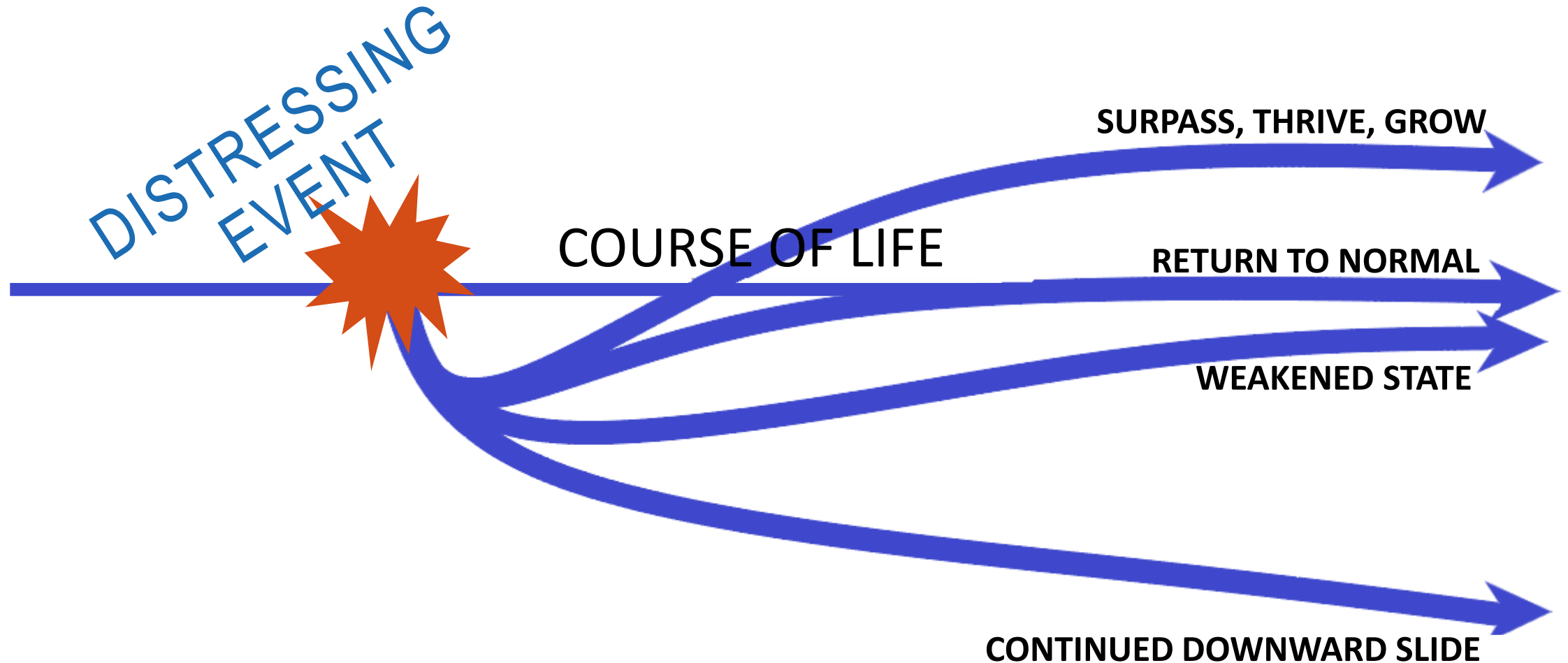


RESILIENCE

Life's Great Shock Absorber



Psychology Definition of Resilience: It is the capacity for an individual to deal *effectively* with trauma or hardships



KEY IDEAS ON RESILIENCE:

- ▶ Ability to withstand adversity, bounce back *AND grow*
- ▶ Like a muscle it *can be developed*
- ▶ It is *ordinary*, not extraordinary
- ▶ Becoming more resilient *requires encountering difficulties* and building up resilient behaviors



“Aspis” ἄσπις

ancient Greek for “shield”

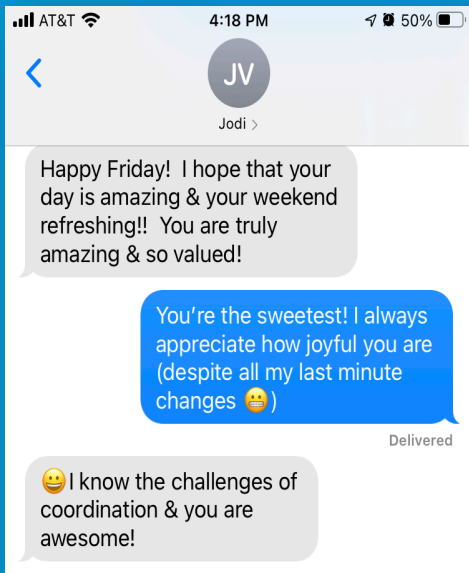
- Flat leaves **reducing aerodynamic drag** during high winds and likelihood of trunk or branch damage
- Drop leaves in winter to **prevent damage** from heavy snow, but....
- **Maintain growth** using photosynthetic bark and trunks with pores for gas exchange
- **Live in colonies** -rarely are Aspens alone
- Root system underground – Aspens **thrive** after a forest fire
- Root system allows for **sharing** of nutrients and water **when one tree needs help**

Lessons from the Aspen

Don't Grow Alone: find your colony, seek relationships, nurture others and expect the same in return.

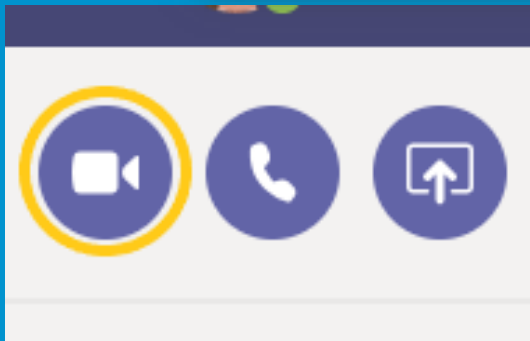
Own Your Reactions: we feed off each other's energy – you own what you put out there. Be compassionate.

Be Present: don't worry about the fire, know that it will end, and new growth will begin.



DON'T GROW ALONE

Seek relationships, nurture others and expect the same in return – support the “colony”. Be intentional with your interactions

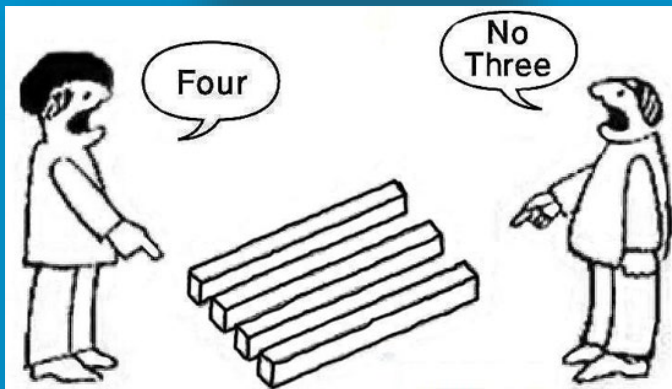
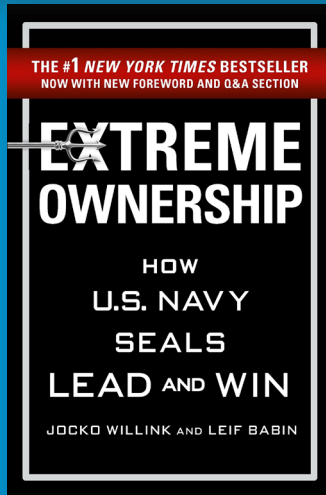


1. Show appreciation and gratitude. Recognize other.
2. Use video on your calls
3. Keep your 1:1's and team meetings, attend huddles



OWN YOUR REACTIONS

Can you adapt and sway with the wind when needed? We feed off each other's energy – you own what you put out there



1. Evaluate your “behavior menu”
2. Don't place yourself as a victim – use introspection in order to grow.
3. Get outside yourself. See a situation from a different perspective

BE PRESENT

Don't get caught up in the "fire" - know that it will end, and new growth will begin.



Today I am grateful for



1. Self-Care
2. Practice mindfulness and gratitude
3. Ask for help

KEY TAKEAWAYS

- Resilience is a muscle. Grow it.
- Be patient with yourself and others - we are all human and experience human hardships and emotions
- **Lessons from the Aspen:**
 1. Don't grow alone
 2. Own your reactions
 3. Be present



THANK YOU!

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Julie S. Dresback



MY TOP 5 RECOMMENDATIONS

Books



Podcasts

