

RESILIENCE RESOURCES

What is Resilience: <https://www.apa.org/topics/resilience>

Books:

- [The Obstacle is the Way](#) by Ryan Holiday
- [Emotional Agility](#) by Susan David
 - Corresponding TedTalk:
https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage/transcript#t-124963

Inspirational Stories of Resilient People:

- [Beck Weathers](#) (almost died climbing Mt. Everest)
 - Corresponding book “[Into Thin Air](#)”
 - Corresponding book “[Left for Dead](#)”
- [Nando Parrado](#) (Part of a Rugby team that crashed in the Andes Mountains and survived)
 - Corresponding book “[Alive](#)”

Educational Courses:

- Positive Psychology from UPenn:
<https://www.coursera.org/specializations/positivepsychology#courses>
- The Science of Well-Being from Yale: <https://www.coursera.org/learn/the-science-of-well-being>

30 days of Mindfulness: <https://tinyurl.com/30mindfuldays>

Websites to explore:

- <https://www.authentic happiness.sas.upenn.edu/>
- <https://ppc.sas.upenn.edu/>
- <https://www.livehappy.com/podcast/inspiration/building-resilience-and-well-being-karen-reivich>

Video:

- “[This is Water](#)” (Brief video from a commencement speech about changing your perspective)

Other Resilience Resources:

- <https://positivepsychology.com/resilience-activities-exercises/#science-based-activities>
- <https://www.psychologytoday.com/us/blog/in-love-and-war/202003/10-ideas-coping-loneliness-during-social-distancing>
- <https://www.headspace.com/covid-19> (free stress-relieving meditations)

QUOTE OF THE DAY:

“EVERYTHING WILL BE OK IN THE END, IF IT’S NOT OK, IT’S NOT THE END.”

GOOD TIMBER

THE TREE THAT NEVER HAD TO FIGHT
FOR SUN AND SKY AND AIR AND LIGHT,
BUT STOOD OUT IN THE OPEN PLAIN
AND ALWAYS GOT ITS SHARE OF RAIN,
NEVER BECAME A FOREST KING
BUT LIVED AND DIED A SCRUBBY THING.

THE MAN WHO NEVER HAD TO TOIL
TO GAIN AND FARM HIS PATCH OF SOIL,
WHO NEVER HAD TO WIN HIS SHARE
OF SUN AND SKY AND LIGHT AND AIR,
NEVER BECAME A MANLY MAN
BUT LIVED AND DIED AS HE BEGAN.

GOOD TIMBER DOES NOT GROW WITH EASE:
THE STRONGER WIND, THE STRONGER TREES;
THE FURTHER SKY, THE GREATER LENGTH;
THE MORE THE STORM, THE MORE THE STRENGTH.
BY SUN AND COLD, BY RAIN AND SNOW,
IN TREES AND MEN GOOD TIMBERS GROW.

WHERE THICKEST LIES THE FOREST GROWTH,
WE FIND THE PATRIARCHS OF BOTH.
AND THEY HOLD COUNSEL WITH THE STARS
WHOSE BROKEN BRANCHES SHOW THE SCARS
OF MANY WINDS AND MUCH OF STRIFE.
THIS IS THE COMMON LAW OF LIFE.

Douglas Malloch

