

Resiliency:

Today, let's look at your resiliency... Your ability to bounce back from tremendous stress, trauma and loss may be related to your personal stress-prone and stress-resistant personality traits. How are you feeling right now? Are you able to look for the courage, optimism, compassion, or humor of our current circumstances? Some people are highlighting the forced family time, nutritious home-cooking now that restaurants are mostly closed, and the awareness of how hard school-age teachers work with children. Others are glued to the television and news announcements on all devices that give us daily covid-19 mortality and morbidity statistics.

You deserve 5 minutes time out! Please open the attached questionnaire and score your resiliency in terms of your dedication to yourself (commitment), your sense of personal control (control), and your ability to see changes or problems as an opportunity to grow instead of a show-stopping threat (challenge).

There is no expectation to report your findings. The results are yours to ponder :-)

In addition, here is a link to Dr. Brian Luke Seaward's words of wisdom on the "Art of Resiliency" <https://www.youtube.com/watch?v=-Xa7vXcvUEY>