

The ability of a substance or object to spring back into shape; **elasticity**.

Did you know there are 7 skills to be developed under this umbrella of resilience?

Dr. Ginsburg, a pediatrician, developed this assessment for children - I believe this applies universally to all across the board.

Let's dig in -

- **Competence** - to know how to handle a stressful situation, that means skills, communication, mostly: when to say something (or not!)
- **Connection** - isn't it so true that we feel a stronger sense of security and belonging when we're in a place of community? It's easier being resilient when you feel you **belong**.
- **Confidence** - when you believe in your abilities and your competency, you notice particular strengths that stand out. That builds confidence! (holding tongue, etc)
- **Character** - a strong sense of right and wrong is a game-changer because boundaries are settled. Mind is made up - you know deep down that "life is always working on your behalf." You trust the strength of your own character.

- **Contribution** - the world is simply a better place because **YOU** are in it (for purpose and on purpose). What and how do you want to contribute? (an exciting question!)
- **Coping** - we all need to hone these skills: stress reduction is the primary target via meditation, sleep, self-care, journaling, hearing your voice, owning yourself, using strong “can-do” words and thoughts.
- **Control** - when we recognize that - YES, **A**) we can have control over our decisions. **B**) Actions - No, you don't need to “vent” like an out-of-control 3-year-old; you need to take responsibility, own your actions, and do the best with what you've got, period.

Resilience, according to developmental psychologist Emmy Werner, is constant calculation:

- Which side of the equation weighs more? The resilience or the stressors?

We all have a breaking point - we're not made of steel.

But those who choose resilience deploy these 7 c's to create a set of skills that we can learn and lean into to become the queen of our lives - under control, living life on our own terms, and **creating vibrancy** wherever we go!

Here's to being resilient!