

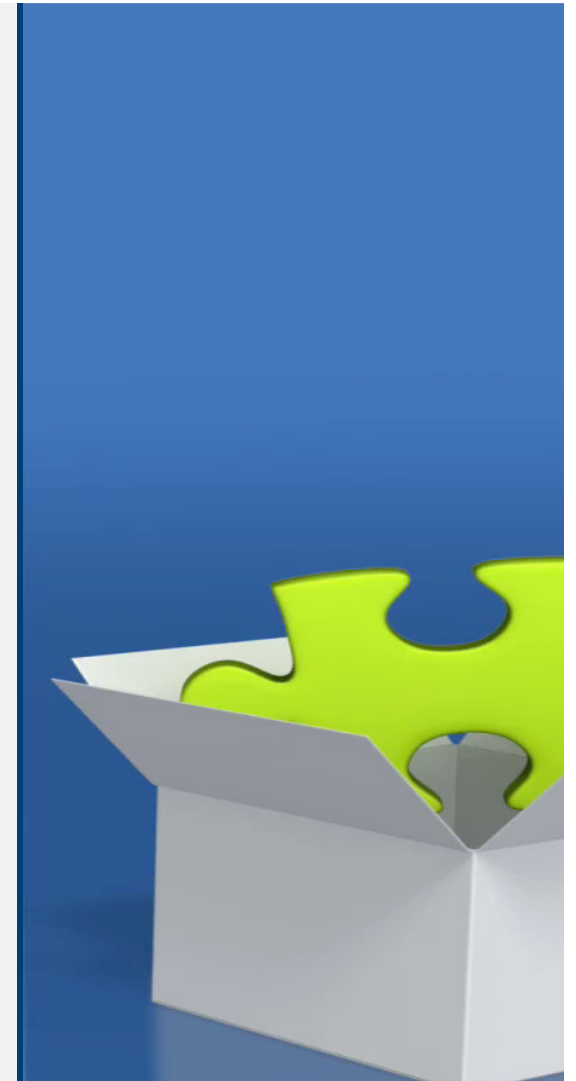
# PERSONAL RESILIENCE



# WHAT IS RESILIENCE ?



WHEN FACED WITH A THREAT OR  
SOMETHING THAT SEEMS  
INSURMOUNTABLE,  
*RESILIENCE* IS THE ABILITY  
TO PULL YOURSELF TOGETHER,  
SOLVE THE PROBLEM & TO MOVE ON !



OUR BRAINS BECOME DEFENSIVE TO PROTECT THEMSELVES & WILL OBSCURE CLEAR LOGICAL THINKING BY.....

- CRAVING THE FEELING TO BE RIGHT.
- TRYING TO PUT MEANINGS TO COINCIDENCE.
- WANTING TO FEEL IN CONTROL.
- TRYING TO AVOID LOSS.
- CIRCUMNAVIGATING AROUND REGRET.
- GENERALIZING INFORMATION WHEN WE SHOULD BE SPECIFIC.



**OUR BRAINS WORK TO MAKE THEMSELVES FEEL HAPPY !**

**ESSEX HAS REPORTED THAT THE NUMBER 1 REASON FOR AN EARLY RETURN IS NOT FOR VIOLATING THE 5 D's, BUT IT IS BECAUSE OF STUDENTS NOT BEING ABLE TO COPE WITH CULTURE SHOCK & OTHER ADVERSE SITUATIONS DURING THE FIRST 2 OR 3 MONTHS.**



## **WHAT WILL YOU BE FACED WITH IN YOUR NEW CULTURE ? CAN YOU COPE WITH *DIFFERENT* .....**

**Customs**

**Key Beliefs**

**Ceremonies**

**Rituals**

**Manners**

**Law**

**Morals**

**World Views**

**History**

**Status**

**Social Systems & Institutions**

**Religious Beliefs**

**Myths & Legends**

**Arts & Artifacts**

**Knowledge**

**Values**

**Concept of Self**

**Ideas/Thought Patterns**

**Ideals**

**Accepted Ways of Behaving**

**Communication & Language**

**WHAT CAN WE DO TO STRENGTHEN OUR RESILIENCE ?**





Step 1

- **MAKING CONNECTIONS** (good relationships with Rotary, Host Family and School)

Step 2

- **Accept That CHANGE is Part of Living** (accept things that you can not change so you can focus on things you can alter.)

Step 3

- **Keep Things in Perspective** (take a longer view of your situation, even though you hit a few bumps on the road you are still on the road)

Step 4

- **Move Toward Your Goals** ( SMART Goals) Do one little thing each day to move you closer to your goal.)



Step 5

- **Maintain A HOPEFUL OUTLOOK** (Visualise what you want ! Your glass is half full, not half empty !)

Step 6

- **Avoid Seeing Adversities As Insurmountable Problems**  
( You can not change the fact that something happened, but you can change how you interpret and respond to an event ...you can change the way you think!)

Step 7

- **Nurture a Positive View of Yourself** (Develop confidence in your ability to solve problems – will be doing some situation analysis.)

Step 8

- **Take DECISIVE ACTIONS** ( deal with your situation, do not hope it will just go away by itself.)



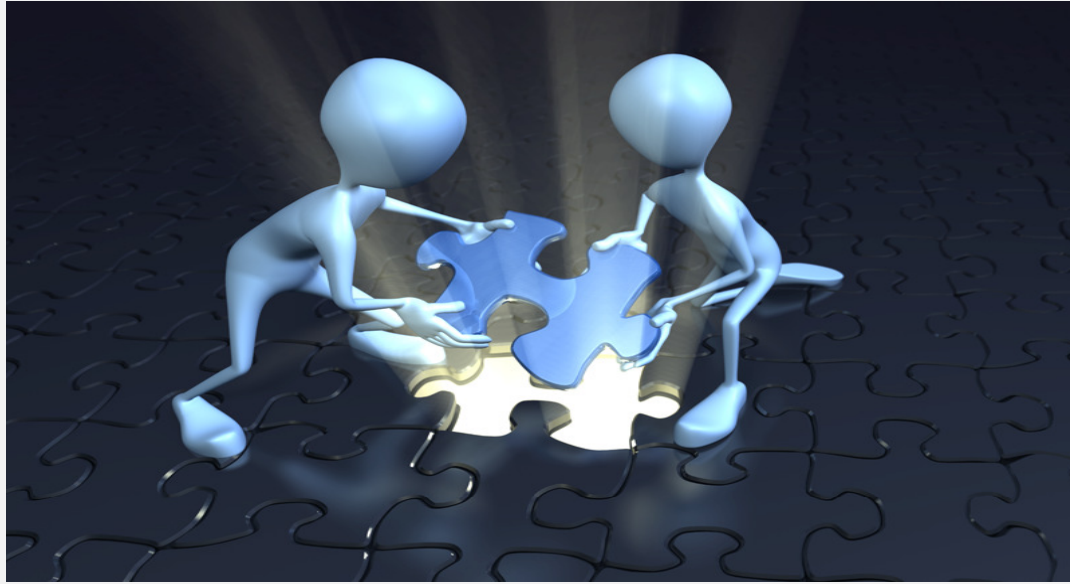
### Step 9

- **Look For Opportunities of Self Discovery** (when you do get through a tough situation you will discover you have grown with a new confidence.)

### Step 10

- **Take Care of Yourself** (high stress can shut down 50% of your brains cognitive function. Eat well, exercise and do activities that you enjoy or find relaxing. Keep a journal, openly discuss or express your feelings with your host parents, a counselor or close friend. )





**UNDERSTANDING & IMPROVING RESILIENCE IS  
A NECESSARY “PIECE” TO INSURE YOUR  
SUCCESSFUL JOURNEY !**



# Questions? Comments?

