The greatest glory in living lies not in never failing, but in rising every time we fall.”  Nelson Mandela

Mandela’s quote refers to the often indescribable quality inherent in resilience. It is found in human nature when our resolve to foster change endures in the most difficult of situations. Think of someone you know or have known in your life who demonstrates resilience. Are they family, friends and/or co-workers? Have they influenced your life and if so in what way? Sometimes it comes from the story of a stranger or from a news broadcast. Often we are inspired by the stories shared by others.

Are we born with “Tigger” energy or is it something we learn. Family legacies suggest it is both. Children learn what they live and live what they learn. Families can be complicated, loving, frustrating, inspiring, traumatic and forgiving.

There is no question we are shaped by our past but we can choose not to be exclusively defined by our past. For example, think of three children from the same family connected and yet different. Imagine the three children attending different classes at school. One child gets angry when another student takes away their crayon. The child may stay angry or ask for help from the teacher - either is a choice. The second child in the same situation might just pick up another crayon. The third child may simply choose to do another activity. They are all resilient in different ways. The capacity to seek alternatives is key to resilience. It seems so simple and yet it is not.

How resilient are you? “The Resilience Advantage” by Al Siebert outlines several statements measuring resilience on a scale of one to five - one having very little resilience and five having strong resilience. For instance, “I can tolerate high levels of ambiguity and uncertainty about situations” or “I’m curious. I ask questions. I want to know how things work. I like to try new ways of doing things.” He makes other statements including concepts such as humour, curiosity, care and flexibility. So...make a list of the characteristics you have that nurtures resilience and remember that sometimes it’s just okay to take a break!

In closing, I would like to refer to a post by Guy Winch - October 11, 2014 in his book “The Squeaky Wheel: Complaining The Right Way to Get Results, Improve Your Relationships, and Enhance Self-Esteem”. He stated that “If there was a Nobel Prize for Psychological Health, Malala Yousafzai would have won it too” He listed five main lessons we can learn from her life, her struggle, her survival and her success.

These are direct quotes from his book......

Resilience resides in all of us though situations can at times make it difficult to find. If you are struggling try talking to someone close to you that can help you find your way.

Suggested books:
The Gift of Imperfection: Let Go of Who you Think You’re Supposed To Be and Embrace Who You Are - Brene Brown

For further assistance please contact fseap at 1-877-433-0701.

We offer confidential individual, group, and family counselling to all ages. During business hours counselling is provided in-person. Qualified counsellors can also be reached for phone counselling at the above number 24 hours a day, 7 days a week.

REMINDER: Should you need to cancel or rebook your appointment, please provide at least 24 hours’ notice.