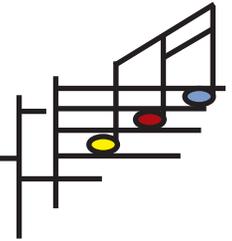


Notes From Melba

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Bouncing Back: **The Power of Resilience**

Have you ever felt like giving up? I have experienced so many ups and downs in my life that I have two quotes framed where I can see them every day. These quotes will remain there because I know I will continue to experience peaks and valleys for the rest of my life.

**Not until you have been in the
deepest valley,**

**Do you know how magnificent it is to be
on the highest mountain.**

**I get up. I walk. I fall down.
Meanwhile I keep dancing.**

In another frame are the words to **“I Hope
You Dance,”** sung by Lee Ann Womack.
<http://www.melbabenson.com/articles.php>

Resilience is:

1. The ability to bounce back from life’s problems.
2. The ability to stretch and bend instead of snapping, and to grow as a result.

A resilient mindset provides a basic foundation of emotional strength that can be called upon to manage daily challenges of life and prepare for future adversity. Some people who are leading very calm lives may suddenly face unexpected situations no one would have predicted that tax their mental, physical, and emotional health.

Resilience is what enables some people to overcome whatever obstacles life places in their paths, while other people give in to feelings of helplessness and hopelessness. In fact, many resilient people view adversities in their lives as important learning experiences and challenges to overcome instead of as great tragedies or mistakes to suffer from.

Becoming more resilient requires taking accountability for our actions, realizing that we are the authors of our lives, and asking ourselves what we can do to improve a situation, instead of waiting for others to change.

Having a resilient mindset does not mean that our lives will be free of stress, conflicts, and difficulties, but that we can cope successfully with problems as they arise.

Two primary factors which determine our resilience are:

1. Internal resources such as self-confidence and self-esteem — a sense of competency and mastery.
2. External resources such as strong relationships, adequate education and income, and meaningful work.

Resilient people say that the single most important factor is the will and determination to prevail.

Some people appear to have more resilience than others from birth. Genetic factors seem to make it easier for some people to handle stress more easily, but everyone can learn the skills that enable us to be better able to “roll with the punches.”

Developing a resilient mindset is a lifelong process that provides the potential for growth.

We must practice these skills on a regular basis to avoid falling back into old, self-defeating patterns of thinking and behaving.

The following articles at <http://www.melbabenson.com/articles.php> and this e-newsletter are dedicated to the memory of Christopher Reeve, who has taught all of us what resilience really is:

“Developing Resilience”

“Bounding Back from Setbacks and Mistakes”

Christopher Reeve hung a sign in the exercise room of his home which was a promise to himself and a challenge to the world: **“For everyone who thought I couldn’t do it. For everyone who thought I shouldn’t do it. For everyone who said, ‘It’s impossible.’ See you at the finish line!”** Yes indeed, Chris, we will see you at the finish line.

*“The world breaks everyone
and afterward many are
stronger at the broken places.”*

— Ernest Hemingway

*“Life is for most of us a continuous process
of getting used to things we hadn’t expected.”*

— Martha Lupton

“When you get to the end of your rope, tie a knot in it and hang on.”

— Thomas Jefferson

*“The deeper that sorrow
carves into your being, the
more joy you can contain.”*

— Kahlil Gibran, The Prophet

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