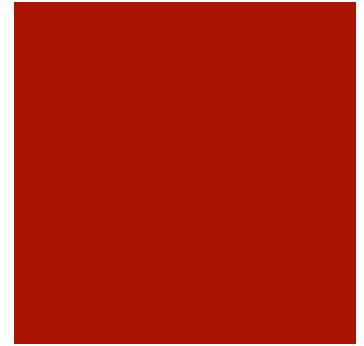




Resilience PL10.1

What is Resilience?



- Take a moment to consider what you think resilience means...
- Pair up with someone near you and discuss. Be ready to give an answer!

Resilience is:

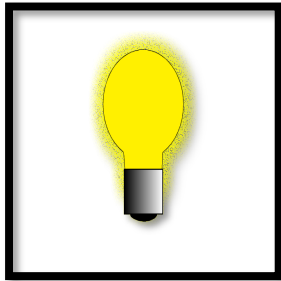
- From the Latin *resili* meaning to **spring back**, to rebound
- Ability to **recover** readily from illness, depression, adversity, or the like



Class Definition: Resilience



“the ability to rebound, spring back and recover from adversity”.



Think!



- Think of a resilient person (family, friend, famous, historical etc.)
- How do you think resilience—“*the ability to rebound, spring back and recover from adversity*”— could be useful during your time here at GFSS?

Success?



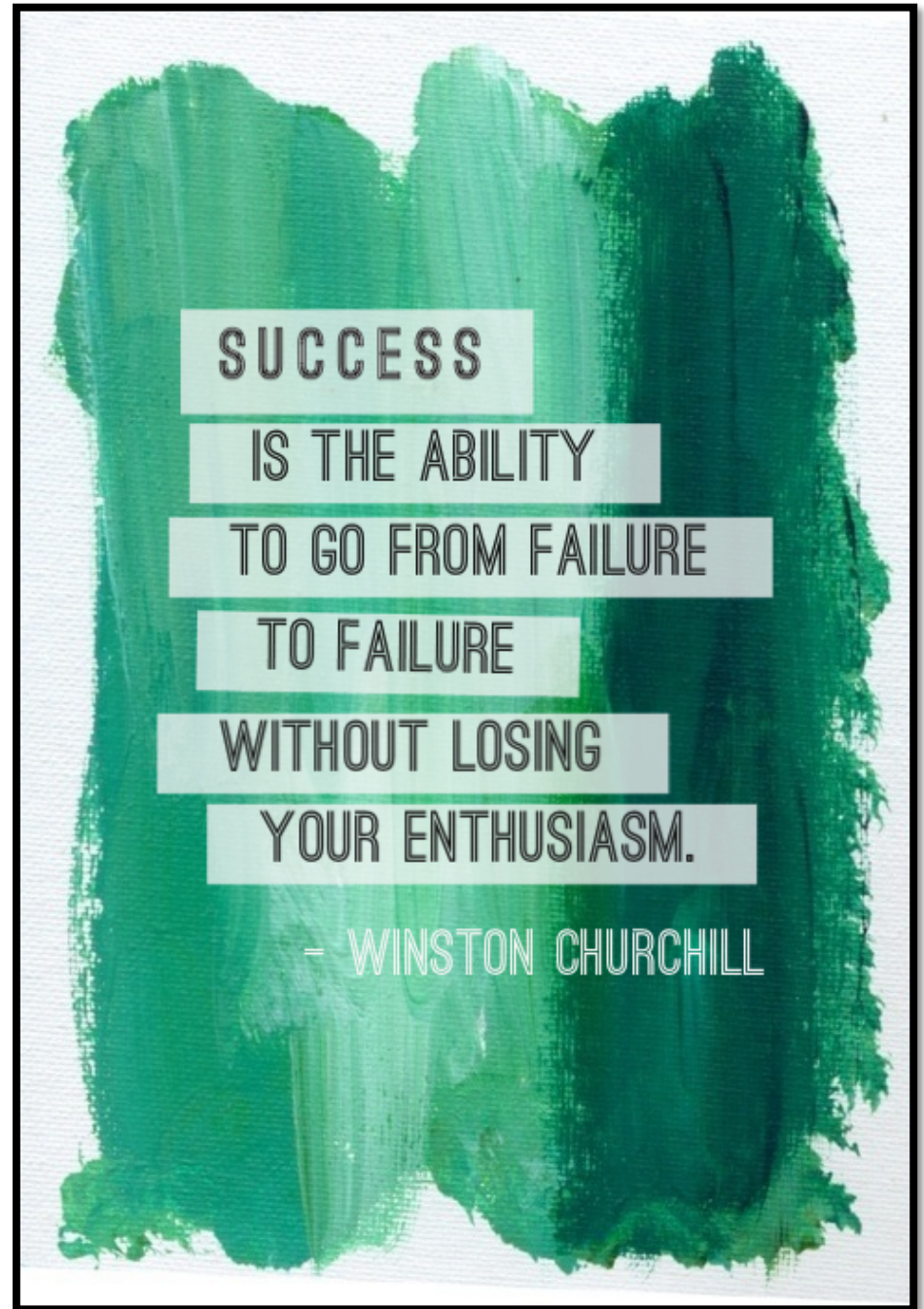
- What does it look like?
- How does our society view success?

Science and Success:

- People who are successful are not necessarily the smartest, most talented or those who came from the best families.
- Successful people are those with resilience



Failure
is not falling
d
o
w
n
but refusing
to get up...

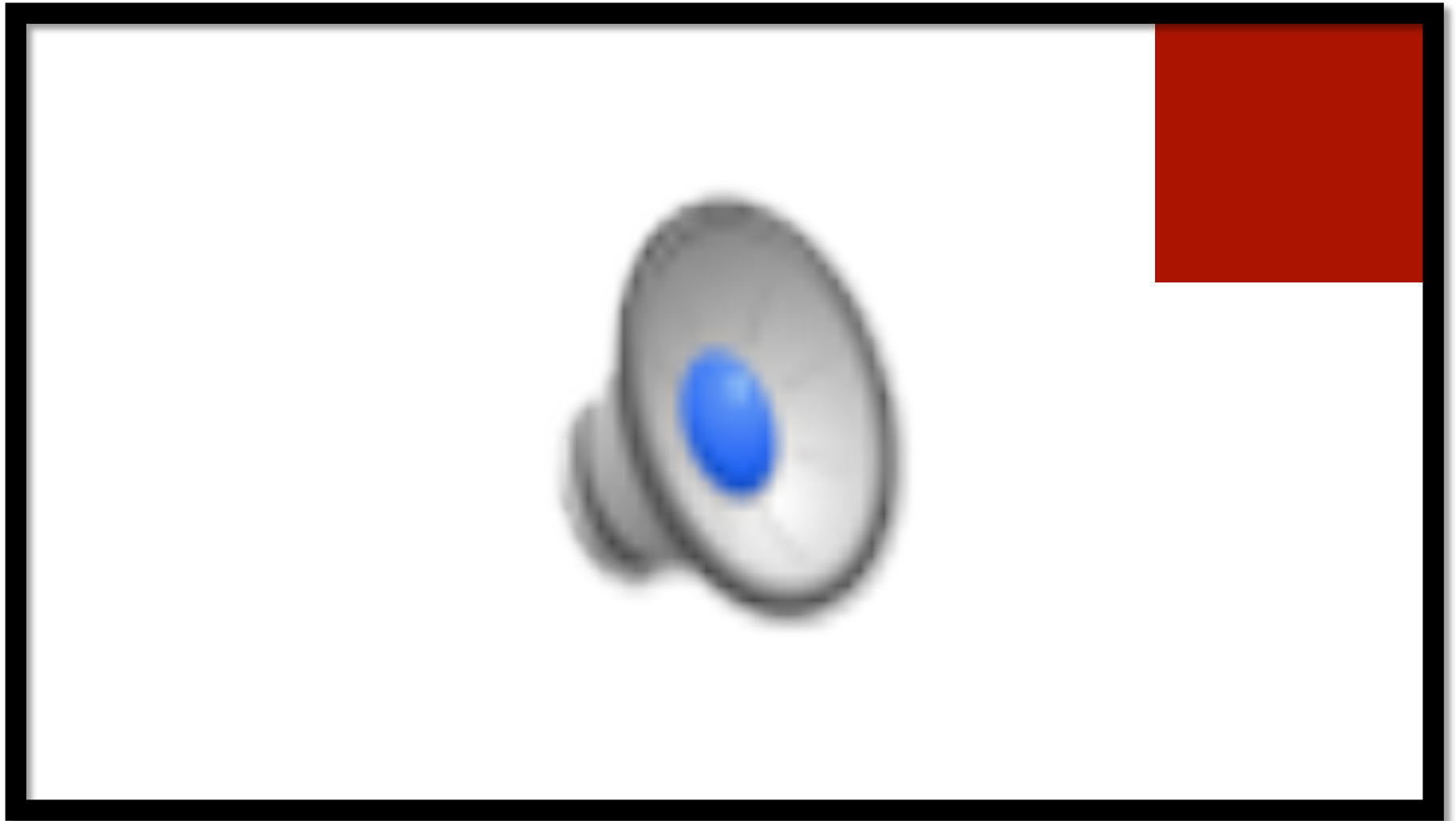


What's the point?

The goal of *Planning 10* is to prepare you, the student, to become a self-directed individual (meaning you call the shots!), who sets (S.M.A.R.T.) goals, makes thoughtful decisions, and takes responsibility for pursuing these goals throughout life.

But sometimes life is HARD... enter resilience!

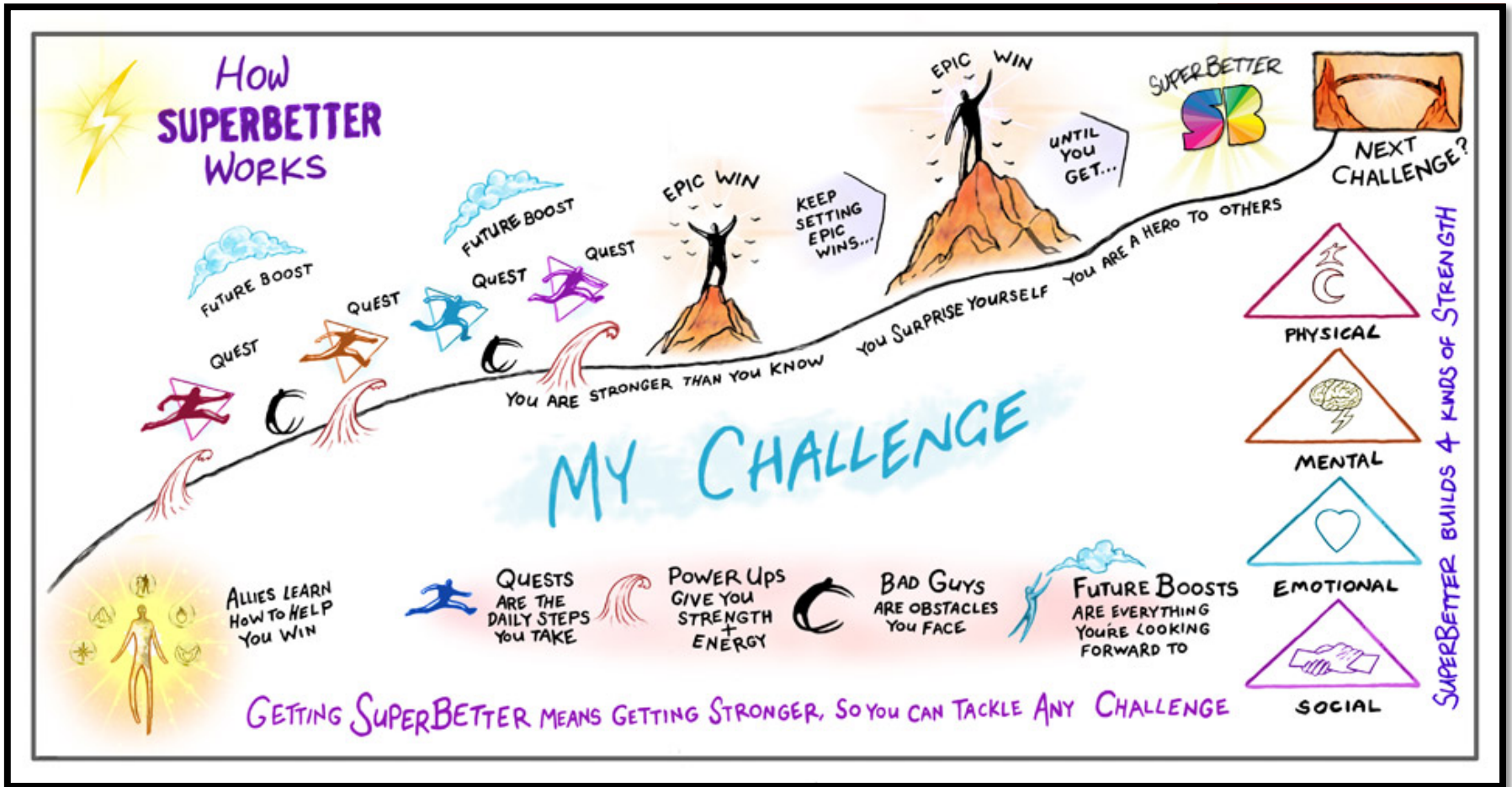




Develop strategies to grow resilience



- (Physical) Get moving
- (Social) Get social—connect for real.
- (Mental) Get thinking—use your brain! JUST DO IT.
- (Emotional) Be open to feeling



SUPERBETTER

Do: on a separate slip of paper (with your name)...

- Write down one way you could develop resilience in the area of your choice.



In closing:

- Resilience is key.
- Find ways to develop it that work for you
- Keep on keepin' on 😊

