Weasilience: Handling Life’s Wild Moments
Carole Starr, MS

Overcome Denial

The Seeds of Resilience

- Learn about the Challenge
- Connect with Peers
- Reflect on Failure

Observe the Situation

Strategies to Build Resilience

- Know Thyself
- Listen to the Little Voice Inside
- Take Action
- Start Small, Find Success & Build on It
- Find Ways to Give to Others
- Take Risks—Feel the Fear & Move Forward Anyway
- Make Something—Create Meaning out of Suffering

Learn from the Experience

Resilience Perspectives

- Ask “What can I Learn from this Situation/What does this Challenge have to Teach me?”
- Look for Silver Linings—the Positive in the Negative
- Find Humor
- Express Gratitude

Resilience Resources

“Fall seven times, stand up eight.” Japanese Proverb

BOOKS

- **Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being**, Linda Graham, MFT
- **Flourish: A Visionary New Understanding of Happiness and Well-Being**, Martin Seligman, PhD
- **Man’s Search for Meaning**, Viktor Frankl, M.D., PhD
- **Resilience: The Science of Mastering Life’s Greatest Challenges**, Steven M. Southwick, M.D. & Dennis S. Charney, M.D.
- **Rising Strong**, Brene’ Brown, PhD, LMSW

WEBSITES

- **Greater Good in Action: Science Based Practices for a Meaningful Life**—[http://ggia.berkeley.edu/](http://ggia.berkeley.edu/)
- **Psychology Today**—[https://www.psychologytoday.com/basics/resilience](https://www.psychologytoday.com/basics/resilience)

ARTICLES

- Resilience and...4 Benefits to Sharing Your Story, Psychology Today [https://www.psychologytoday.com/blog/the-web-violence/201309/resilience-and-4-benefits-sharing-your-story](https://www.psychologytoday.com/blog/the-web-violence/201309/resilience-and-4-benefits-sharing-your-story)