

Weasilience: **Handling Life's Wild Moments**



Carole Starr, M.S.





Tragedy



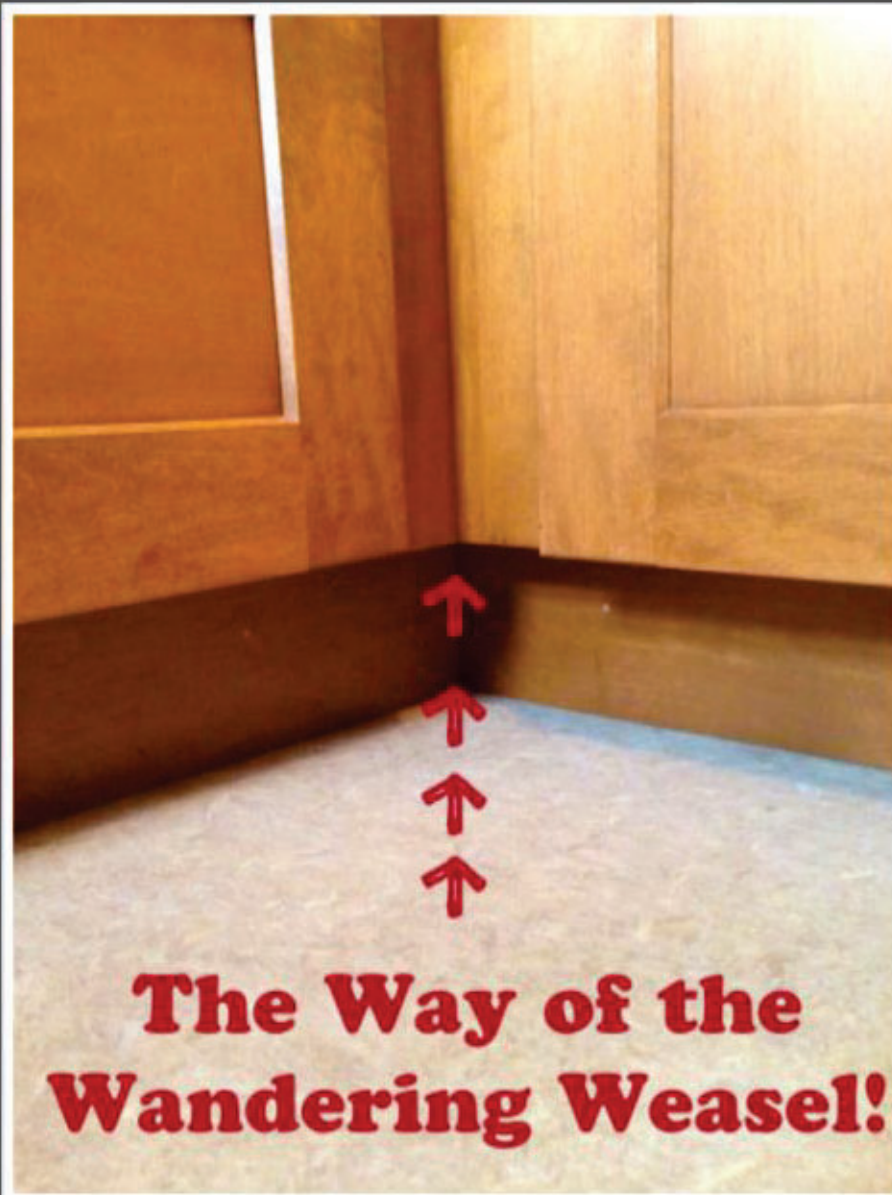
Triumph



The Story



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<http://www.pbase.com/image/70364635/>



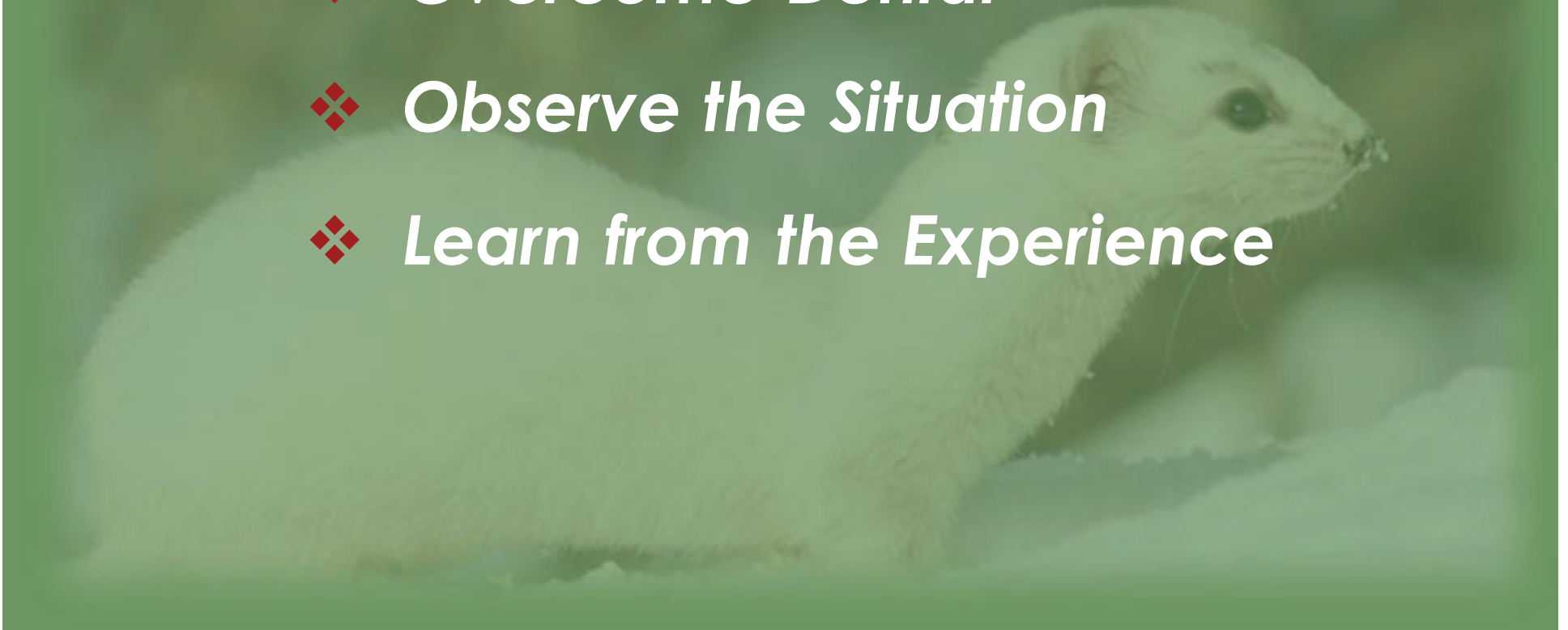




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Weasilience Lessons

- ❖ ***Overcome Denial***
- ❖ ***Observe the Situation***
- ❖ ***Learn from the Experience***



Overcome Denial

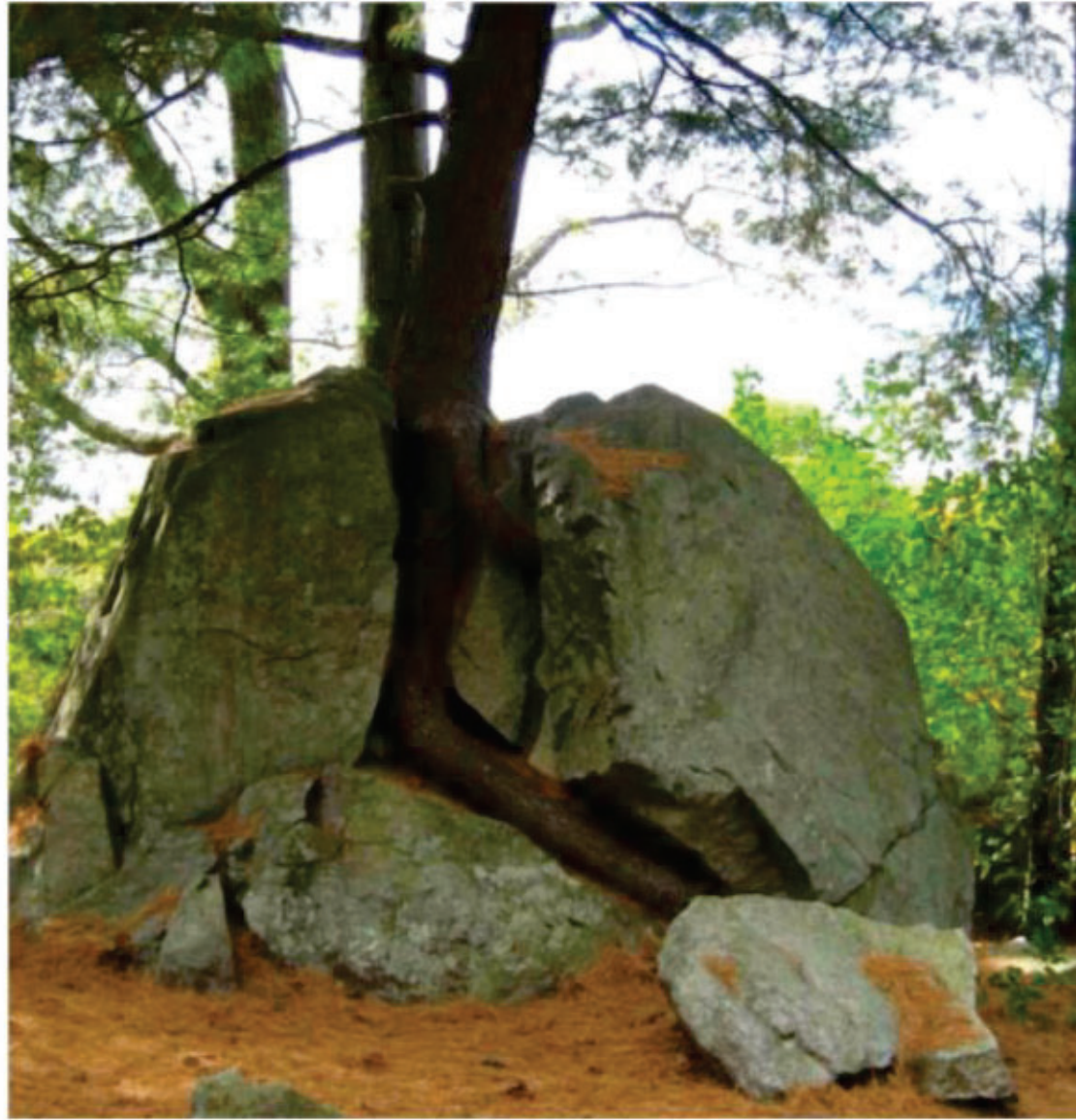


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<http://blog.sciencemusing.com/2012/06/crack-up-saturday-reprise.html>

Overcoming Denial

The Seeds of Resilience



Learn about the Challenge



Connect with Peers



Reflect on Failure

Overcoming Denial

The Seeds of Resilience



***Learn about
the Challenge***

Overcoming Denial

The Seeds of Resilience



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***Connect with
Peers***

Overcoming Denial

The Seeds of Resilience



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***Reflect on
Failure***

Increasing Resilience

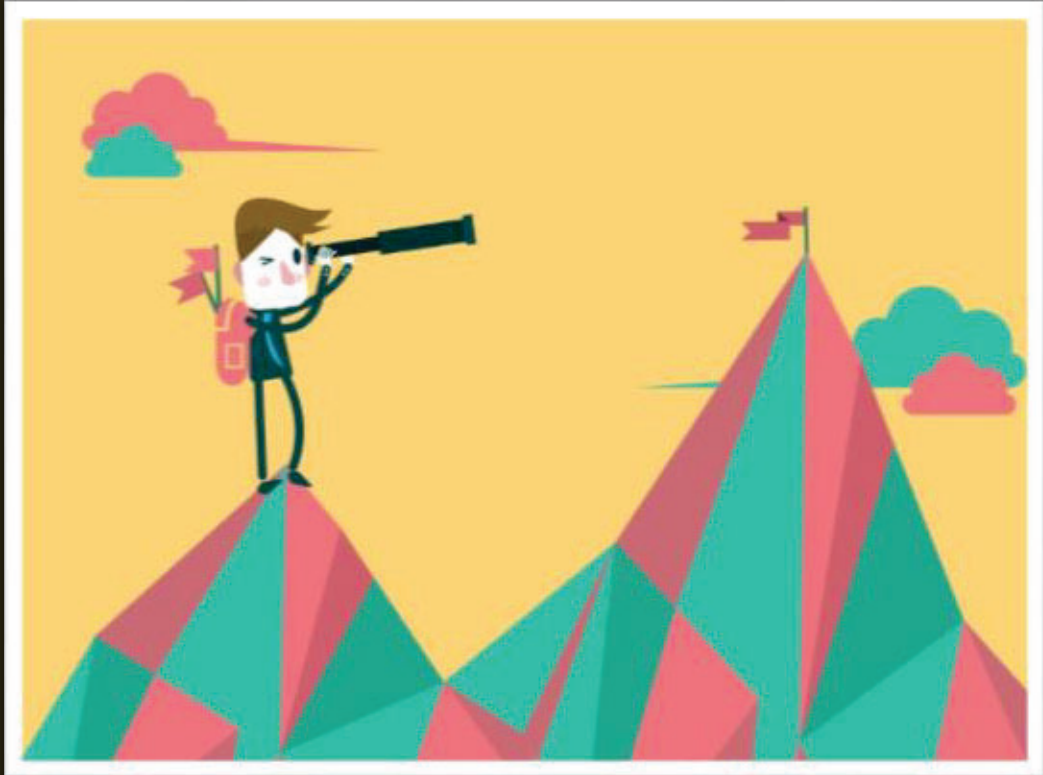
Which one of these strategies would help the most right now?

For you, your family member or client/patient

- Learn more about the challenge
- Connect with others who are dealing with a similar challenge
- Figure out what lessons can be learned from failure



Observe the Situation



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Observing the Situation

Building Resilience




Know Thyself

Observing the Situation

Building Resilience



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***Listen to the Little
Voice Inside***



Observing the Situation

Building Resilience



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Take Action





Observing the Situation

Building Resilience



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***Start Small,
Find Success &
Build on it***



2003 Rehab Art Show

Observing the Situation

Building Resilience



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***Find Ways to
Give to Others***



2003 Maine Brain Injury Conference

Observing the Situation

Building Resilience



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***Take Risks: Feel
the Fear & Move
Forward Anyway***



2010-2019

Group Statistics

19,000+ Hours
Volunteered

1,900+ Peer
Mentoring Sessions

180+ Workshops,
Presentations &
Keynotes

Paying it Forward

TO ROOT & TO RISE

ACCEPTING BRAIN INJURY



CAROLE J. STARR, M.S.

Observing the Situation

Building Resilience



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***Make
Something***

Increasing Resilience

Which one of these strategies would help the most right now?

For you, your family member or client/patient

- ➡ Get to know the new self
- ➡ Listen for the wisdom of the little voice inside
- ➡ Take action
- ➡ Find success and build on it
- ➡ Give to others
- ➡ Take risks
- ➡ Create meaning out of suffering



Learning

Learn from the Experience



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**Learning
from the
Experience**

**Resilience
Perspectives**

**What can I learn from
this situation?**

**What does this
challenge have to
teach me?**

Learning from the Experience: Resilience Perspectives

- ❖ *Look for Silver Linings*
- ❖ *Find Humor*
- ❖ *Express Gratitude*

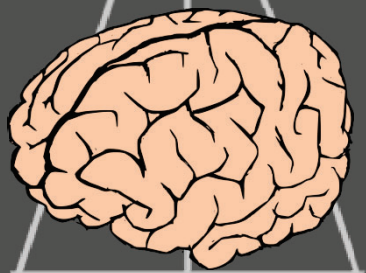
Learning from the Experience

Resilience Perspectives



***Look for
Silver Linings***

Brain Injury



**Silver
Linings**

Learning from the Experience

Resilience Perspectives

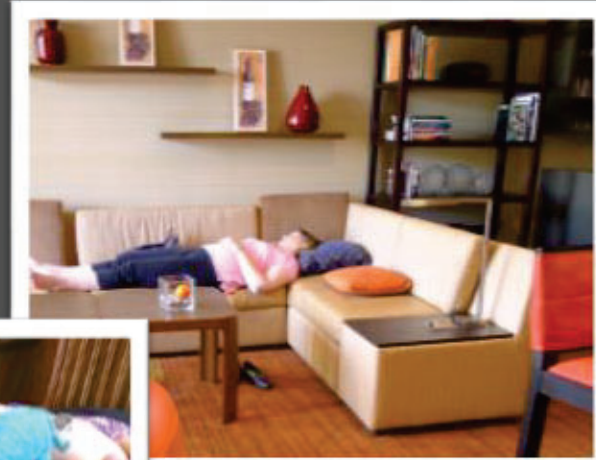


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***Find the
Humor***







Learning from the Experience

Resilience Perspectives



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***Express
Gratitude***

Today I'm Grateful For:

- ❖ *This person in my life*_____
- ❖ *This simple pleasure I enjoy*_____
- ❖ *This thing that makes me smile
or laugh*_____
- ❖ *This information I learned today*



Increasing Resilience

Which one of these strategies would help the most right now?

For you, your family member or client/patient

- ➡ Look for silver linings
- ➡ Find ways to laugh
- ➡ Make gratitude a regular practice



A Photo Essay



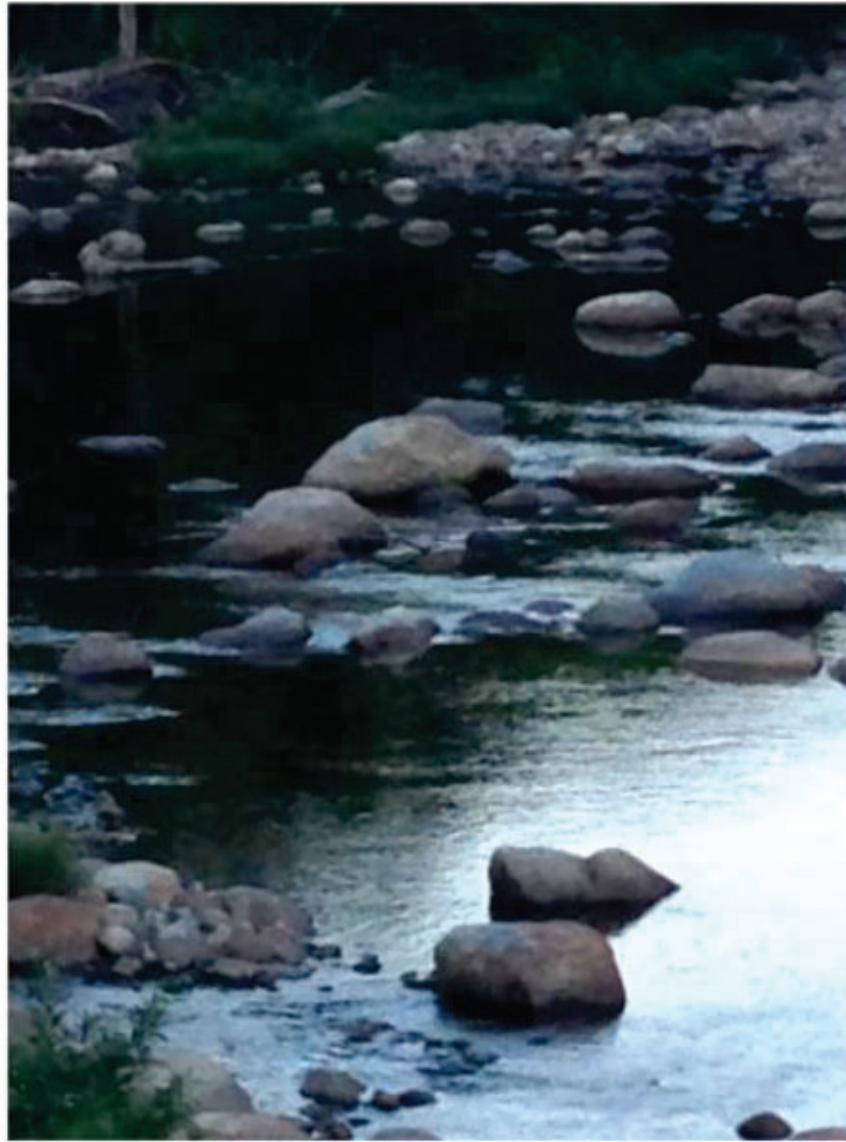
Life is Full of Hard Places



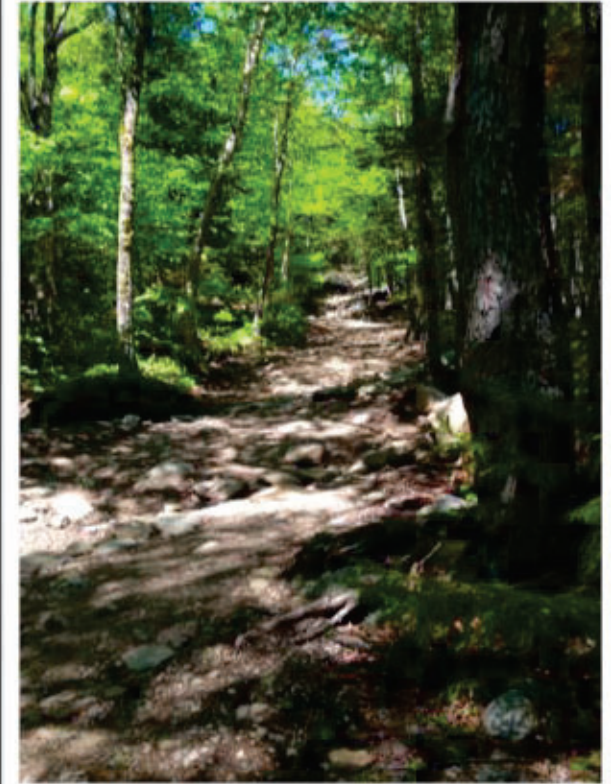
There is Life in Hard Places



The Journey is Long



Look for Stepping Stones



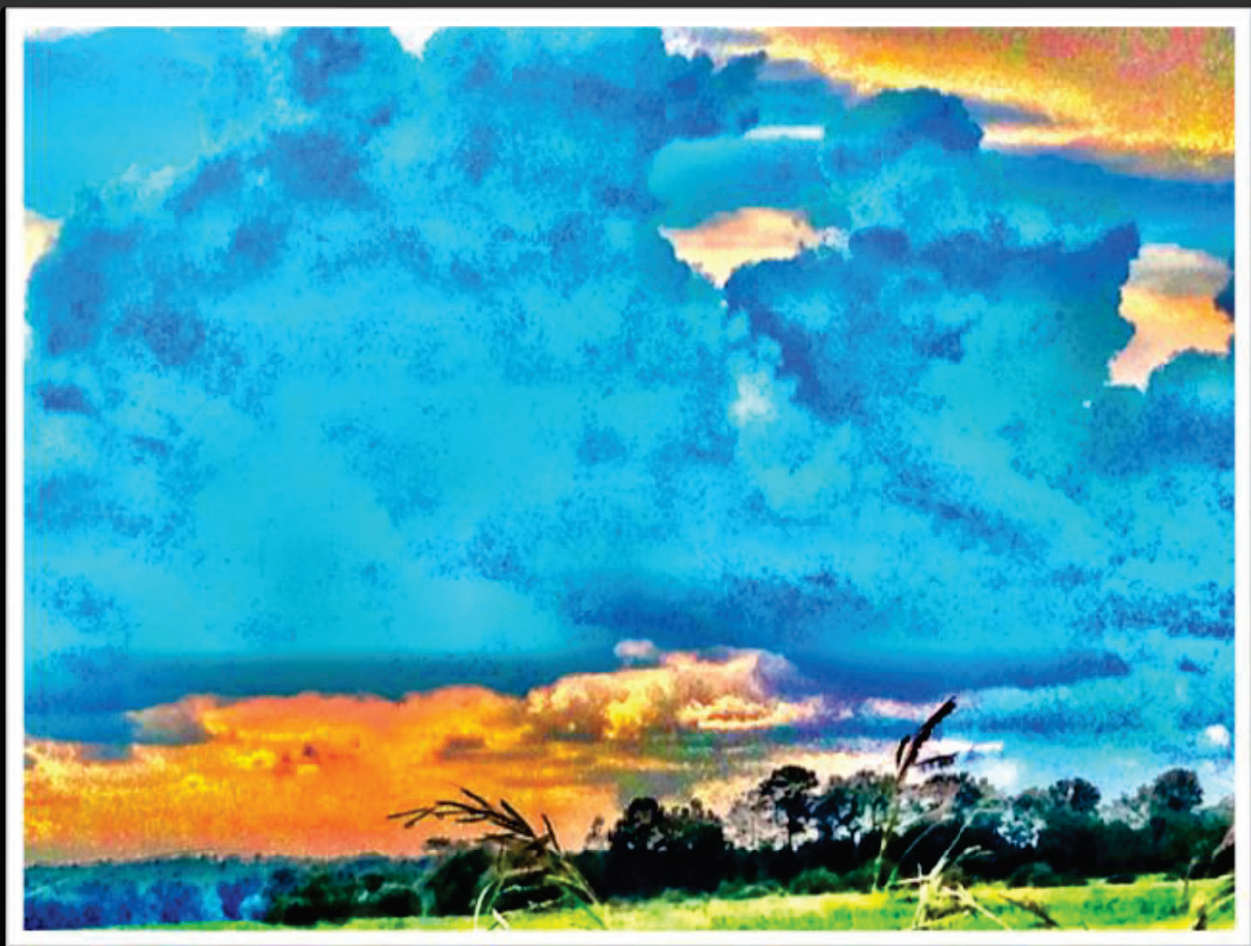
There are Many Paths to Resilience



Keep Moving Forward



***Don't let the Challenge
Overshadow Everything***



Look for the Positive



Growth is Always Possible



Never Stop Dreaming



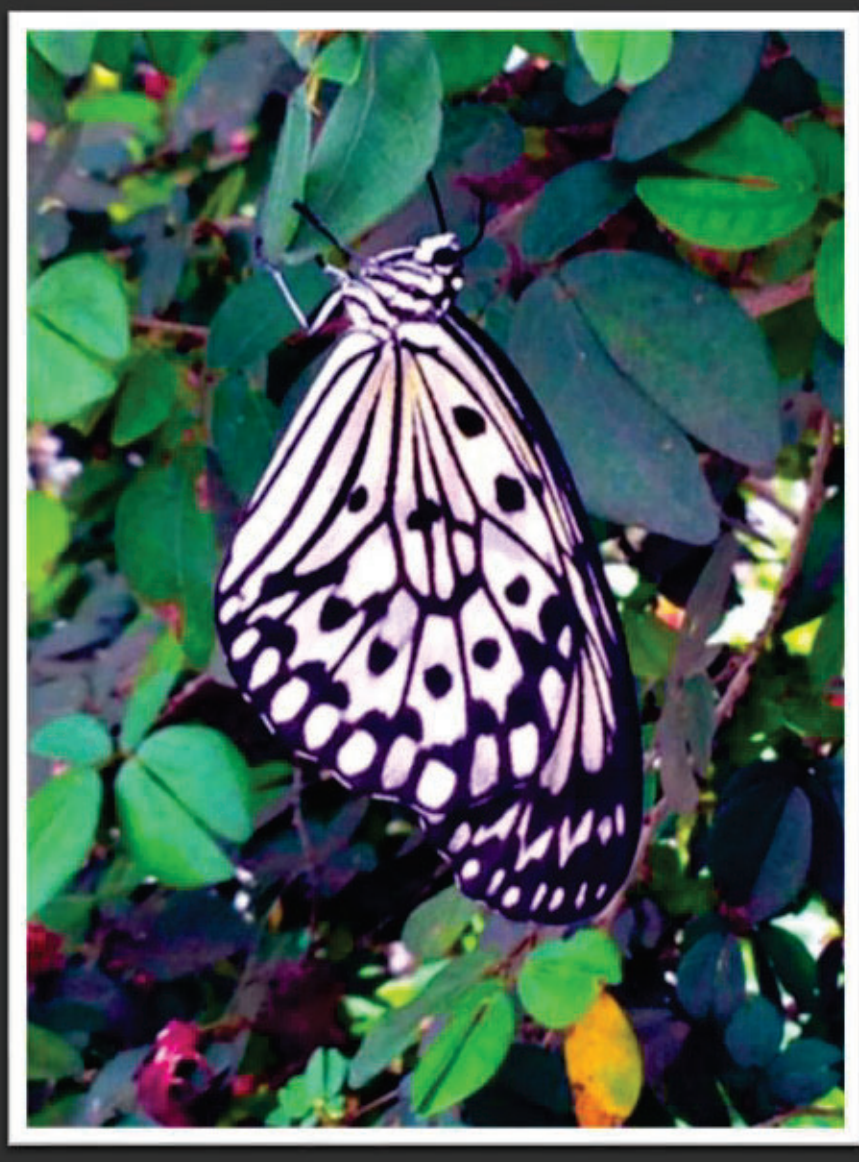
Find your “Peeps”



Stretch—Take Risks



Know your Limits



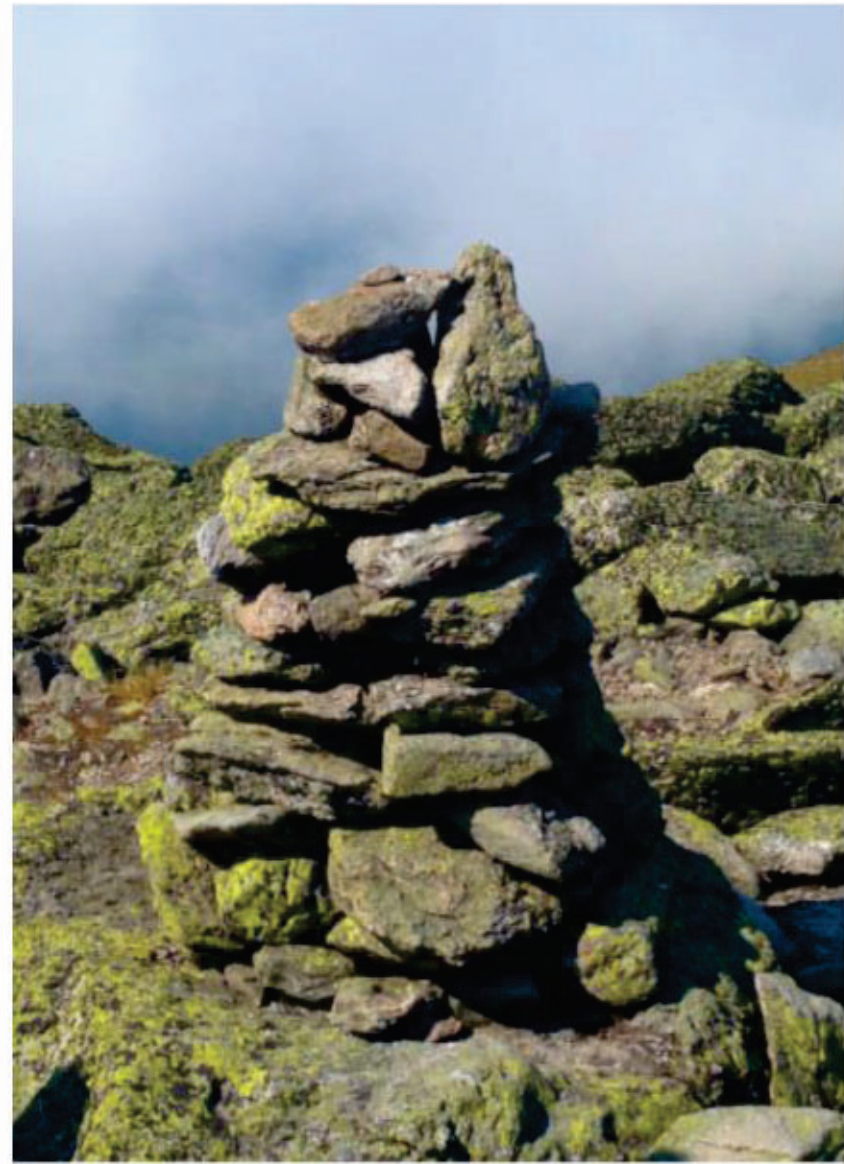
Rest when Needed



Celebrate Successes



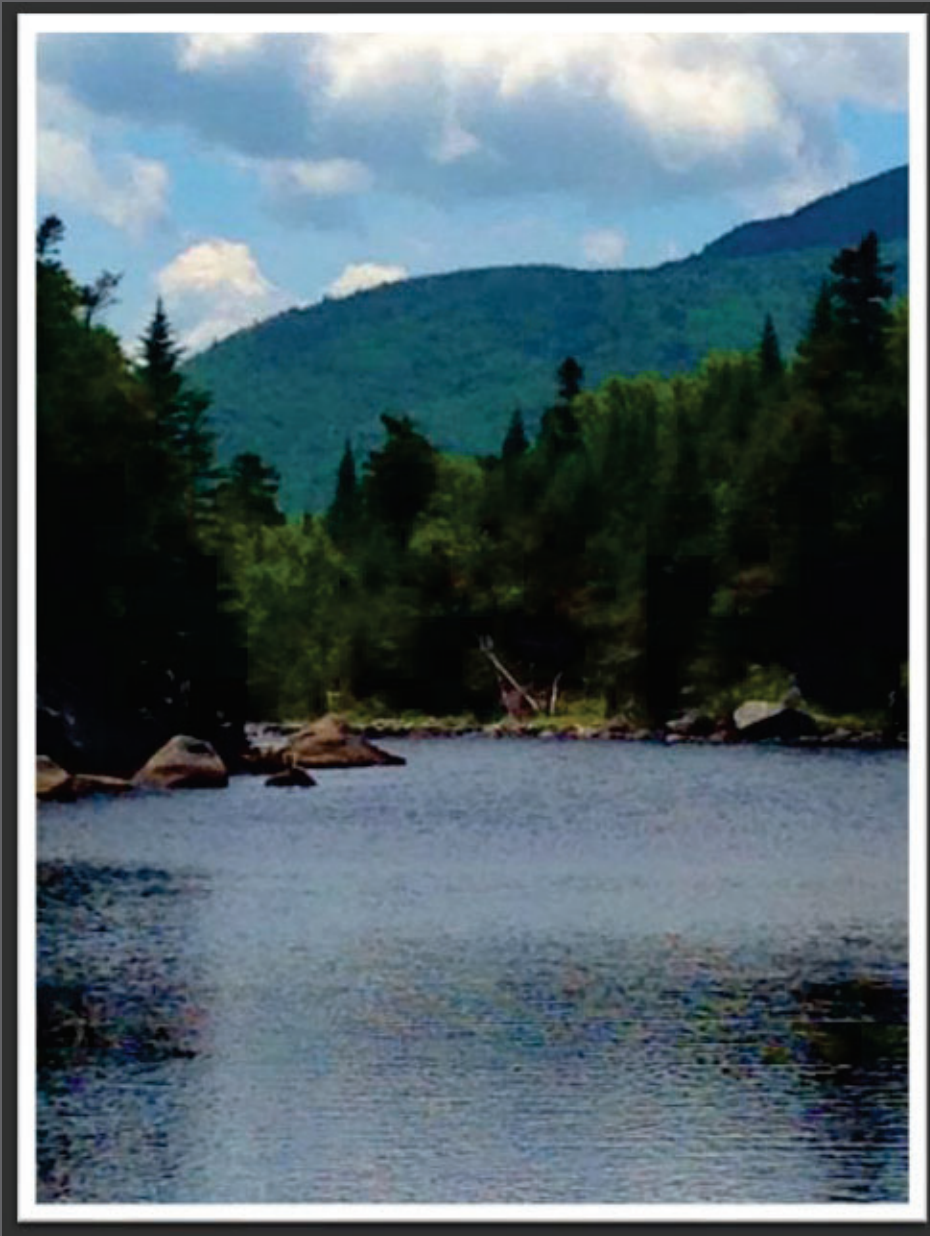
Each Day is a New Start



Build



Bloom



Be



Resilience

Credits

- ❖ Photography by Carole Starr
- ❖ Weasel Graphic © Can Stock Photo/Birchside
- ❖ Music—"Prelude No. 6" by Chris Zabriskie (<http://chriszabriskie.com>)





Resilience

Overcome Denial

Observe the Situation

Learn from the Experience





WEASILIENCE!