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Weasilience:

Handling Life's

Wild Moments

Carole Starr, M.S.



Resilience



**Tragedy
Triumph**





The Story



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**The Way of the
Wandering Weasel!**





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Weasilience Lessons

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



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**Overcome
Denial**



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"Crack-up" by Chet Raymo/Creative Commons Attribution License 2.0
<http://blog.sciencemusings.com/2012/06/crack-up-saturday-reprise.html>

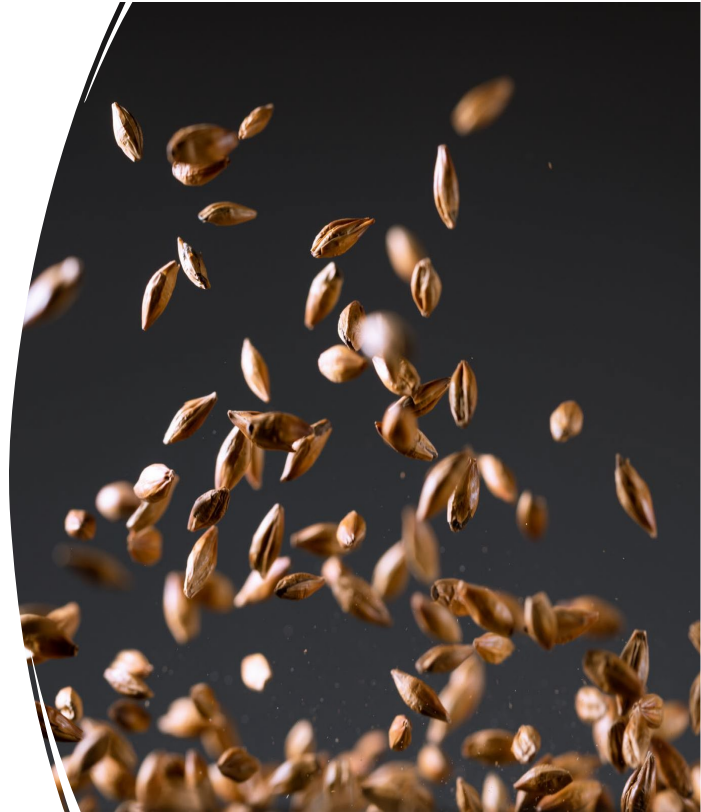
Overcoming Denial

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

**Connect
with Peers**





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Overcoming Denial

The Seeds of
Resilience

Reflect on Failure

Increasing Resilience

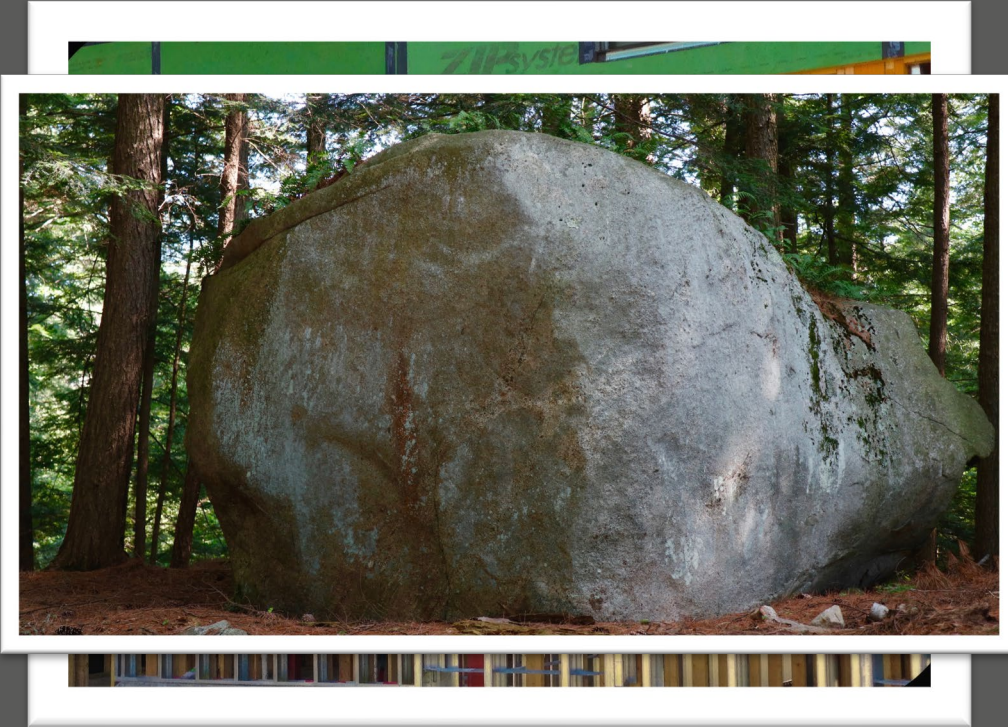
*Think about a challenge
you or a client/patient
is facing*

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

 **Learn**
about the
challenge

 **Connect**
with peers

 **Reflect on**
failure





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**Observe
the
Situation**

Observing the Situation

Building Resilience

**Know
Thyself**

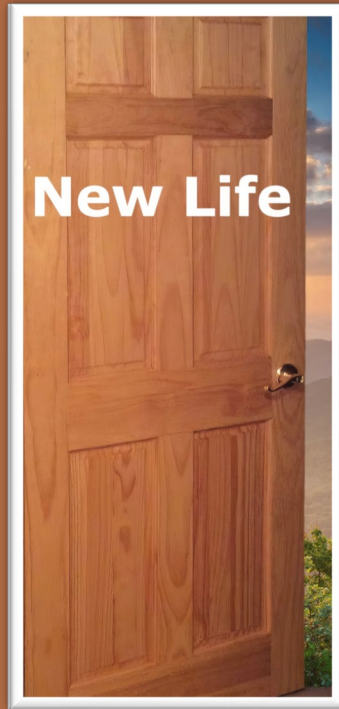


Observing the Situation

Building Resilience

Listen to
the Little
Voice
Inside





New Life



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**Observing the
Situation**

Building Resilience

**Take
Action**







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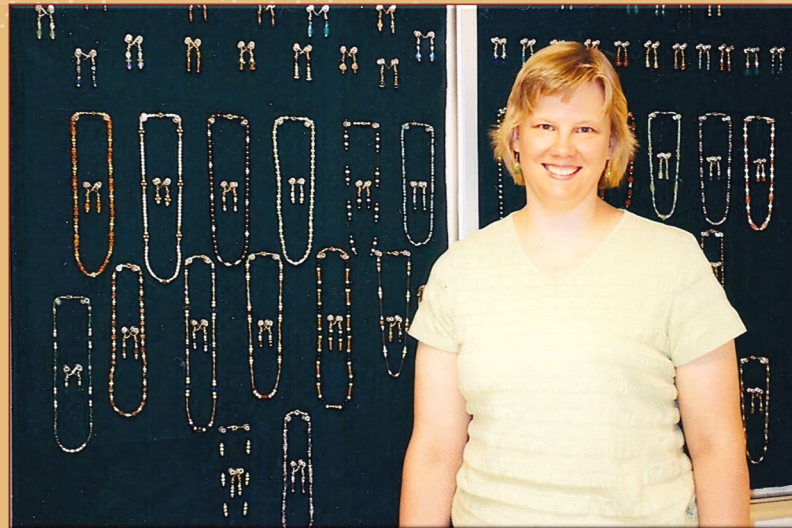
Observing the Situation

Building Resilience

**Start Small,
Find Success
& Build On It**

2003

**Rehab
Art Show**



Observing the Situation

Building Resilience

**Find Ways
to
Give to
Others**



© PHOTOCREO Michal Bednarek/Shutterstock

2003

**Maine
Brain
Injury
Conference**





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Observing the Situation

Building Resilience

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

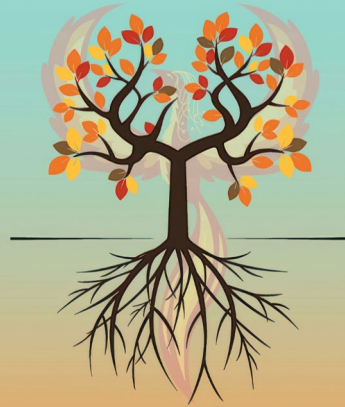


2010-2021 Group Statistics

- **22,000+** Hours Volunteered
 - **2100+** Peer Mentoring Sessions
 - **200+** Workshops, Presentations & Keynotes
-

TO ROOT & TO RISE

ACCEPTING BRAIN INJURY



CAROLE J. STARR, M.S.

**Observing the
Situation**

Building Resilience

**Make
Something**



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Increasing Resilience

Think about a challenge you or a client/patient is facing

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

 **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**



Learning



**Learn
from the
Experience**

**Learning
from the
Experience**

***Resilience
Perspectives***

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

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



Learning from the Experience

Resilience Perspectives

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

Learning from the Experience

**Resilience
Perspectives**

**Look for
Silver
Linings**



Adversity



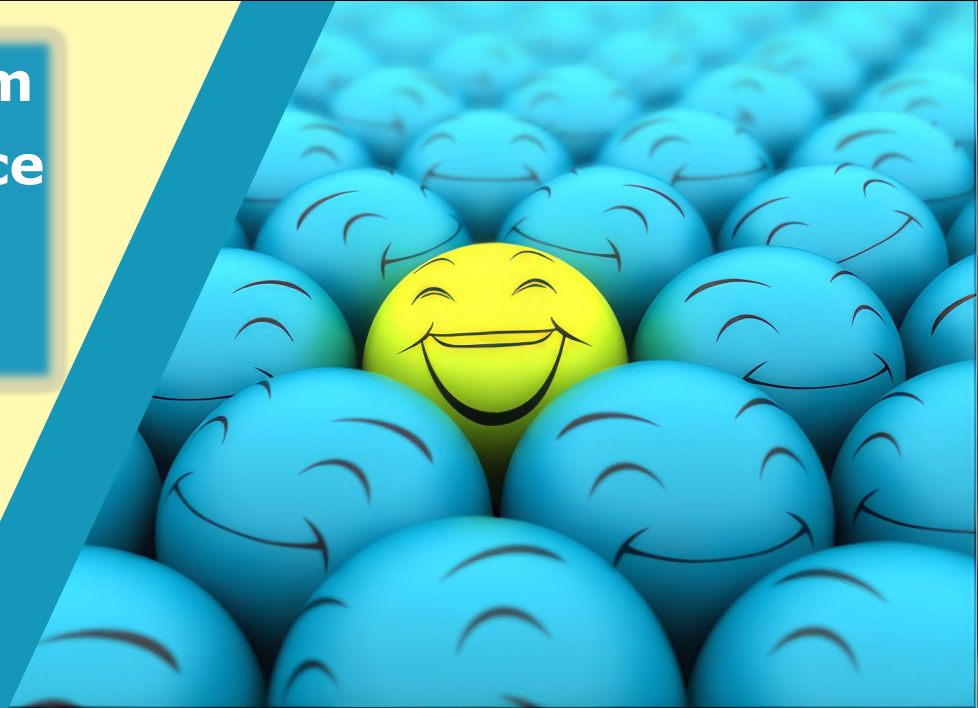
Silver Linings

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Learning from the Experience

Resilience
Perspectives

**Find
the
Humor**









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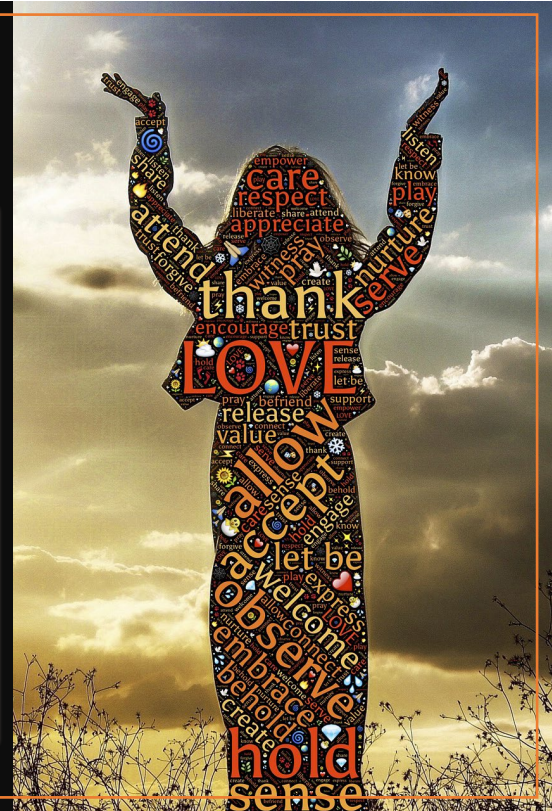
**Learning
from the
Experience**

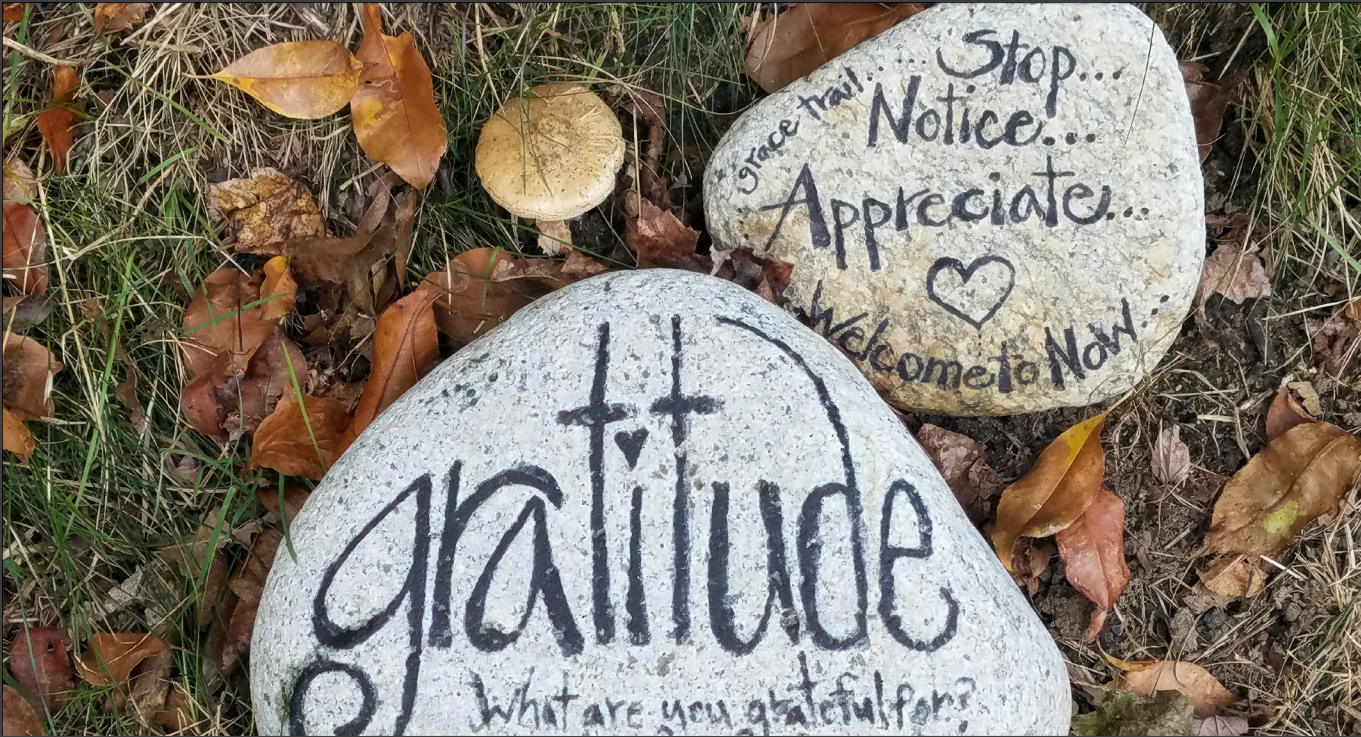
**Resilience
Perspectives**

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

*Think about a challenge
you or a client/patient
is facing*

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

**Look for
silver
linings**

Find humor

**Express
gratitude**



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Resilience

Overcome Denial

Observe the Situation

Learn from the Experience





WEASILIENCE!