***Session #1: PAUSE for Resilience***



***SPEAKING -RESPONSE .....****Line Up*

*(Assign #’s for Participants...TBD)*

**Intros:** Name, Location  
**Ques:** (Nutshell version) What drew you   
to be present today?

**Light your candle...“Present”** to ZOOM camera

**Response:** “I am in”... or ... “I am here”

Place candle near you so you can see it.

**BREATH MANTRA**

**Inhale**–Right here

**Exhale**–Right Now

**Inhale**–All that I am

**Exhale**–I Give to You

***QUOTES to Ponder LATER ...***

*“The oak fought the wind and was broken, the willow bent when it must and survived.”* ***― Robert Jordan***

*“Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.”****― Elizabeth Edwards***

*“The human capacity for burden is like bamboo- far more flexible than you'd ever believe at first glance.” ―* ***Jodi Picoult, My Sister's Keeper***

*“Although the world is full of suffering, it is also full   
of the overcoming of it.” -Helen Keller*

*“Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.” – Y.Mogahed*

*“No one escapes pain, fear, and suffering. Yet from pain can come wisdom, from fear can come courage, from suffering can come strength - if we have the virtue of resilience.”  Eric Greitens,   
  
"Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up." - Mary Holloway*

**Book Resource**: Resilient: How to Grow a Core of Calm, Strength and Happiness By Rick Hanson

**Daily (1 min) Nature visual lessons:** <http://nature365.tv>   
(Free Online, e mail reminder or App purchase)  **Seven Skills of Resilience**

* Cultivate **belief** in **ability to cope**.
* **Stay Connected** with Sources of Support.
* **Talk About** What You're Going Through.
* **Be Helpful** to Others.
* Activate **Positive Emotion**.
* Maintain an **Attitude** of thriving.
* Seek **Meaning**.

**Ponder & Write & Create   
...**Select ONLY 1 **Question**

1. What skills of resilience have you honed during these past months?
2. Did you attend to “self-care” in any way over these past months? (body, mind, spirit)
3. Has the “tree” within reached a snapping point or are your “branches” resilient bending under the challenging times?
4. How have you witnessed resiliency in nature? What “lesson(s)” has nature spoken   
   to you?
5. What circles of care and compassion have provided you support?
6. As you prepare for another potential extension of “shut down” or quarantine what have you learned that will carry you through in a more healthy and balanced manner?
7. What do you most need to prepare yourself emotionally, physically and spiritually for  
   a potential extension of “shut down” or quarantine?

**Visual Expression:**   
Use creative materials (pencils, crayons, markers)

* Image your “Tree-Self”
* As a willow or as a tree of strength and flexibility.