



VISIT OUR WEBSITE FOR FULL INFORMATION AND AN UPCOMING SCHEDULE OF FREE EVENTS • [WWW.YU.EDU/WURZWEILER/CARECAFE](http://WWW.YU.EDU/WURZWEILER/CARECAFE)

Wurzweiler Care Cafe is a free offering from the Wurzweiler School of Social Work at Yeshiva University

Supported by New York City Councilmen Eric Ulrich and Ydanis Rodriguez

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## RESOURCES: The Art of Resilience and Moving Forward

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The American Psychological Association defines resilience as “...the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.”

American Psychological Association: 10 Tips for Building Resilience • [www.apa.org/helpcenter/road-resilience.aspx](http://www.apa.org/helpcenter/road-resilience.aspx)

1. **Make connections.** Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience.
2. **Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.
3. **Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
4. **Move toward your goals.** Develop some realistic goals. Do something regularly—even if it seems like a small accomplishment—that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
5. **Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.
6. **Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of strength even while feeling vulnerable, an increased sense of self-worth, more developed spirituality and heightened appreciation for life.
7. **Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
8. **Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.
9. **Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.
10. **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

*Disclaimer: Wurzweiler Care Cafe provides this list of resources, programs and providers only as an informational service.*

*These resources, programs and providers are not endorsed and have not been evaluated.*

*We encourage attendees to independently investigate and evaluate the listed resources, programs and providers.*



Yeshiva University  
WURZWEILER SCHOOL OF SOCIAL WORK

## FACTORS THAT BOLSTER RESILIENCE

- Having caring and supportive relationships within and outside the family.
- Relationships that create love and trust, provide role models, offer encouragement and reassurance.
- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.
- Learning from your past.
- Staying flexible.

## BOOKS

- **Jeff Bell:** *When in Doubt, Make Belief: An OCD Inspired Approach to Living with Uncertainty*
- **Brene Brown:** *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be & Embrace Who You Are;* *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead;* *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead*
- **Viktor Frankl:** *Man's Search for Meaning*
- **Erich Fromm:** *The Art of Loving*
- **Eric Greitens:** *Resilience: Hard-Won Wisdom for Living a Better Life*
- **Michio Kushi:** *The Book of Macrobiotics: The Universal Way of Health, Happiness, & Peace*
- **Michael A. Singer:** *The Untethered Soul: The Journey Beyond Yourself*

## WEBSITE

### The Adversity 2 Advocacy Alliance • [www.a2aalliance.org](http://www.a2aalliance.org)

Founded by Jeff Bell, our February 5<sup>th</sup> Wurzweiler Care Cafe guest speaker, A2A is an all-volunteer nonprofit dedicated to promoting and fostering the power of turning personal challenges into service to others with similar challenges. A2A has three primary objectives: 1. Network and support inspiring individuals who have turned adversity into advocacy, 2. Provide pathways to advocacy for anyone facing adversity, and 3. Showcase the proven power of turning adversity into advocacy.

**Share your story, ask a question, support, sign up for monthly e-newsletter:** [www.a2aalliance.org/contact-us](http://www.a2aalliance.org/contact-us)

## TAKE TIME FOR YOURSELF, KEEP A JOURNAL, TRY MEDITATION OR YOGA...

### FREE Meditation Classes in New York City • [www.nycmeditation.org](http://www.nycmeditation.org) or 212-380-8153 for more information

- BREATHING TECHNIQUES – how to use calming breath to put out the fire of emotions and thoughts.
- MANTRA – how to properly use the repetition of spiritually resonant phrases to calm the mind.
- HEART MEDITATION – focusing on the heart center, the safest and most effective energy center (chakra).
- VISUALIZATION TECHNIQUES – guided meditations to invoke a peaceful and expanding inner landscape.
- ILLUMINATING LIFE HABITS – we are often painfully unaware of our own destructive habits and tendencies that continually bring unrest into our lives. Methods for awareness and transformation of bad habits are shared, as well as secrets for maneuvering through a challenging contemporary lifestyle. Tips are shared for more spiritually grounded and productive living. You'll learn how to get centered in the city.

### Womankind: Qigong (Ancient Chinese Movement Meditation) • [www.iamwomankind.org](http://www.iamwomankind.org)

504 62nd Street, Brooklyn, NY • Fridays from 12 pm to 1 pm: March 2, March 9, March 16, March 23, and March 30.

*Qigong Class Information:* Contact Maria D'Cruze at 212-732-0054 ext. 184 • *Multilingual helpline:* 888-888-7702

### Shape Up NYC • To find classes near you, visit [www.nycgovparks.org/programs/recreation/shape-up-nyc](http://www.nycgovparks.org/programs/recreation/shape-up-nyc)

A FREE, drop-in fitness program with locations across the five boroughs. There is no class registration, simply show up to take fitness classes like aerobics, yoga, Pilates, Zumba, and much more. Instructors know how to make fitness fun!

### Yoga to the People • For more information, visit [www.yogatothepeople.com](http://www.yogatothepeople.com)

Offers power vinyasa flow yoga classes. There is an optional, suggested donation of \$10 per class.

### Bryant Park • For more information, visit [www.bryantpark.org/programs/yoga](http://www.bryantpark.org/programs/yoga)

When the weather gets warmer, Bryant Park hosts FREE yoga sessions once or twice a week. Usually running from mid-May through September, these free outdoor yoga classes are sure to be fun.

### GreenThumb • For more information, visit [www.greenthumbnyc.org](http://www.greenthumbnyc.org) or call (212) 602-5300

Offers community gardening events and many FREE workshops across NYC; locations include Bronx & Brooklyn Botanical Gardens.