



Resilience; Strength With-In

by Dr. Joan David

Inspired by

Daniel

I created this book along with the images for this purpose that the ideas presented might assist or give support to individuals in times of loss and or adversity and also to motivate people to think about the tools that they may already have to deal with the difficulties that we experience in life. The purpose of this book is also to encourage or inspire one of the most important coping skills that we possess and that is resilience. It is my belief, that we all have the trait resilience or inner strength, but sometimes, people forget that they have it or due to very difficult life experiences and early life experiences, they feel it is something that they do not know how to be or that the idea of resilience is foreign to them. I believe that inner strength is always there, it does not go away, it may be undercover or repressed but it is there. What is resilience? It includes several traits; learning from adversity, adaptability, flexibility, hope, creativity, problem solving capability, to be able to perceive the future, spirituality, taking good care of self, humor and the acceptance of change.

In the time that we have which we are fortunate to experience, we go through many life trials, some positive and the very difficult, we all do, none of us escape pain. For many, adversity determines the course of the remainder of their lives and it does so in either a positive or a negative direction. Humans are tough, the human spirit is strong; we would not be here today if that were not the case. It is our resilience that gets us through the difficult times and allows us growth, to be able to continue with our lives and to have a quality existence. We have only one life, and it is important to understand the meaning, be able to give meaning while creating meaning in our lives.



***Better to be lost
And struggle to find your way
Then complacency.***



It is composure

And a cool pair of sunglasses

Regulates the calm.



***Though our lives fragile
The knowledge of who we are
Stirs us to survive.***



*Each morning sunrise
I give a silent shout out
"Thank You for my life."*



Losing a loved one

Chilled heart but warm memories

Can keep love alive.



Like a piece of clay
We can mold our experiences
To embrace all life.



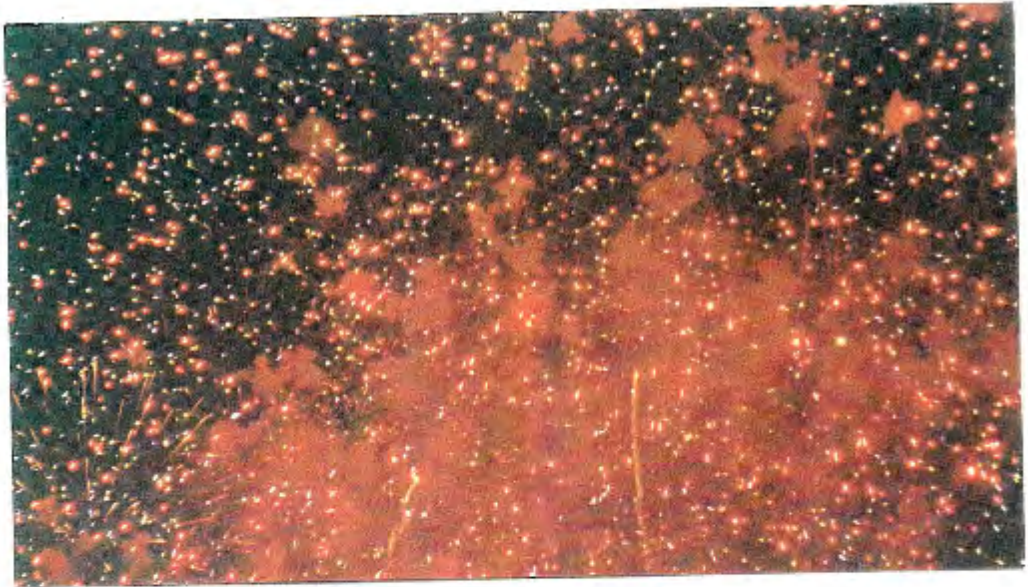
Problems in our lives

Set us spinning, know what to

Hold on to . . . let go.



***In times of anguish
That painful road can provide
Access to our self.***



***Art, Music, Ideas,
Invention, Poetry, Dance
Give life to the world.***



In preparation

Provide a life foundation

Secure it with hope.



***Our pain and our joy
It is through these emotions
That we are defined.***



In days of despair

A thought, picture, remembrance

Makes us laugh out loud.



*The frigid cold snow
Unsettles not the felled snowflake
Its complex design.*



*When feeling alone
You can look to the heavens
Where the Devine dwell.*



*The flowers glance up
Turning toward the sun's rays
Drawn upon for strength.*



*A fierce, howling wind
Can bend flowers, grass and trees
But does not break them.*



***We are a part of
Something that is Excellent
Give your hand to all.***



In knowing sorrow

This learning moves us forward

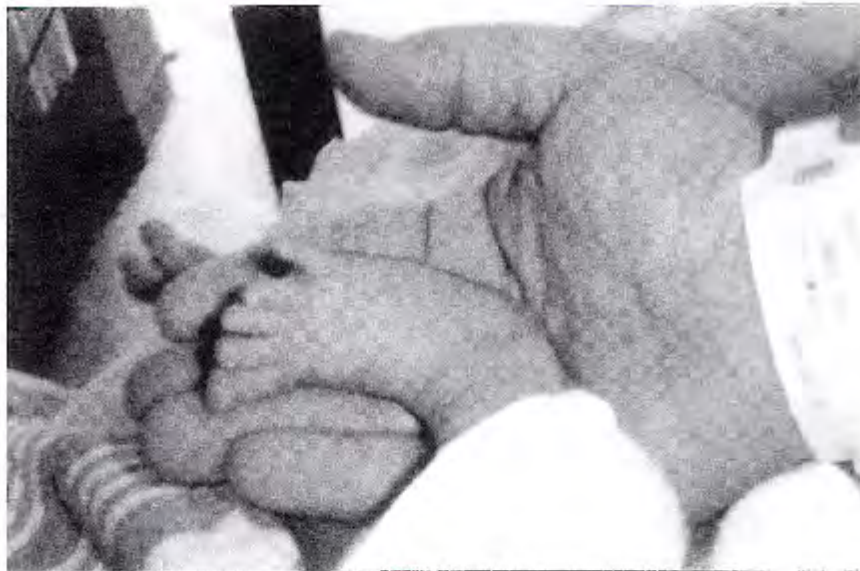
We can then know joy.



Pounding of the waves

Stronger than the elements

Pounding of the heart.



In your family

If pain or difficulty

Be one of the lights.



*We have but one task
In a life so selected
Go forth humanity.*



*Adversity checked
By insurmountable will
From the strength within.*