

Act with Resilience

Resilience is a physical reaction to stimuli. As Dr. Sharon Melnick* teaches, we need to learn the practice of self-regulation. We cannot always be on; sometimes we need to be off. Failure to do so leads to burnout.

Consider what you have endured. Make a list of challenges you have experienced.

- **Apply your endurance lessons to the moment of crisis.**
You are stronger than you think you are.
- **Turn yourself OFF.**
When you are always on, you never recharge.
- **Practice mindfulness.**
Breathe deeply. Be present for others.
- **Teach resilience to others.**
We can learn resilience from others.
- **Create a new normal out of the ashes of the old.**
We can and will do better.

* Sharon Melnick, Ph.D., is a clinical psychologist and a leading authority on women's leadership and power.

