

RESILIENCE

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

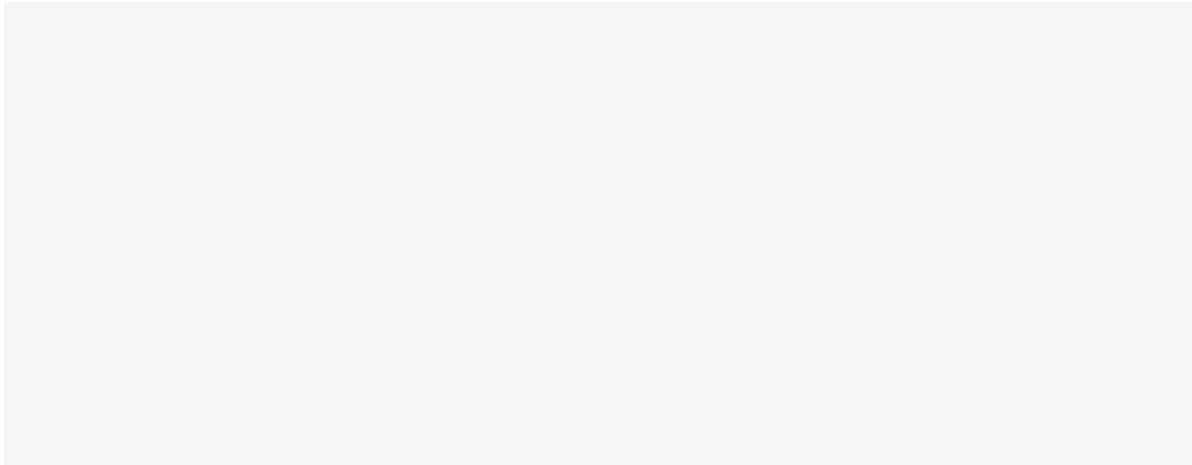
WHAT MAKES YOUR VOLUNTEERING MEANINGFUL?

DESCRIBE AN ACHIEVEMENT YOU ARE PROUD OF:

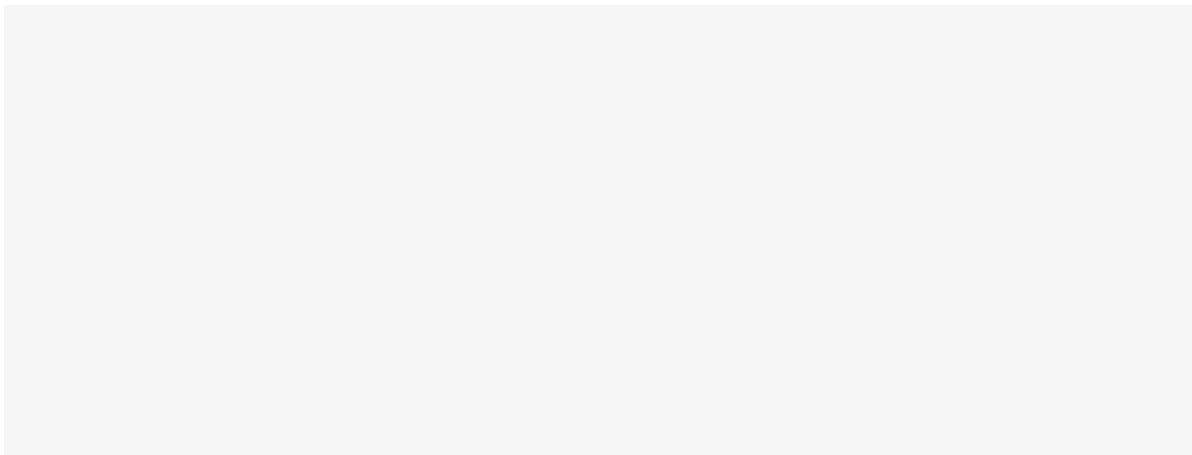
WHAT ARE YOUR STRENGTHS?

HOW DO YOU TAKE CARE OF YOURSELF?

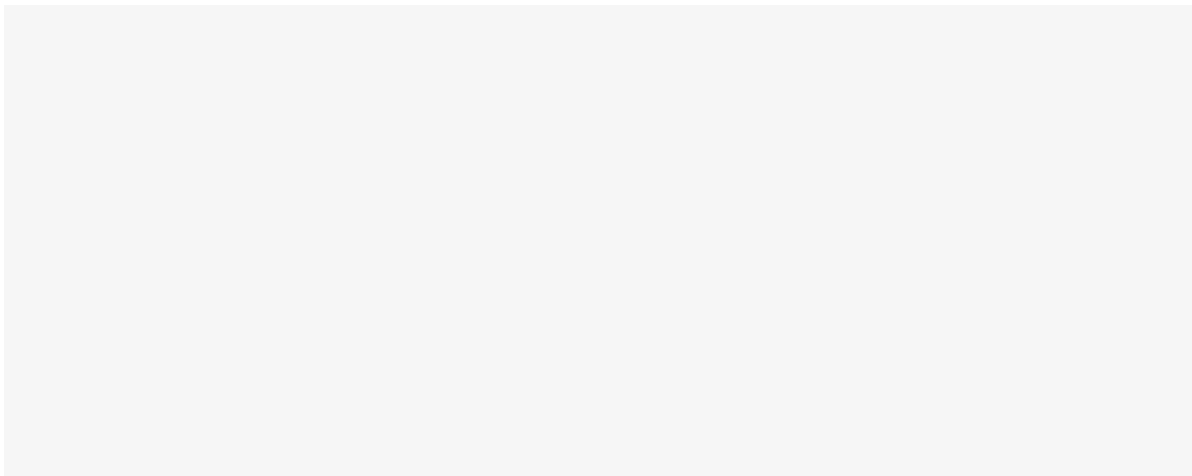
DESCRIBE A TIME YOU HAD TO ADJUST AND IT WORKED OUT:



HOW CAN WE HELP EACH OTHER BE MORE RESILIENT?



HOW CAN ADVERSITY BECOME AN OPPORTUNITY?



REFRAMING RESPONSES TO CHANGE

It is natural to view change as limiting, but by reframing our response to change, we move forward in a resilient way.

Let's reframe the following response to change:

"Nothing will ever be the same."

Step 1: Correct yourself

Wait, it's not true that nothing will be the same. The mission and all the good work we do are still the same, we've just experienced a change in the way we operate, not in how we care or why we are here.

Step 2: Determine outcomes

I want to continue to find meaning in my volunteer work, to serve a cause I believe in, and to support my community. I want to see our mission thrive, get better, and reach more people. I want to personally grow, and learn while volunteering.

Step 3: Set the first step

In this time of change, what can I do to make my outcome a reality?

I can look for new ways to volunteer my skills.

I can be a leader and help other volunteers navigate change by being an example of resilience.

I can help plan for the future.