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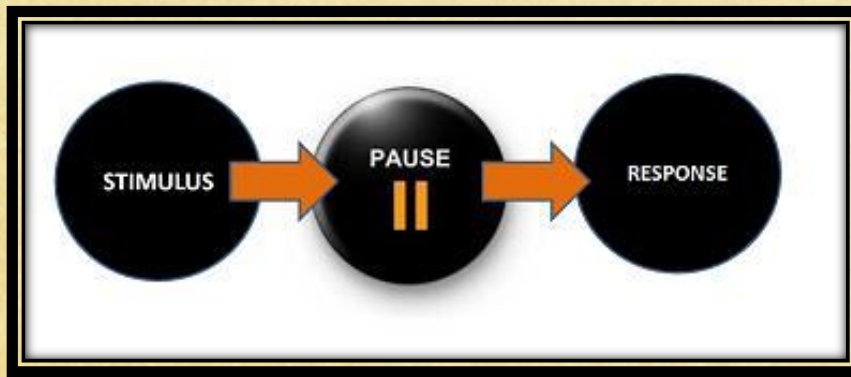
Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

MARK TWAIN

The Resilient Librarian

“Librarians are the coolest people doing the hardest job out there on the frontlines. And every time I get to encounter or work with librarians, I'm always impressed by their sheer awesomeness.”

– Neil Gaiman



*"Everything
can be taken
from a man
but one thing:
the last of the
human freedoms,
to choose one's
attitude in any given set
of circumstances,
to choose one's own way."*

- Viktor E. Frankl,

*"Between stimulus and response,
there is a space.*

*In that space lies our freedom and our
power to choose our response.*

*In our response lies our growth and
our happiness."*

Viktor Frankl

Today we are going to experience **EXTREME** Resiliency!

- ♦ Be willing to turn right when everyone else turns left!
- ♦ Develop the skill of adaptability
- ♦ Develop the skill of agility
- ♦ Develop the skill of 'laugh-ability'
- ♦ Develop the skill of alignment
- ♦ Have energy & meaningful connections

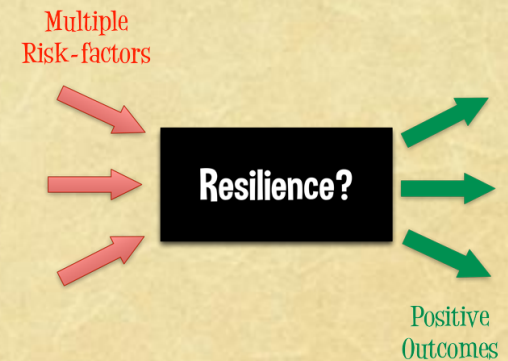


Attitude is Everything – Never Give Up

How does Kirsty know?



A Definition ...



“Resilience is ... positive patterns of adaptation in the context of adversity”

1. **External adaptation** - Adapting to the environment.
2. **Internal adaptation** – Maintaining psychological wellbeing & physical health.

Adaptation is multi-dimensional and
developmental in nature - **GROWTH**

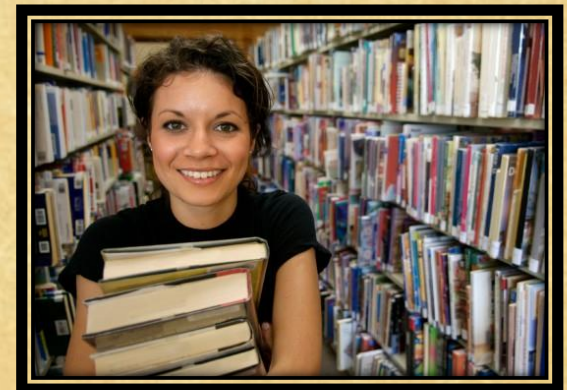
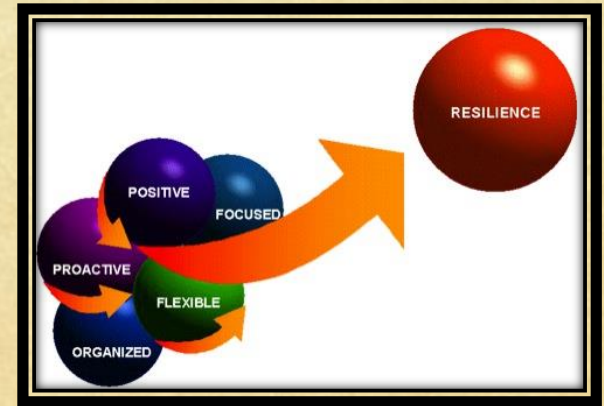
Resilience is...

A constant belief in yourself to be well,
to be happy and to be better.

Traits of a resilient person are –

- ♦ A positive attitude
- ♦ Optimism
- ♦ An ability to regulate emotions
- ♦ Can see failure as a form of helpful feedback.

Even after misfortune, trauma and setbacks
resilient people change course and soldier on
– bounce forward.



Resilience is limited by ...

- ♦ Constantly having days full of activities and deadlines,
- ♦ Tunnel vision - magnifying and minimising
- ♦ Jumping to conclusions - personalising, externalising and overgeneralising
- ♦ Attempting to multi-task frequently
- ♦ Exercising less than five days a week
- ♦ Having disturbed sleep
- ♦ Being tired and fatigued at the end of each day

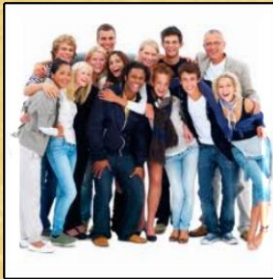
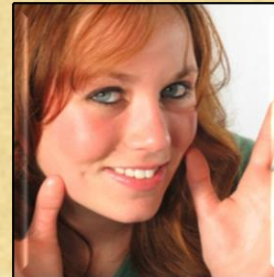


The 3 R's for Life© ...



Reflect

Real



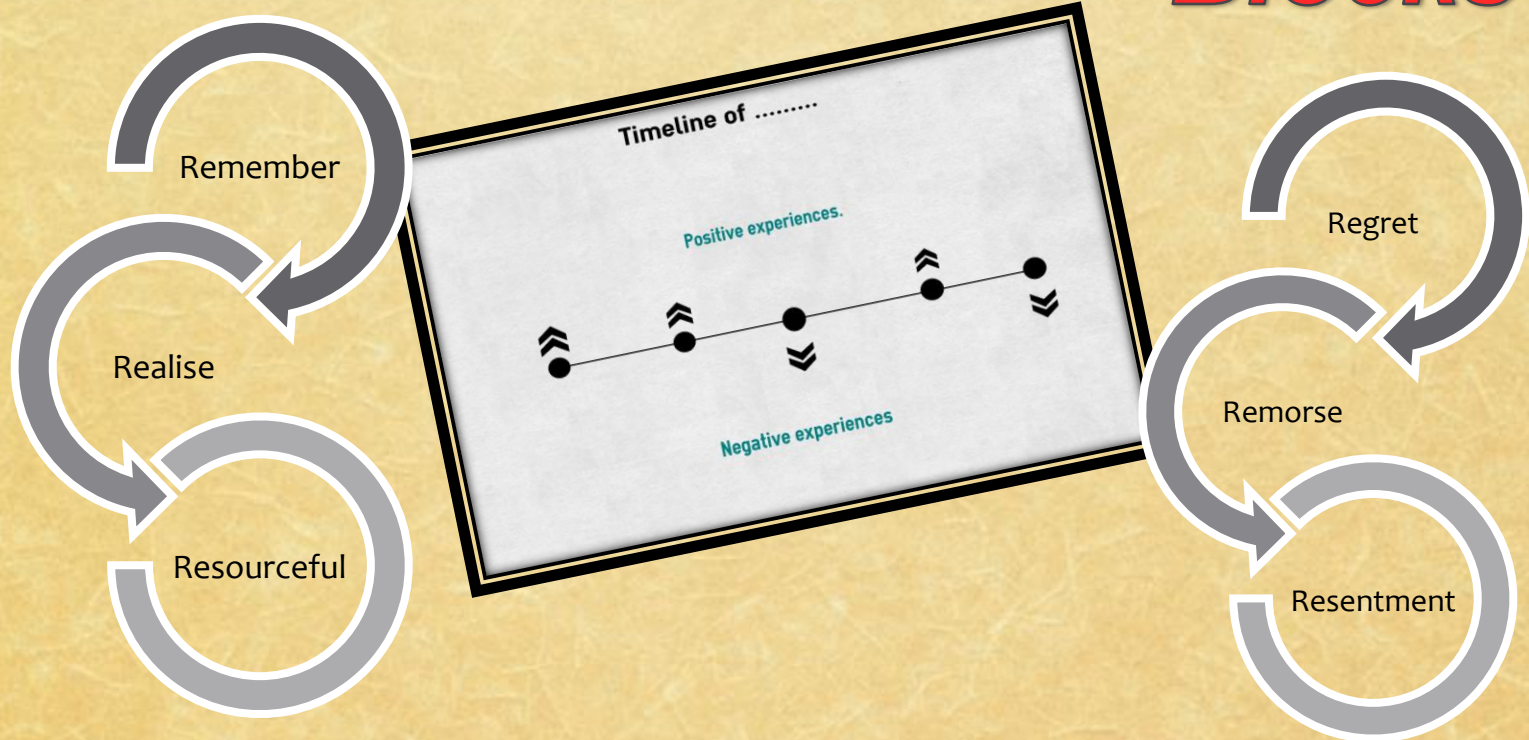
Relationships



Reflect...

Enhance

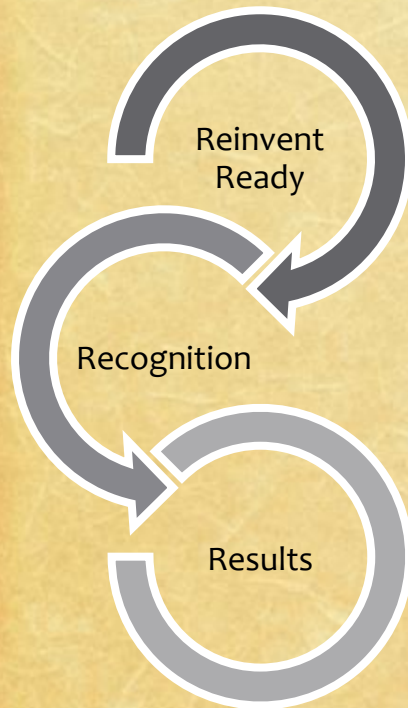
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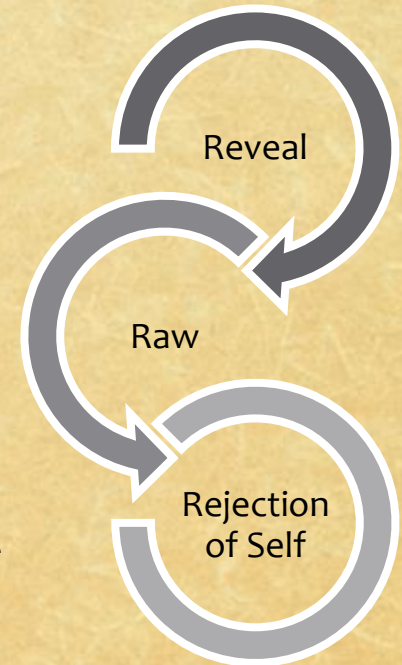


Real...

Enhance



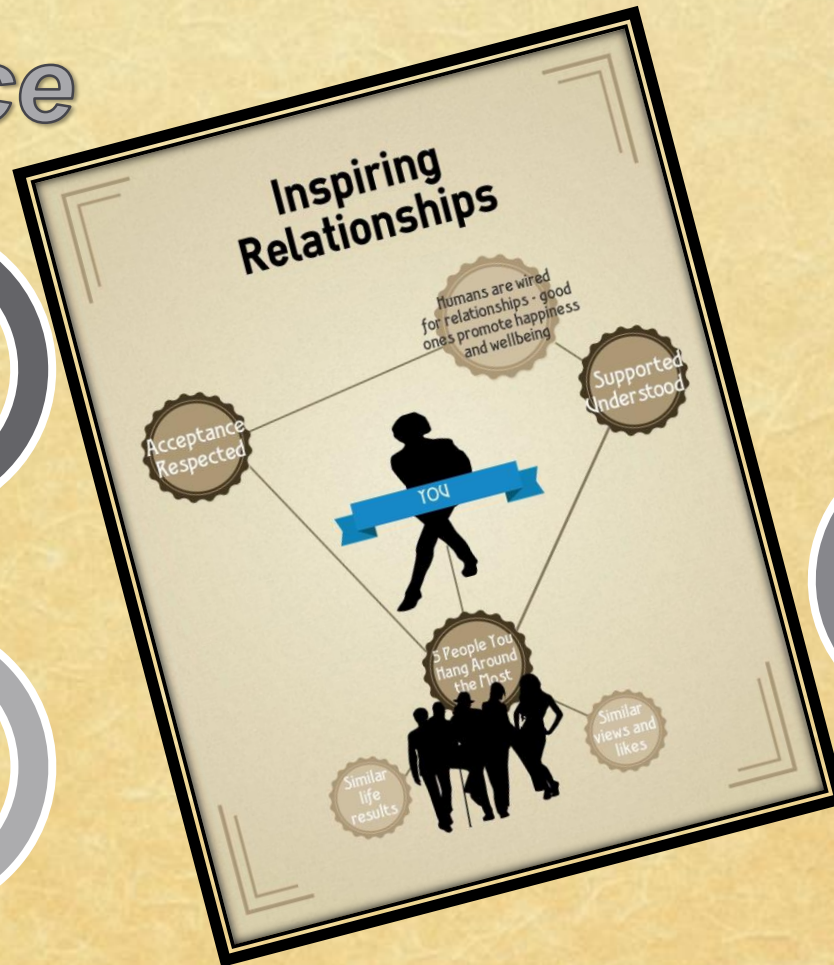
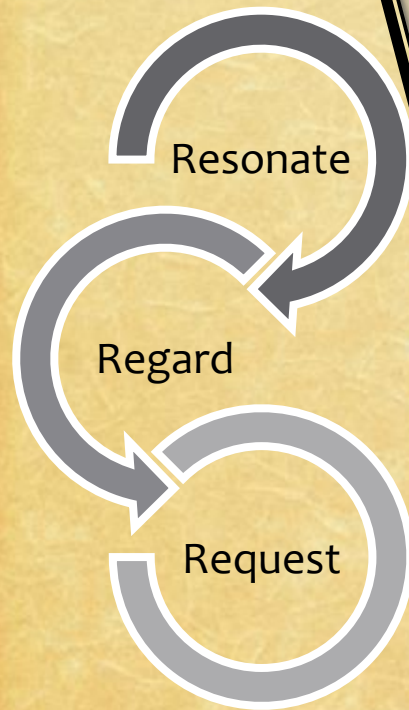
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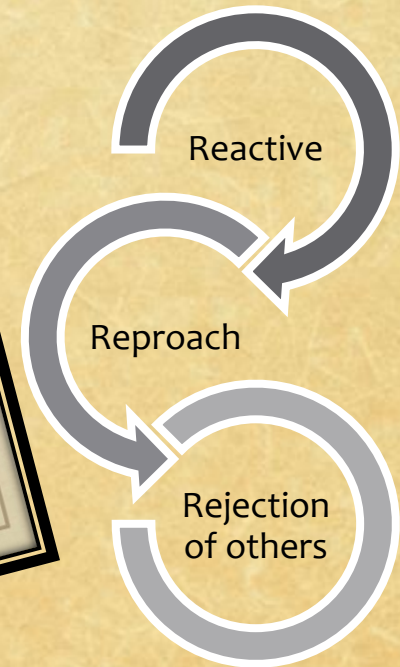


Relationships...

Enhance



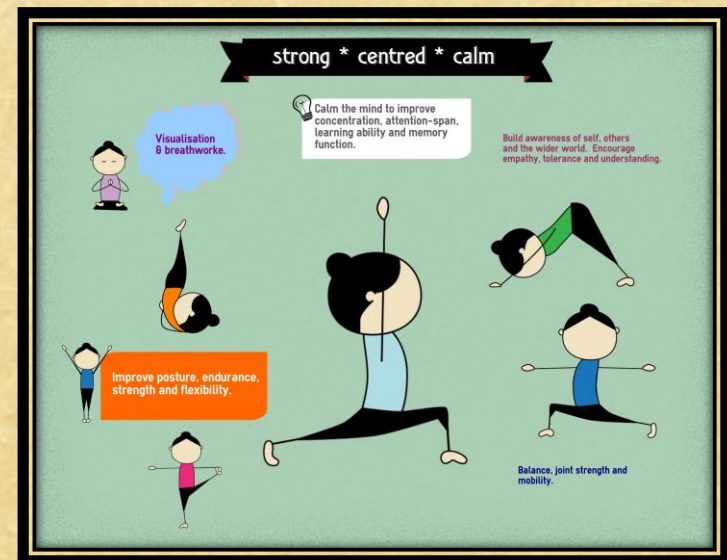
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A better life

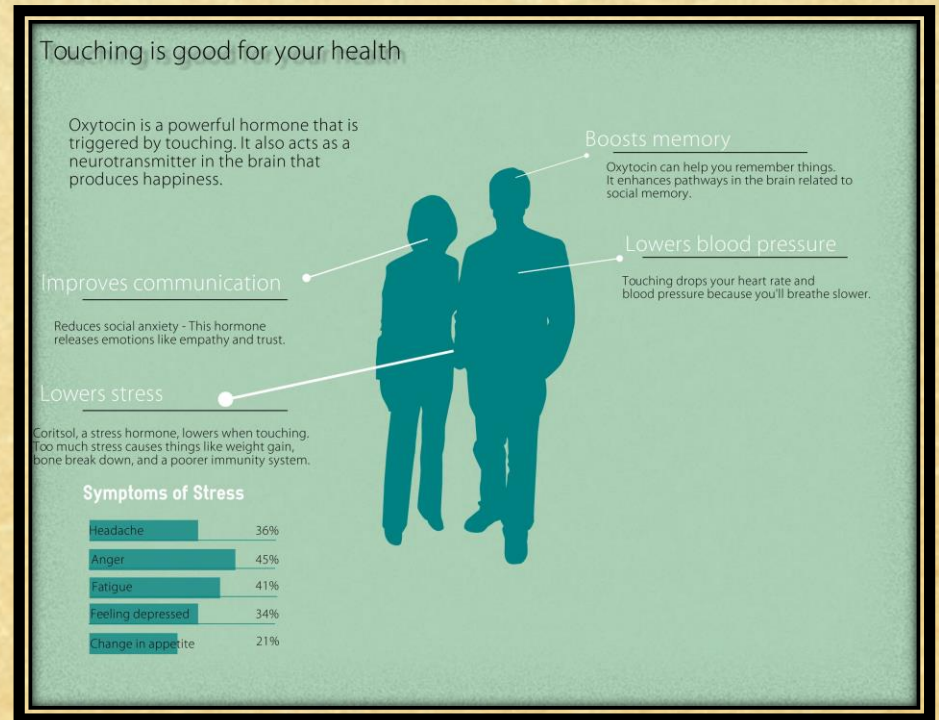
- ♦ **Physical resilience.** Physical activity increases our body's ability to handle stress and heal itself.
- ♦ **Mental resilience.** Activities such as creative flow, reading, or any kind of concentration increases discipline, determination and the ability to focus.
- ♦ **Emotional resilience.** Provoking positive emotions such as curiosity, and love increases our overall wellbeing, health and longevity,

and.....



A better life

- ♦ **Social resilience.** Positive social engagement especially when touch and gratitude are involved, gives a hit of Oxytocin.





strong * centred * calm



How regular meditation practice benefits you

Visualisation & breathwork reduce anxiety and helps to cope with the stress of modern life.

Builds awareness of self, others and the wider world. Encourages empathy, tolerance and understanding.

Improves circulation, digestion and mental function. Helps calm the body and mind.

Calms the mind, improving concentration, attention-span, learning ability and memory function.



Can be active or passive, formal or informal

Develops healthy sleep patterns with the practice of relaxing the body and lengthening the breath.



≡ The Core Principles that I choose to live by <

Detect the meaning
of life's moments

Exercise the
freedom
to choose my
attitude

Shift my focus
of attention

Don't work
against myself

Most of all...

Extend
beyond
myself -
be in service
of others

Be
committed
to
meaningful
values and
goals

Look at myself
from a distance



Where To Now...



- Put Information into **YOUR Transformation!**
- Ask the Right Questions...
- Put it into action... What can I Stop, Minimize, do More of and Start?



Free & Low Cost Resources For You...

- ♦ **Resilience Card Deck**

\$10 each



- ♦ **Relaxation & Meditation Cd's**

2 for \$30 or \$20 each

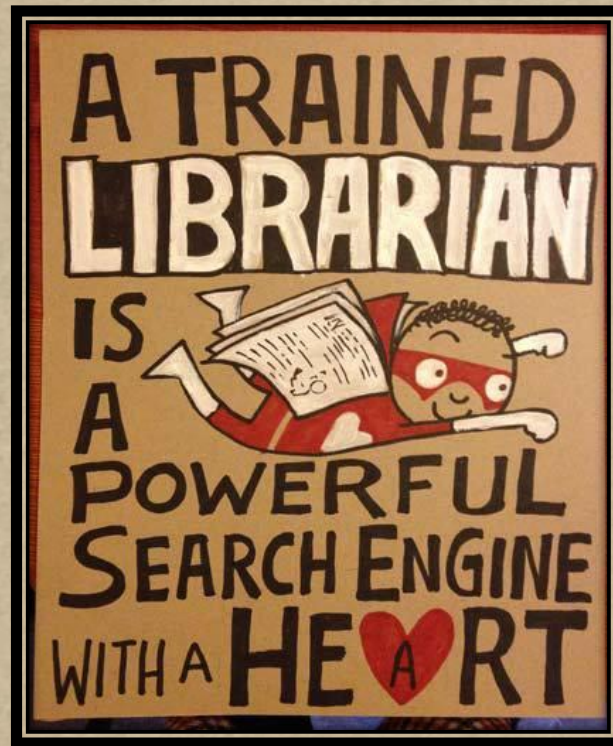


- ♦ **Personal Counselling/Coaching**
- ♦ **Speaking at your Event/Workplace**
- ♦ **Visit website for free resources**
- ♦ **Sign up for our monthly e-newsletter**

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Kirsty O'Callaghan
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**Thank you for letting me
share today with you**

*and
Remember.....*

