

RESILIENCY

Resiliency In The Moment: Adversity and Growth

“Things do not necessarily happen for the best, but some people are able to make the best out of things that happen.”

– Tal Ben-Shabar

Everyone has the opportunity to recognize positive effects that come from adversity.

1. Think of an event in your life that has caused you pain, stress, anxiety, or anger.
2. Try to identify any positive effects that may have happened because of this experience.

Adversity brings perspective to our lives that is easy to miss if we only focus on the negative. Did you discover a strength you didn't know you had? Appreciate something in your life more than before? Become more compassionate, forgiving, or understanding?

Finding growth in adversity requires us to see the good in ways we may not have before.

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