
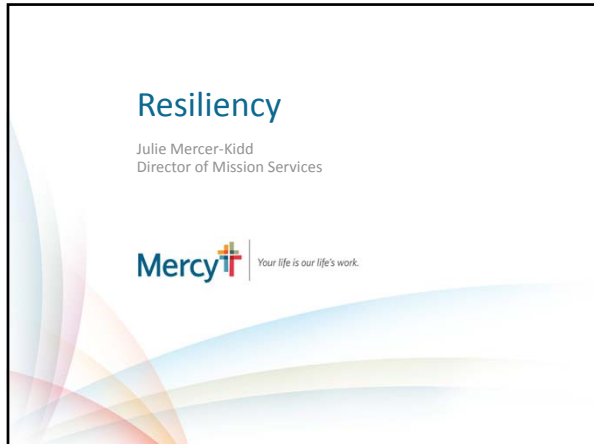



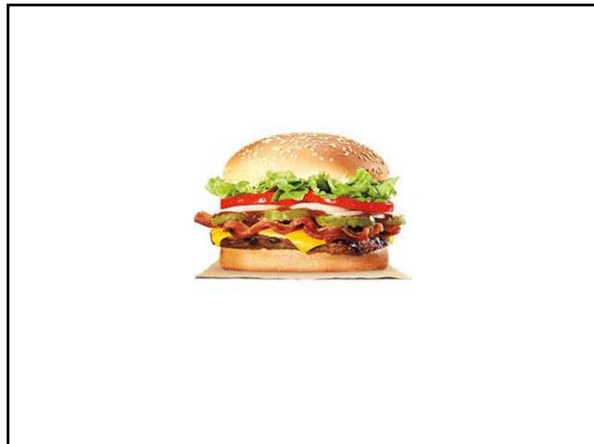
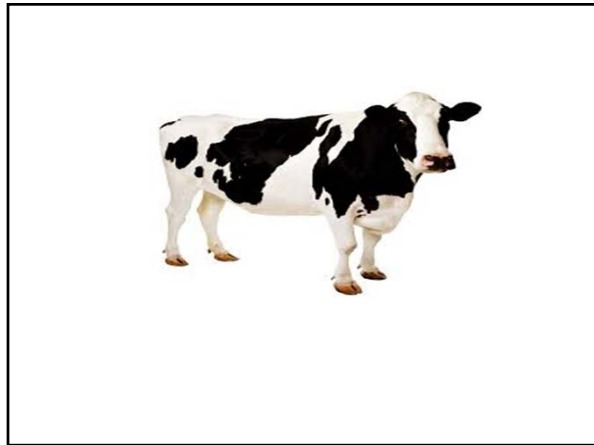
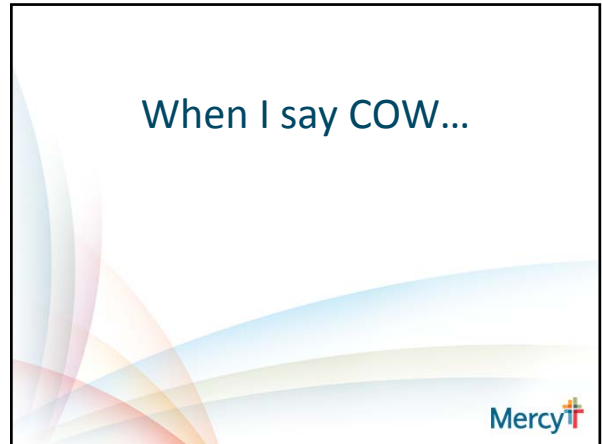
Resiliency
Julie Mercer-Kidd
Director of Mission Services

Mercy  | Your life is our life's work.




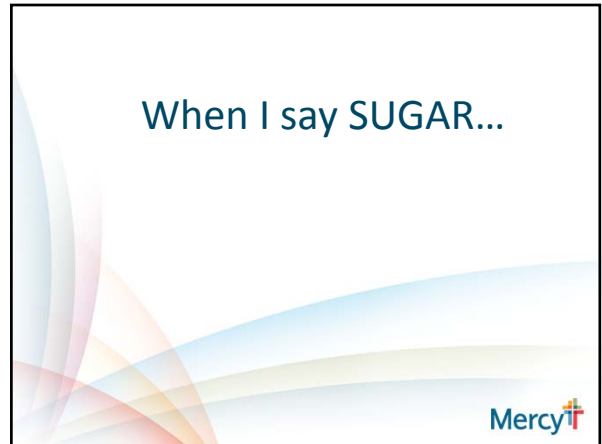
When I say COW...

Mercy 

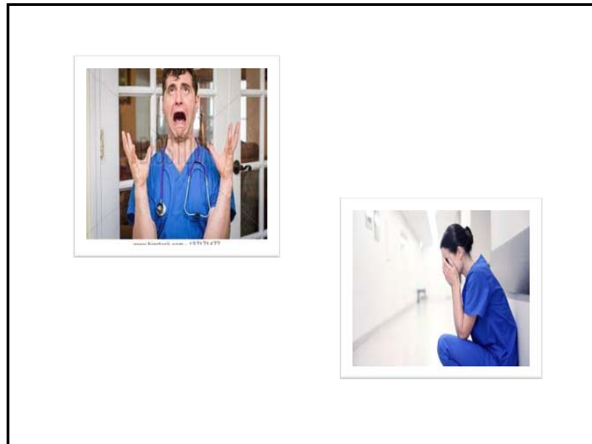


When I say SUGAR...

Mercy 







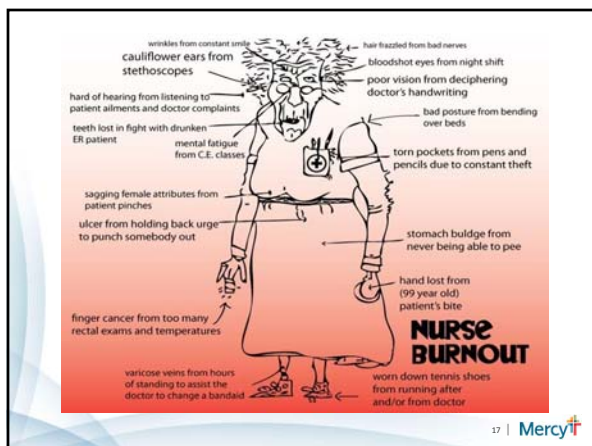
Once upon a time.....

Mercy | 14

What is resiliency?

- A person able to withstand or recover from difficult conditions
- Able to recoil or spring back into shape after bending, stretching, or being compressed.
- Something that is resilient is strong and not easily damaged....

15 | Mercy



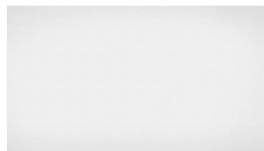
Focus on these things:

- Find a sense of purpose in your life.
- Build positive beliefs in your abilities.
- Develop a strong social network.
- Embrace change.
- Nurture yourself.
- Be Optimistic.
- Develop the skill of mindfulness.

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What is mindfulness?

- Being fully present and alive in this moment
- Paying more attention to the present moment
- Cope with stress, pain, and the challenges of everyday life.
- Deal with disturbing events with grace and composure.



ARE YOU KIDDING ME?

Who has 15 min to for this stuff?

I can show you how to achieve this in 30 sec.

Name an object

Take a deep breath

Name an object

Take a deep breath

Name an object

Take a deep breath



Promoting Self-Care

- Reduces stress
- Improved concentration
- Ability to relate to others and one's self with kindness
- Self-control
- Improved physical health
- Improved mental health
- Less emotional reactivity

Questions?

Mercy+ *Your life is our life's work.*

Mercy+



