

Resilience



Staying strong
when times are
tough

Jess Stuart

What *we* think resilience is...

- What is true for me
- Mana tangata – strength of the people
- Hei Whakapiki Mauri – the importance of having an inner strength

“Kotahi te kohao o te ngira e kuhuna ai te miro ma, te miro pango, te miro whero. I muri, kia mau ki te aroha, ki te ture, ki te whakapono”

This whakatauki originated with Potatau Te Wherowhero, the first Māori King. He spoke about how individual threads are weak, but the process of weaving three threads together makes for not only a strong fabric, but they become beautiful and tell a story.

- Being able to continue when you don't feel you can

Warning! Detour from the route expected in life

Can result in:

- Stress
- A need to learn more...a lot more
- Worry about the impact on existing relationships
- Becoming a teacher to others

WILL DEFINITELY RESULT IN:

- Learning about your inner strength
- Being resilient
- Being flexible and able to adapt to what the day brings



Thriving through Resilience



Share ideas on what has helped you and your whanau become more resilient.

- Challenges
- Successes
- Tricks learned along the way
- When were you were most resilient?

IDEAS on what we could do with these insights?

Some days it can just be like pushing ...

LINKS:

Attitude Live

<https://attitudelive.com/watch/What-s-Up-With-Down-Syndrome-Raising-Downs>

<https://attitudelive.com/watch/Being-Me-Geneva>

Rise and Shine

<http://www.pasefikaproud.co.nz/stories/rise-and-shine/>

Dream Big

<https://www.stuff.co.nz/national/70844975/dream-big-says-allconquering-disabled-teen>

Siva

<https://www.youtube.com/watch?v=tbXb7YeURUY>





Magic
moments