



## The Power of Caring, Connection and Resilience

*To care or not to care...*

“Don’t sweat the small stuff” – Sometimes it is best not to care about things that are not of value or importance. However, caring about things that DO matter can have a very powerful influence on each one of us. This may remind people of the well-known concept of “the wisdom to know the difference...” [differentiating between what we need to simply accept as is and what we can try to change] – Having the wisdom to care about positive and important things can be a force for sustaining progress while letting go of the less valuable things is also a huge help.

An important subject that keeps coming up when it comes to making positive progress in life is **resilience**, which means to “bounce back”, particularly after a trial or other adverse event. Resilient people may temporarily slow down when tragedy strikes, but ultimately, they keep on going even if they have to alter their course. **Knowing and understanding when to care and when no to care can be a huge factor that leads to resilience.**

### How does this work?

➤ **What exactly does it mean to care? – Definition below:**

**Care:** regard coming from desire or esteem a care for the common good - to be **concerned** or solicitous; have thought or regard.

To feel **concern** about: He doesn't care what others say.

**Concern** - to relate to; be connected with; be of interest or importance to; affect:

*We become connected with what we care about – We disconnect with what we do not care about*

## Caring leads to **concern** which leads to **connection**

**Caring and Connection**—There is a direct link between caring and connection as these two ideas work hand in hand. Therefore, if an individual wants to increase their level of resilience, then deepening connections can be essential to this process.

### The next step – ***Connection can increase resilience***

**Climber illustration:** To think about how connection increases resilience, consider each connection you have in life to be like a rope keeping you from falling when you are climbing upward. The more responsibilities that you have to carry in life, the harder it can be to hold on. However, the more “ropes” of connection that you have that help lead you to your goals, the greater the chance that you can continue your climb without falling backward





## What are some types of connections that can increase resilience?

**Purpose** –Believing in and establishing a real connection someone/something greater than you. Connection with a greater meaning than typical day to day events

*Spiritual* – Connection with something greater than you or a strong belief system or faith

*Career* – Connection with meaningful employment that helps you feel like you are part of something

*Community* – Being part of your neighborhood where you feel valued and you can make a contribution

*Education/Self Improvement* – Connecting with a passion for learning and growing

*Hobbies* - Making a meaningful connection with an activity that inspires you

**Group** – Knowing that a group of people will ask about you if you were not around and feeling like you belong

**Personal (Friends and family)** – Connecting on a deeper level, honestly and openly with others who know you, share memories with you, and care about you in return

**Animals** – Even a strong connection with a pet can increase one’s resilience. For example, there are people out there whose love for their dog can even be the difference maker in their lives

**Nature** – Some people are able to make a meaningful connection with their environment that can be both calming and strengthening at the same time

Addiction can overpower these things as addiction often breaks down meaningful connections.

➤ **As a group, consider how this happens? – What are some examples?**

However, when the substance is out of the way, these caring connections can sustain you. Connections build resilience and it often is your connections that sustain you when things are tough.

### **Exercise – Identify and draw your connections:**

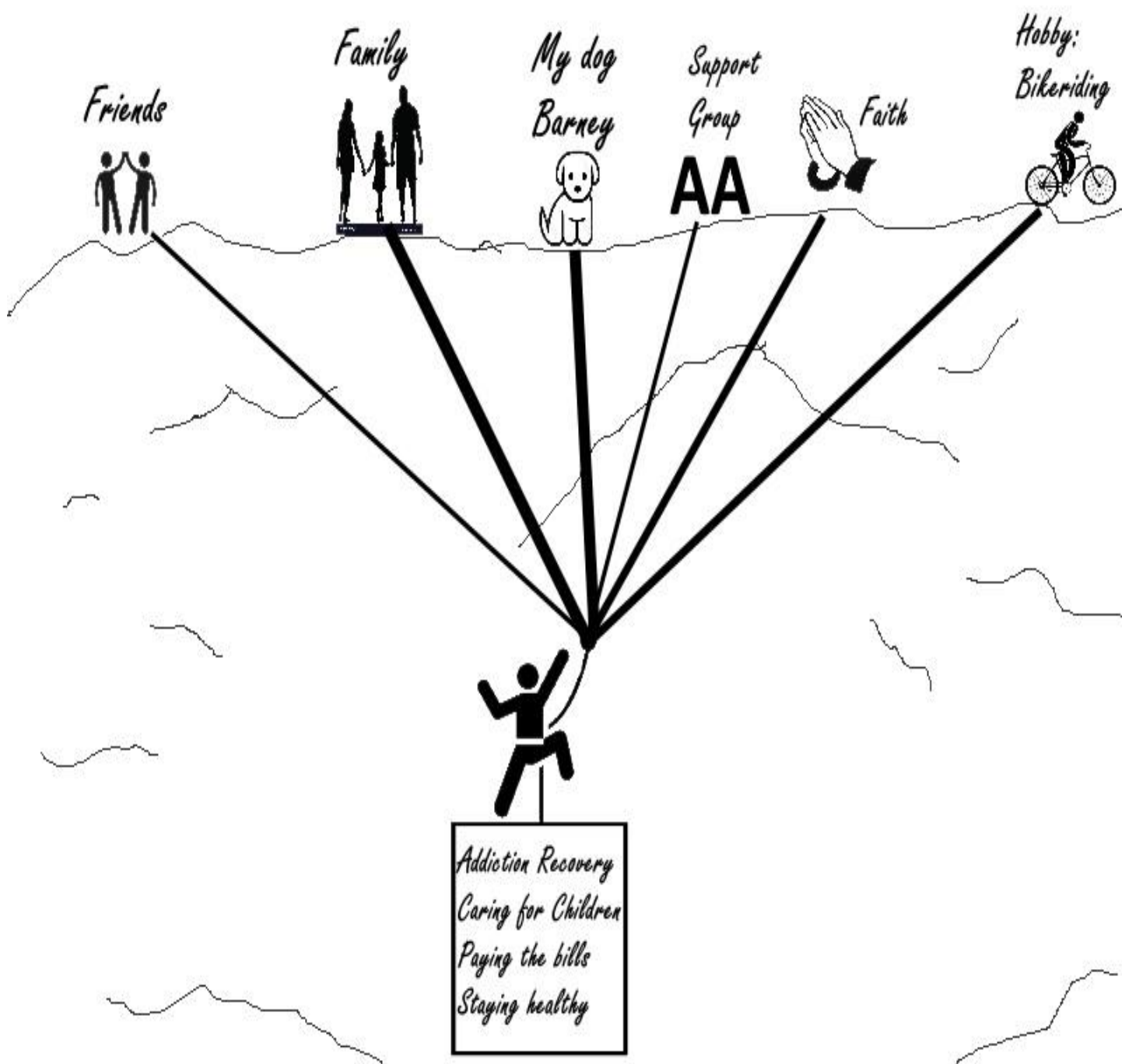
On the page with the climber:

First – In the box connected to the climber, write in some of your responsibilities. These are things you are carrying along with you on your journey up the mountain of life that are important to you

Second - At the top of the mountain, draw and/or write in your meaningful connections. These are things that help you keep climbing upward in life even when things may get challenging. Draw ropes linking the climber with the connections at the top of the mountain

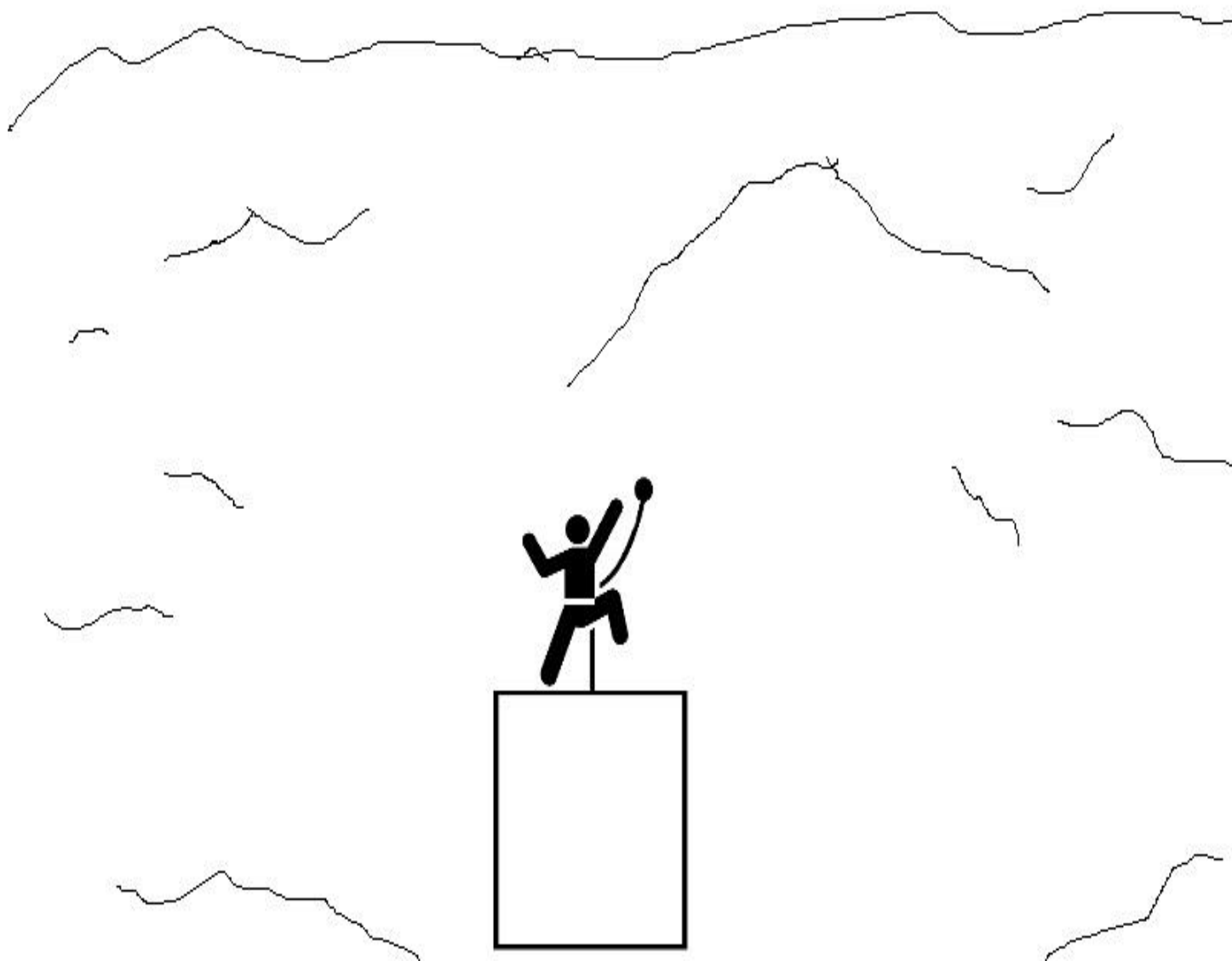


(Example of completed drawing)





Draw your connections:

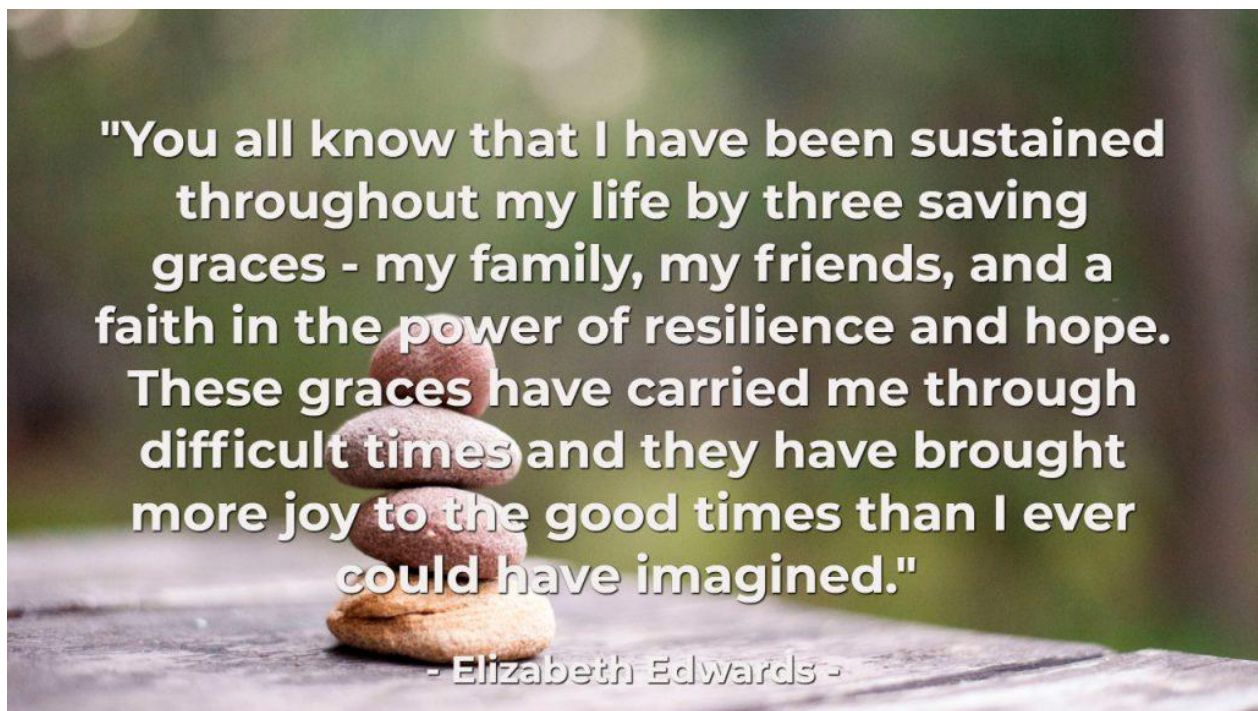




**Discussion:**

***Review your drawings as a group and discuss the following:***

- What important responsibilities are you carrying in your life's journey up the mountain?
- What connections are you holding on to in order to keep climbing and not let go?
- What are some things in your life that you needed to stop caring about and let go of because they were holding you back?
- How do your connections help you today?
- What prevents you or holds you back from making more meaningful connections?
- What positive qualities do you have as a person that can help you to make more connections?
- How can you improve the quality and quantity of meaningful connections in your life? (What are some suggestions you may have learned from others in this group?)
- What do you still need to let go of in order to improve your chances of sustaining success?
- What else can you work on or do more of in your life going forward to increase connections and resilience?



<https://hackspirit.com/resilience-quotes/>