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## WHAT IS RESILIENCE?

The strength to be able to withstand or recover quickly from difficult conditions. It is bouncing back and staying strong when things are hard, with God's help.

### **SOME HEROES OF RESILIENCE**

- **Jesus:** Demonstrated ultimate resilience through His Passion, Crucifixion, and Resurrection.
- **St. Paul:** Persevered through numerous trials and persecutions while spreading the Gospel.
- **St. Teresa of Calcutta (Mother Teresa):** Overcame numerous challenges while serving the poorest of the poor.



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## WHAT IS DEFEATISM?

**The weakness to accept defeat without struggling to win.**

It is giving up and feeling hopeless when things are hard.

## CONSEQUENCES OF DEFEATISM

- Giving up can make us feel lonely and sad.
- We might miss fun and good things if we stop trying.
- When we are sad and give up, we can't help our friends.



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## THE BENEFITS OF RESILIENCE

### 1. Improved Academic Performance

**Better Focus:** Resilient people can focus better on their studies despite challenges, leading to improved academic performance.

**Problem-Solving Skills:** They develop strong problem-solving skills, enabling them to tackle academic challenges more effectively.

### 2. Greater Self-Esteem

**Confidence:** Overcoming challenges boosts people's confidence in their abilities.

**Sense of Accomplishment:** Achieving goals despite obstacles gives them a sense of accomplishment and pride.

### 3. Adaptability

**Flexibility:** Resilient people can adapt to new situations and changes more easily, making them more flexible in their thinking and behavior.

**Coping Skills:** They develop effective coping strategies to deal with setbacks and changes in their environment.

### 4. Improved Decision Making

**Rational Thinking:** Resilient people are better at thinking clearly and making rational decisions, even under pressure.

**Self-Control:** They exhibit greater self-control, enabling them to resist impulsive behaviors and make thoughtful choices.



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## HOW TO PRACTICE RESILIENCE

- **Pray to God:**

Ask God for help when things are hard.

- **Think Positive:**

Remember good things and say, "I can do it with God's help!"

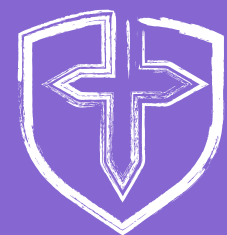
- **Get Help:**

Talk to parents, teachers, or friends when you need support.

- **Try Again:**

If you don't succeed at first, try again with a smile.





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WHAT DOES RESILIENCE LOOK LIKE?

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