

WELLSPRINGS

OF RESILIENCE



- ▶ For you to discern those things that deplete your stores of resilience and those things that provide refreshment to your spirit by...
 - ▶ Recognizing aspects of your personal and professional life that dry up your energy
 - ▶ Identifying life circumstances currently impacting your ability to stay resilient
 - ▶ Drawing on thoughts, beliefs and actions that help you to drink from the wellsprings of resilience and stay energized for living

TRAINING AIMS

FIRST SIP QUESTIONS



How is your well?

Is it full enough for a deep drink?



How is your well?

Is it running dry?

SIGNS OF A WELL RUNNING DRY

Physical

Mental & Emotional

Work Performance

Spiritual



DRY WELL SYNDROME A.K.A. COMPASSION FATIGUE



Our Illusion – training can keep you from being overwhelmed

The Reality – no amount or type of training completely eliminates the potential of compassion fatigue

SIGNS OF A WELLSPRING

Physical

Mental

Emotional

Spiritual

Filling





KEEPING YOUR WELL “TOPPED UP”...

Remember

Be Gentle

Be Thankful

Both Give & Receive

Get Creative!





***...Brings Energy
to Life!***

- ▶ What about your work life draws water out of your well?
- ▶ What are your personal warning signs of “dry well” syndrome?
- ▶ What wellsprings do you draw on more than others? How do you refill your well?
- ▶ What is something creative that you would like to try to do, or do again, that will get your energy flowing?

SMALL GROUP TALK

The Lord is my pace-setter, I shall not rush;
He makes me to stop and rest for quiet intervals.
He provides me with images of stillness, which restores my serenity.
He leads me in the ways of efficiency, through calmness of mind,
And his guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for his presence is here.
His timelessness, his all-importance will hold me in wise balance.
He prepares refreshment and renewal in the midst of my activity
By anointing my head with the oils of tranquility.
My cup of joyous energy overflows!
Surely harmony and effectiveness shall be the fruits of my hours,
For I shall walk in the pace of my Lord...forever.

PSALM 23

A MODERN, JAPANESE TRANSLATION