

**NOT ALL WOUNDS
ARE VISIBLE**

A Community Conversation
About Mental Health and Substance Abuse

Faith's Role in Resilience

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DEFINITION: RESILIENCE

- 1) the ability to recover from or adjust easily to misfortune
- 2) a person's ability to "bounce back"
- 3) a refusal to acknowledge defeat
- 4) the ability to become strong, healthy or successful again
- 5) the ability to return to its original shape after it has been pulled, stretched, pressed, or bent

Comes from the Latin root *resilire* meaning to "Jump Back" or "Recoil"

Base of word *resilire* is *salire* a verb meaning "to leap" (somersault)

POEM – “On the Counter Again” from Gunilla Norris’s Book, *Becoming Bread*

Taken out, exposed and cold on the counter,

you are being kneaded,

The air pounded out of you,

you are turned inside out.

Rolled over in waves.

Everything made visible on the counter.

I will not leave you now.

I will not hurt you or give advice.

I will not rescue you.

I will not stop this.

It is your true chance.

Upside down you may take shape.

You may become more of yourself, resilient.

Let this happen.

Here on the counter pounded, turned on end.

You will become less And somehow more of yourself.

I hold your hand and do nothing.

Soon it may happen.

You will be kneaded into shape, smooth, able to go on again.

We are together here on the counter and alone. You will know me as yourself.

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QUOTES:

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.” – Nelson Mandela

“Turn your wounds into wisdom” – Oprah Winfrey

“This is what the past is for, every experience Gods gives us, every person He puts in our lives, is the perfect preparation for the future that only He can see.” – Corrie Ten Boom

“When life pulls you under, you can kick against the bottom, break the surface and breathe again.” – Sheryl Sandberg

Life comes with times of adversity – times of loss, times of fear. *Can you recall a time when you experienced distress and saw no clear path toward relief – a time when you were unsure of your footing in the midst of struggle and challenge? Maybe you are in such a place right now?*

There are many ways to get through the storms in life...

- 1) Learn how to be Self-Reliant – Adventures of Winnie the Pooh “You’re braver than you believe, stronger than you seem, and smarter than you
- 2) Realize that there is no one-size fits all prescription for that bouncing back- we all do it in our own unique time and way. Some people need to talk through it while others need to be more reflective. Some become more dependent upon others, while others will simply need that numbing and soothing time. There is no one way to be resilient..
- 3) Create your own culture of resilience – remember that resilience is an attribute, the ability to adapt – learning a new life skill, being connected to a religious community that nurtures and strengthens, a community of connection, a place to share stories, a place of rituals, the ability to be comfortable to ask for help!!!
- 4) Ask yourself these questions – do you have control over your own life OR do you tend to blame others for your failures and problems?
- 5) You have the power to make choices that will impact your ability to cope
- 6) Develop a strong social network that helps with resilience, have caring, supportive, people around you in times of crisis.
- 7) Learn how to embrace change
- 8) Nurture yourself
- 9) ********Think back to a challenge you faced in the past. How did you handle it? What strategies occurred to you? What worked? What didn’t? How did you know the problem was solved? Practice problem solving in normal day to day activities********

STORIES – WHAT IF...???

...you were the result of an unplanned pregnancy...an accident???

...the first 8 months of your life were a complete mystery...???

...you witnessed your father having a heart attack when you were 4 years old???

...you were told you had a 10 pound tumor growing inside you???

...you had to prepare yourself for artificial ways to excrete waste materials from your body???

...you trusted priests, nuns, and other members of the religious community only to be abused emotionally, physically, psychologically, and sexually???

...you suffered through the heartache of a divorce???

...you had hoped and prayed for a soul mate for over 30 years???

...you became homeless and lived out the trunk of your car???

...you suffered through a mid-life crisis, resulting in the loss of your home, your friends, and loved ones???

...you were fired wrongly from your job, as a result of lies, defamation, and slander???

...you had been swindled out of your life savings, retirement account and all your valuable possessions???

...you had to endure the suffering of the loss of our only baby all alone and in secret???

...you had lost your peace of mind, because of anxiety and depression???

... you exerted all your energy hiding from others, afraid for the real you to be revealed???

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RESILIENCE OF THE SPIRIT – Healing the Resilient Soul

2 Corinthians 4:8-9 “We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed”

Mark 5: 25-29 – *“The Woman at the Well”*

RESOURCES ON FAITH'S ROLE IN RESILIENCE

[**A Resilient Life: You Can Move Ahead No Matter What \[Book\]**](#)

by Gordon MacDonald

"It makes little difference how fast you can run the 100 meters when the race is 400 meters long. Life is not a sprint, it is a long distance run..."

[**Option B: Facing Adversity, Building Resilience, and Finding Joy \[Book\]**](#)

by Sheryl Sandberg, Adam Grant · Knopf Doubleday Publishing Group

#1 New York Times Best Seller From Facebook's COO and Wharton's top-rated professor, the #1 New York Times best-selling book.

[**Fly While You Still Have Wings: And Other Lessons My Resilient Mother Taught Me \[Book\]**](#)

by Joyce Rupp · Ave Maria Press

In this heartfelt memoir about her mother Hilda's final years, Joyce Rupp shares the lessons her mother taught her, especially to "fly while you still have wings."

[**The Untold Story: The Story of Adversity, Pain, and Resilience \[Book\]**](#)

by Eddie L. Long

Apostle Eddie L. Long is known worldwide as a pioneering leader, revolutionary mind changer, a family man, and a caring and loving pastor.

[**21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self \[Book\]**](#)

by Zelana Montminy · HarperCollins

Happiness is not about wishful thinking, good luck, or avoiding negative thoughts

[**Resilient: Your Invitation to a Jesus-shaped Life \[Book\]**](#)

by Sheridan Voysey ·

Proverbs 4:23 tells us, "Guard your heart above all else, for it determines the course of your life."