

RESIO

Resilient Optimism



ANIMAL FACTS

1. Bears are highly adaptable creatures and can be found in almost every part of the world.
2. Bears have a highly-developed sense of smell, which they use to find food and to protect themselves against predators.
3. Bears are able to see in color, unlike many other animals.
4. Before winter, brown bears will eat up to 41 kg (90 lbs) a day to build up fat storage. They weigh twice as much in the fall than in the spring.
5. What else can you learn about bears?



PONDER

1. Help those you lead to understand what resilient optimism is and then ask: How do you see the bear as resilient?
2. Bears are highly adaptable and can be found in many parts of the world. What does adaptable mean? How does being adaptable help you to be resilient?
3. Bears will eat up to 41 kg (90 lbs) of food a day to prepare for their winter sleep. What are some things you can do to prepare for the troubles you may meet in the future? What will help you have the resilience to stay the course?
4. Bears have a highly-developed sense of smell to help them survive and thrive. What gifts do you have that help you succeed in life when things get tough?
5. Sleeping helps a bear survive during cold seasons when food is not plentiful. What are some things you can do to take care of yourself when you are under a lot of stress so that you can be resilient and optimistic?

HOW TO USE RESIO

- I adapt through resilience
- Stay on the path
- Never give up
- Adapt as necessary through flexibility
- Learn from the past and don't regret
- Be grateful for each moment
- Maintain a good sense of humor

RESULTS FROM APPLYING RESIO

- Increases constancy and achievement
- Progressively increases courage and confidence
- Improves your feeling of well-being
- Steadies your actions
- Removes uncertainty
- Manages stress