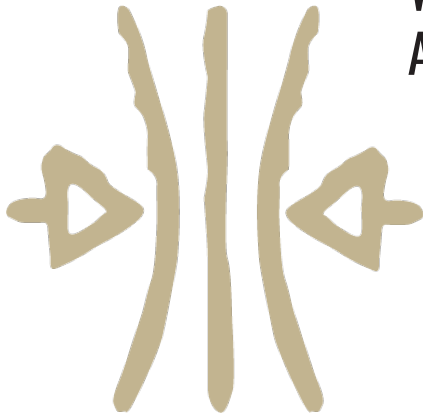


Session 4: Ride out the Storm with Grit, with Resilience



What is “grit”?
An old-fashioned word for Resilience

Skills to build “resilience” muscles

- 1)

- 2)

- 3)

- 4)

- 5)

Things that hold you back from personal development of resilience

- 1) _____

- 2) _____

- 3) _____

- 4) _____

Strengthen your resilience as a caregiver

- 1) _____

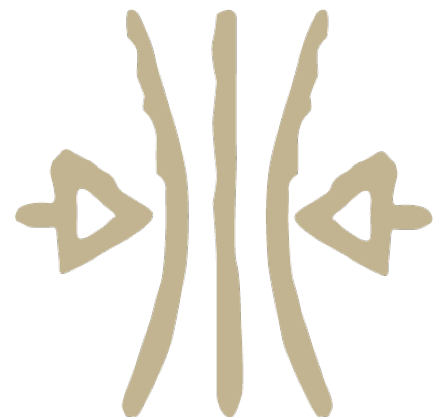
- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____



Meditation