

Quotes for Our Times: Seeking Balance and Building Resiliency When Stress Defines Our World

Transition, turmoil and stress are fitting descriptors for the current difficulties facing caregivers of young children. The COVID-19 virus has generated multiple layers of stress. Aside from overriding concerns about finances and fears of contracting this virus, the challenge of learning to juggle multiple tasks/roles as caregivers and educators can feel overwhelming.

Sometimes, just taking a moment to remember that we are not alone, that we have survived difficult times in the past, and that “This too shall pass” (as my mother would say) can put things back into perspective. An inspirational quote could help with this.

“In today’s digital world, adults have discovered an intense interest in quotes and share them widely on social media.” (Price-Mitchell, M.) There are numerous reasons for this. Quotes can inspire and move us towards the attainment of hopes and dreams. They hold us to our ideals, remind us of our humanity, and help us relate to the world around us.

The ability to cope with adversity is known as resilience. Resilience is the ability to bounce back. It develops through the process of learning to manage both the stressors of daily life, and unexpected challenges.

During my senior year of high school, I came across two quotes that I really liked. I wrote them on the cover of my assignment book and read them each day. At the time, I didn’t know the philosophy behind these quotes – only that they spoke to me. Later in life, I realized that these quotes had transformed into two of my guiding philosophies, and looking back, I recognize times and places where they influenced my decisions and choices, especially during times of transition, turmoil and stress.

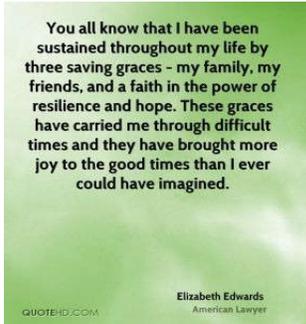
There are four corner-stones of resilience that provide stability as we lay the foundation and build a system of supports to carry us through challenging times. 1) Supportive relationships. 2) Confidence in our ability to master challenges. 3) Traditions, especially those that help to access the wellspring of faith and hope. 4) The ability to self-regulate. (Willard, N.).

If the idea of using quotes to build resilience appeals to you, consider starting with one that speaks to your current needs. Look at each of the four cornerstones of resilience and decide whether they are equally supportive, or if one of them could be strengthened.

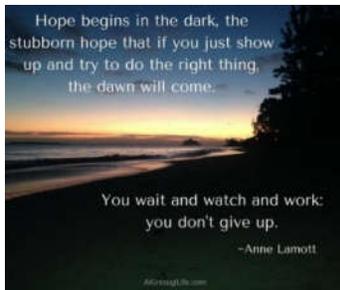
Next, find a quote that fits that corner-stone. Reflect on what it means to you, and how it could apply to different situations in your life. Post your quote where it can prompt you to think about these things, and allow it to nudge you in the direction you want to go.

While there are many places to look for quotes, not every quote will resonate with you. The challenge is to find your own, and if the quote fits – wear it! Maybe it will stay with you and help guide you throughout your life – as my quotes have stayed with me.

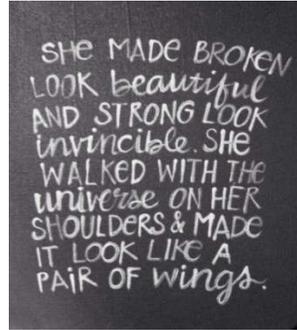
Building supportive relationships.



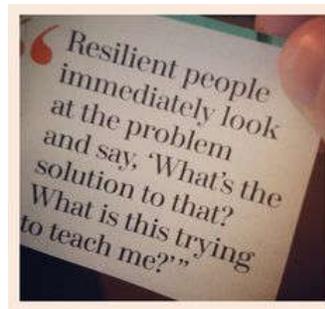
The ability to access the wellspring of faith and hope through tradition



Confidence in one's ability to master challenges.



The development of self-regulation skills



Resources:

DeWitt, P. (2020, March 26) Guest blog by Willard, N. How to Find Resilience During This Difficult Time. *Education Week Teacher*. Retrieved April 15, 2020 from http://blogs.edweek.org/edweek/finding_common_ground/2020/03/how_to_find_resilience_during_this_difficult_time.html

Ackerman, C. (2017, June 13) 27 Resilience Activities and Worksheets for Students and Adults. *Positive Psychology*. Retrieved April 16, 2020 from <https://positivepsychology.com/resilience-activities-worksheets/>

Price-Mitchell, M. (2020, March 20) Quotes for Kids That Promote Healthy Development. *Roots of Action*. Retrieved on April 14, 2020 from <https://www.rootsofaction.com/quotes-for-kids/>

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