

A photograph of a forest with sunlight streaming through the trees, creating a serene and natural atmosphere. The image shows tall, slender trees with dense green foliage. Sunlight filters through the canopy, creating a dappled light effect. The overall mood is peaceful and calming.

# Creating Emotional Resilience

# ENDURING THE VOLCANIC TRIALS OF LIFE

What are the current volcanos you are facing?

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Identify two volcanic trials in your life that you'd like support with.

What tools are available to support you?

Therapy/Counseling  
Name of therapist

What resources do I have to find one?

Support Groups

Financial support from your family/  
bishop, education, training

Medical interventions/diet/supplements  
required

Educational support/schooling/self  
development

Coaching

Heavenly Winks

Books to Read

Friends to Call

Job Resources

Let us intentionally build foundations of faith.

*"We have been promised that "if [we] are prepared [we] shall not fear."<sup>4</sup> This assurance has profound implications today. The Lord has declared that despite today's unprecedented challenges, those who build their foundations upon Jesus Christ, and have learned how to draw upon His power, need not succumb to the unique anxieties of this era." - President Russel M. Nelson, "The Temple and Your Spiritual Foundations"*

**President Russel M. Nelson, "The Temple and Your Spiritual Foundations"**

*So I ask each of you, how firm is your foundation?*

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*And what reinforcements to your testimony and understanding of the gospel are needed?*

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**LEARN TO DRAW ON THE POWER OF THE LORD'S HELP**

Our God is a god of love, of great power, or infinite wisdom and resources.

These are a few activities that help draw the power of the Lord into our life. Please record impressions you have.

<b>PRAYER</b>	<b>FASTING</b>	<b>BLESSINGS</b>
<b>TEMPLE</b>	<b>SERVICE</b>	<b>MEDITATION</b>

## **DISCIPLESHIP:**

How can I submit to God's will? What is he asking of me in this moment?

Sometimes we think of discipleship as following the rules. In actuality, discipleship is really about following the Savior. Read this quote by Elder Maxwell and then ponder ways you can submit to God's will for your life. What is he asking of you? What is he asking you to lay at the altar? Maybe it's a financial donation, or a consecration of time. Maybe its sharing your burdens with your ward family. Maybe the sacrifice is having faith and love for your spouse despite the disappointments and setbacks.

**“..THE SUBMISSION OF ONE’S WILL IS REALLY THE ONLY  
UNIQUELY PERSONAL THING WE HAVE TO PLACE ON  
GOD’S ALTAR. THE MANY OTHER THINGS WE “GIVE,”  
BROTHERS AND SISTERS, ARE ACTUALLY THE THINGS HE  
HAS ALREADY GIVEN OR LOANED TO US. HOWEVER,  
WHEN YOU AND I FINALLY SUBMIT OURSELVES, BY  
LETTING OUR INDIVIDUAL WILLS BE SWALLOWED UP IN  
GOD’S WILL, THEN WE ARE REALLY GIVING  
SOMETHING TO HIM! IT IS THE ONLY POSSESSION  
WHICH IS TRULY OURS TO GIVE!”  
- ELDER NEAL A. MAXWELL**

# THE SWEET FRUIT OF ADVERSITY

“Find the compensatory blessings in your life when, in the wisdom of the Lord, He deprives you of something you very much want.”

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“This added spiritual power does not just fall upon us. It comes as we act.” What are inspired actions you can take to receive compensating blessings?

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## BUILDING AND STRENGTHENING YOUR ROOTS

Create lasting well-being by strengthening these four areas.  
*The Book of Joy, Desmond Tutu, Dalai Lama, Douglas Abrahams*

<b>MAINTAIN POSITIVE STATES</b>	<b>RECOVER FROM NEGATIVE STATES</b>
<b>FOCUS AND AVOID MIND-WANDERING</b>	<b>BE GENEROUS</b>

## RISE TO THE CHALLENGE!

(Fight or Flight)

# 7-11 BREATHING

(Rest and Digest)

[IN] 1-2 -3-4-5-6-7  
[OUT] 1-2-3-4-5-6-7-8-9-10-11

[IN] 1-2 -3-4-5-6-7  
[OUT] 1-2-3-4-5-6-7-8-9-10-11

[IN] 1-2 -3-4-5-6-7  
[OUT] 1-2-3-4-5-6-7-8-9-10-11

[IN] 1-2 -3-4-5-6-7  
[OUT] 1-2-3-4-5-6-7-8-9-10-11

[IN] 1-2 -3-4-5-6-7  
[OUT] 1-2-3-4-5-6-7-8-9-10-11

[IN] 1-2 -3-4-5-6-7  
[OUT] 1-2-3-4-5-6-7-8-9-10-11

## TRANSFORM NEGATIVE TO POSITIVE

"A grateful heart is a magnet for miracles." Chad Hymas

<b>IDENTIFY A NEGATIVE EXPERIENCE</b>	<b>WHAT BLESSINGS HAVE COME <u>BECAUSE</u> OF THAT?</b>

# REDWOOD FORREST

The art of belonging and the gift of connection

*“True belonging is not passive. It’s not the belonging that comes with just joining a group. It’s not fitting in or pretending or selling out because it’s safer. It’s a practice that requires us to be vulnerable, get uncomfortable, and learn how to be present with people without sacrificing who we are. If we are going to change what is happening in a meaningful way we’re going to need to intentionally be with people who are different from us. We’re going to have to sign up and join, and take a seat at the table. We’re going to have to learn how to listen, have hard conversations, look for joy, share pain, and be more curious than defensive, all while seeking moments of togetherness.”*

- Brene Brown

## CONNECTION

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## EMPATHY

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