



## - What's inside -

- The power of YOU
- How to be resilient even on your bad days
- Stand UP not DOWN
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**“LIFE DOESN'T GET EASIER OR MORE FORGIVING, WE GET STRONGER AND MORE RESILIENT.” — STEVE MARABOLI**

### RESILIENCE

Serving size UNLIMITED

% DAILY BENEFITS

Confidence	99%
Self acceptance	100%
Patience	98%
Growth	100%
Perseverance	98%
Strength	100%
Will power	100%

\* Daily Values are based on requirements prescribed

# *The power of YOU*

Strength lies not in the muscles but in responsibility

Once in a land of peace, prosperity and plethora of people, there existed a court rivaling none other. The king was known for his benevolence and wisdom. One fine day, he posed a question to his best advisors - He waved over a piece of parchment and said, "in one sentence, depict both happiness and sadness" and the people were left confused. After all, how could just one sentence express two such contradictory emotions. But there was one man among everyone who calmly wrote a sentence and passed it on to the king.



The parchment said: This time too shall pass. And the king was left speechless, for indeed it managed to convey both of those feelings perfectly. To a person undergoing suffering, the words were a balm to his soul. Words which conveyed better times to come, words of comfort.



***“You may  
have to fight  
a battle  
more than  
once to win  
it.”—  
Margaret  
Thatcher***

To a person who revelled in luxury, they were a warning, cautionary words which said that these times too are ephemeral. The king rewarded this man handsomely. My teacher had told me this story when I was only 6 years old but among the countless stories I heard and read over the years, this story stuck with me till date. This story stayed with me throughout my tough times because those words resounded in my head. The phrase became my mantra. I told myself time and again, this too shall pass.



Life has a penchant for trouble, and honestly, if you ever met a person whose life was indeed perfect, wouldn't they be just too boring? No one would like to hear about their perfect life and happy days. It's not entertaining to say the least. Nor is it relatable. It's the tough times which make the happier ones even more sweeter, even more precious, even more valuable.

We have all had our days when we have the dreams to achieve great things in life but not motivation to haul ourselves and get to work. No matter the enormous magnitude of our dreams, our work falls short and we're just left with this empty feeling of dissatisfaction, of this lingering feeling of unhappiness. I know I have. I battle it everyday. There are days where I still can't bring myself to do my best, to spend my day productively and it just makes my mood worsen but it's those words which keep me tethered, to the fact that our future is a blank paper for us to write on, draw on. Our story is our own. It's ours to write.

I have my days where I can't bring myself to work as hard as I want and maybe you've felt that too. It's not the end of the world. Don't hate yourself for it, don't beat yourself about it. Because you bet I have, and it got me nowhere.



***"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience."***  
— Jaeda Dewalt

Shower yourself with love and say, this too shall pass. Say, it's okay to have bad days, it's on me to make the good days count. Just vow to do better than yesterday and you'll reach the place you want to be. Sometimes, we can't handle the situations which are tossed on us. Yeah sure, it's unfair and we did nothing to deserve it. But we can still hold ourselves responsible on how we handled it all.





**The one commonality we have with every single person in this whole wide world is that every person, no matter where they live, face difficulties in life. But the one way we stand apart is the way we decide to face it. Put 4 people in a room and throw an obstacle at them, I can say this with absolute certainty: everyone would have different fears and emotions coursing through them and every one of them would react to it differently. In a world where nothing is predictable, be a pillar of strength, of ginormous power.**

**Your strength, OUR strength, lies in not giving up on yourselves, on OURSELVES no matter what.**

In the churning sea of troubles, be an anchor, to yourselves and to the people around you. Yeah sure, sometimes the raging currents will try to drag you with it, and sure, sometimes you'll slip a few feet away but hold strong to your roots, to your indomitable will to stay strong through the raging storms on the endless sea that is life and you'll find yourself a shining star among the countless inhabitants of the world. The power to conquer the world lies within you, YOU and nowhere else.

Resilience is not a word that needs to be defined. It's not a feeling that needs an explanation. It's rather an experience of your innate self. Your inner voice that says, no time is too late, no time is too early. The best time is now. The best opportunity is now. The best person is none other than YOU.



Resilience lies in your determination to not give up, even when you fall and scrape yourself on the knees. It lies in your sheer will to keep moving even when you're handed the killing blow. It lies inside you and inside every damn person in this world. It doesn't take much to harness your power and make yourself explode in brightness. All it requires that you believe in yourself. That you don't give up, stay resilient and keep moving forward and reach that place in the sky you longed to reach with all your heart, scars and all. The world believes in you. All you need to do is believe in yourself

# *How to be Resilient , even on a bad day.*

“

*Every morning  
we are born  
again.*

*What we do  
today matters  
the most”*

If you're reading this right now, I already consider you a kind of an expert on resilience. Why? Because you have successfully survived 100% of your bad days so far. And through it all, you might not even know what resilience is. Resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly.

We can't have good days all year round, we can't always be happy. Having that kind of expectation from your life can be frustrating. While we can't control whether we have bad days or not, we can control our reaction to our bad days. We can control how quickly we recover from the bad days..

I have had many bad days, as have you I can imagine, but I have found some activities or ways to be effective, in terms of bouncing back from a bad day. I am not always able to be optimistic about the future on my worst days but then I remind myself, " this too shall pass" bad times are just that, times that are bad. And one fact about time is that it keeps changing, so this too shall pass. On days I can't get out of bed, I just change my clothes, and pull open the curtains. A change of view helps me gain a fresh perspective, helps me think of and see things other than my own problems. A walk or light exercise helps in releasing the 'feel good ' chemicals in the brain , called endorphins. Exercise or physical activity also makes me feel in control of my body and gives me a sense of accomplishment.



Some bad days sweep over me like waves, I can't convince myself to go for a walk, or exercise. On those bad days I reconnect with a hobby, anything that brings me joy, and reminds me of the good things in life. Anything that reminds me that there can be light at the end of the tunnel, and that even if life has me down it can't take away my ability to make myself happy, to enjoy the smaller things in life. I do what keeps me light and happy. Maybe it's my favourite ice cream or colouring with crayons, maybe it's watching my favourite tv show, baking a cake. Whatever little joy I may feel through these small acts work as a reminder that I can be happy despite a bad day. I get in touch with loved ones, friends and family, reach out, talk to people I love, ask for help if I need it. Meeting my friends or hugging my sibling always gives me a sense of relief. It's crucial to have a support system.



A big part of resilience for me is about being kind to myself, forgiving myself. I failed that test. I have two options. I can either feel bad about it, beat myself up about it, wallow in self pity or I can forgive myself and then work on doing better right from the next second.





Resilience is not 'not caring', but rather trusting in yourself to overcome, being patient with yourself, giving yourself time to heal. And most of all if you aren't optimistic about the future, don't worry. You being curious is enough. Just wonder of how it could play out, what will happen after the tough times? Being curious about my future has helped me be resilient. And to you, you are more than the sum of your problems, more than the sum of your bad days. You are stronger than you know..

-By Anandita Chitnis

**MASTERING OTHERS  
IS STRENGTH  
MASTERING  
YOURSELF IS  
RESILIENCE**





# *Stand Up not Down*



When the vicious lightning strikes,  
Urging you to hide and cower,  
Stand strong, as though stuck to pikes,  
Don't let go, of the will, the power.


Life is but a journey,  
Up the valleys and over the plains,  
Vehicle transforming from train to cart to gurney,  
Yet the strength wavers not, yet the strength remains.



Strength not just of your body, but of your mind,  
Will set your pace, decide your time,  
In this land of pleasure and pain you'll find,  
Giving up and letting go to be the biggest crime.

Change, adapt, transform and tread,  
Through ravines, through groves, through starlit streets  
The courage lies in your mind waiting to be freed  
Let it fire you up, build you up, when adversity it meets.

For life will always be an unpredictable curve,  
Broken with sudden bursts of noise and resounding  
silence,  
But in being steady through it all, in not letting your  
journey recurve,  
Therein lies the true essence of resilience, your  
resilience.



- By Bhuvaneshwari V



# *Paper Mirrors and Brain Doors*

## **Instructions:**

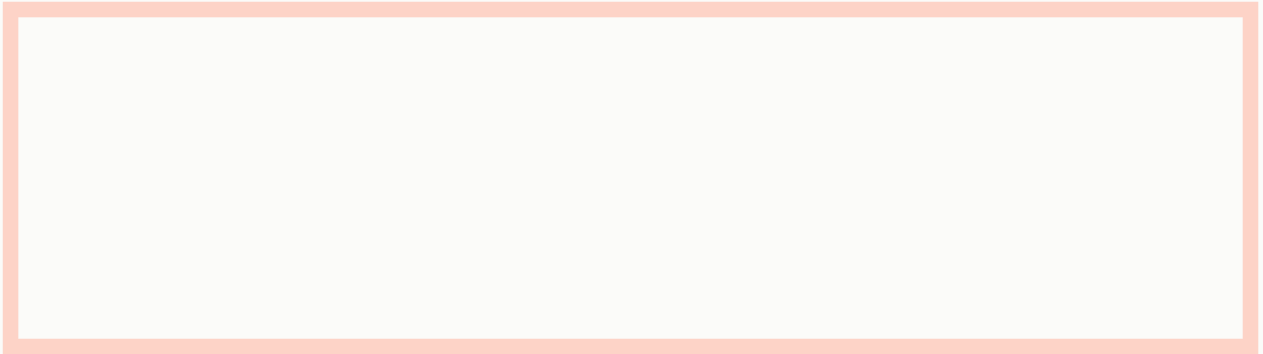
Think about a time in your life where someone rejected you or you missed out on something important or when a big plan collapsed.

These would be points in your life where a door closed.

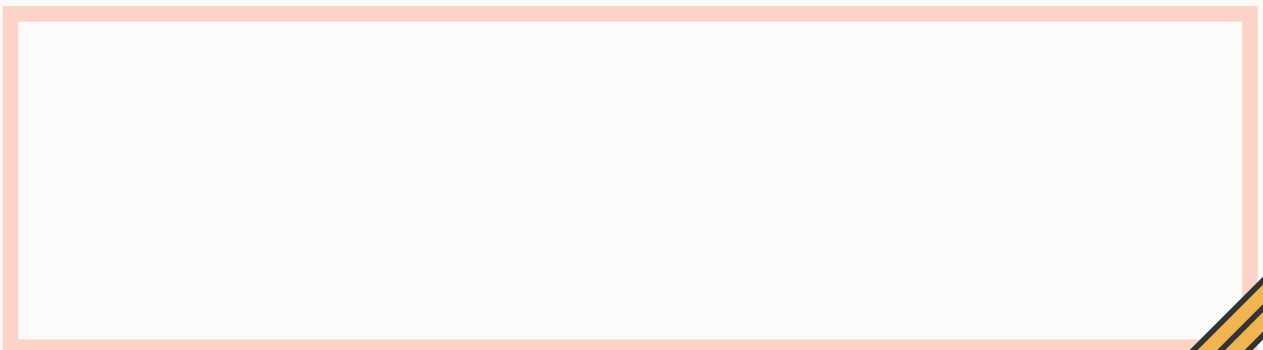
Now think about what happened after: what doors opened after? What would have never happened if the first door didn't close?

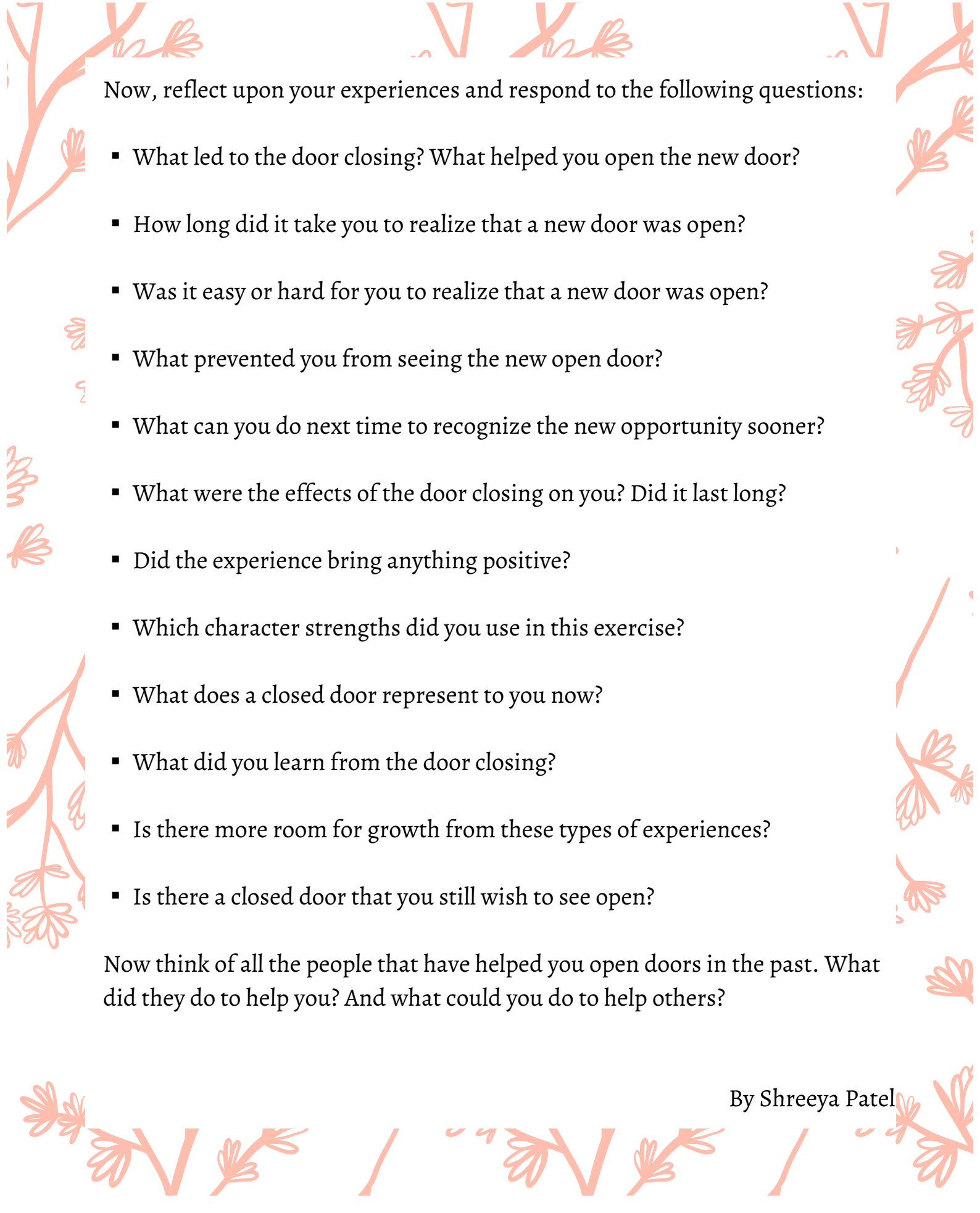

*Write down these experiences in the spaces below  
(write as many experiences as possible that come to mind).*

1. The door that closed on me was:



2. The new door that opened for me was:





Now, reflect upon your experiences and respond to the following questions:

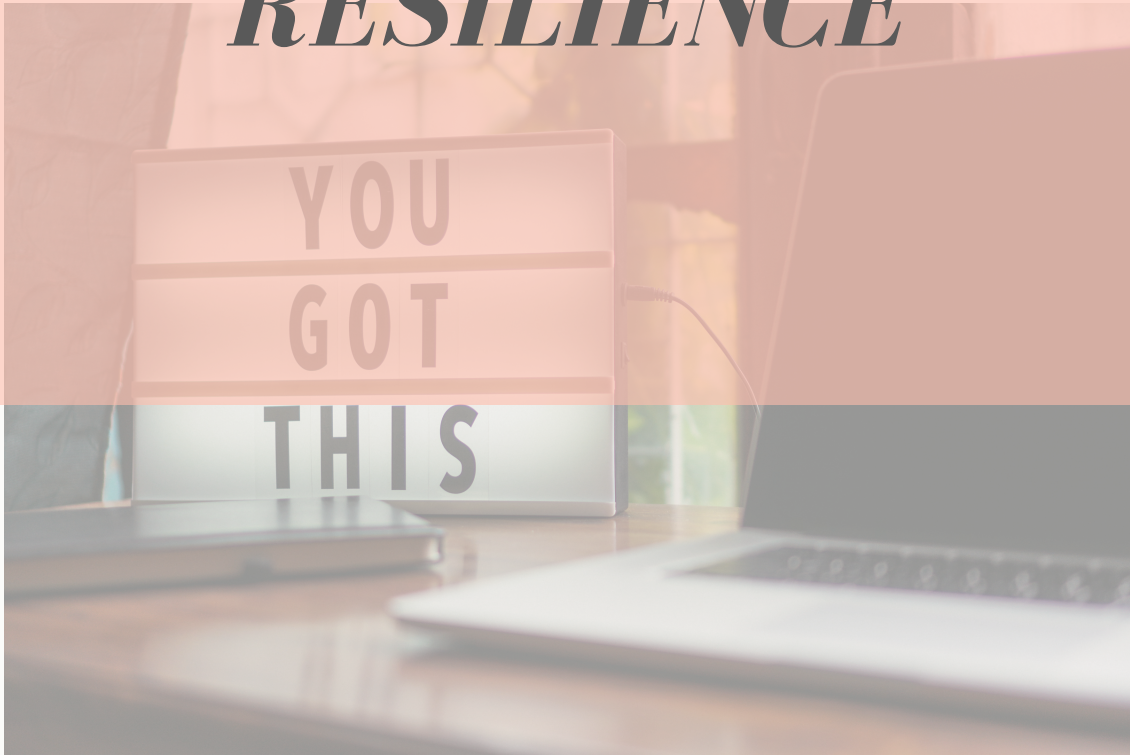
- What led to the door closing? What helped you open the new door?
- How long did it take you to realize that a new door was open?
- Was it easy or hard for you to realize that a new door was open?
- What prevented you from seeing the new open door?
- What can you do next time to recognize the new opportunity sooner?
- What were the effects of the door closing on you? Did it last long?
- Did the experience bring anything positive?
- Which character strengths did you use in this exercise?
- What does a closed door represent to you now?
- What did you learn from the door closing?
- Is there more room for growth from these types of experiences?
- Is there a closed door that you still wish to see open?

Now think of all the people that have helped you open doors in the past. What did they do to help you? And what could you do to help others?

By Shreeya Patel



# ***MY EXPERIENCE WITH RESILIENCE***



**Joys and sorrows will always be that unpredictability of life. Challenges will always be a part of something each one of us will face.**

**I went by choosing a career path that was perceived to be right but somehow turned the tables down for me. I thought I am someone who likes practical experiences but it took me a while to figure out that theory intrigued me more**

**. I dropped the career I was pursuing after a year , and was worrisome if I will ever be able to choose the right track that fuels my passion. But in between the chaos I finally stood firmly. I settled on a plan of action to make writing my career and why not to focus on something which makes you happy then something that disturbs my peace. That's how I learn to rise again from my set-back and also changing a plan if it doesn't work out the way I planned it to.**

**It sometimes a good idea to have plan B and be open about it.**

**Remember, resilience is about the capacity to bounce back from tough times**

**- By Maitri Vyas.**

# BOOK OF THE WEEK

## AFTER THE FALL

DAN SANTAT

*Humpty Dumpty sat on a wall,  
Humpty Dumpty had a great fall.  
All the king's horses and all the king's men,  
Couldn't put Humpty together again.*

Is there anyone at all who hasn't sung this at the top of their voice all those years ago?

Although when you think about it, this rhyme has a morbid ending. What happened to Humpty then?

Could he ever get back to the state of normalcy he was in?

Looks like we're not the only one who asked these questions. With this seemingly adorable pictorial book, Dan Santat wrote a wonderful epilogue to this rhyme. Did Humpty give up? Or no? Read the book and find out!

You know, motivation is a fickle thing. You can find motivation from the smallest of occurrences to the biggest phenomena.

You can get motivated by a particularly persistent spider wanting to build its web on cave walls. You can gain motivation from your friend who happens to persevere despite all odds. Or you can find motivation from the top athletes of the world. After all, no matter which act of resilience spurs you into doing your very best, they're great acts of perseverance no matter what.

And well this time, your source of motivation is a picture book, answering the questions you innocently asked all those years ago.



-By Bhuvaneshwari V