

Redbird Resilient Panel
All for One and One for All

Steve Stone Notes and Anecdotes
May 5, 2021

Serenity Prayer: Distinguish what we can control and what we can't.

God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference." (Reinhold Niebuhr)

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes. (William James)

Attitude, By Charles Swindoll

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our Attitudes."

We humans are intimately interconnected. How we treat each other matters. (Jon Kabat-Zinn)

Could a greater miracle take place than for us to look through each other's eye for an instant?
(Henry David Thoreau)

ACEs: there is a story we may not know. Meeting a person like opening a book in the middle.

Do You Act, Or React?

—Condensed from an article by Sidney J. Harris in the *Chicago Daily News*

I walked with a friend, a Quaker, to the newsstand the other night, and he bought a paper, thanking the newsboy politely. The newsboy didn't even acknowledge it.

"A sullen fellow, isn't he?" I commented.

“Oh, he’s that way every night,” shrugged my friend.

“Then why do you continue to be so polite to him?”

“Why not?” inquired my friend. “Why should I let him decide how I’m going to act?”

As I thought about this incident later, it occurred to me that the important word was “act.” My friend acts toward people; most of us react toward them. He has a sense of inner balance which is lacking in most of us; he knows who he is, what he stands for, how he should behave. He refuses to return incivility for incivility, because then he would no longer be in command of his own conduct.

Nobody is unhappier than the perpetual reactor. His center of emotional gravity is not rooted within himself, where it belongs, but in the world outside him. His temperature is always being raised or lowered by the social climate around him, and he is a mere creature at the mercy of these elements.

Praise gives him a feeling of euphoria, which is false, because it does not last and it does not come from self-approval. Criticism depresses him more than it should, because it confirms his own secretly shaken opinion of himself. Snubs hurt him, and the merest suspicion of unpopularity in any quarter rouses him to bitterness.

Serenity cannot be achieved until we become the masters of our own actions and attitudes. To let another determine whether we shall be rude or gracious, elated or depressed, is to relinquish control over our own personalities, which is ultimately all we possess.

The only true possession is self-possession.

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. (Viktor Frankl)

Everything that irritates us about others can lead us to an understanding of ourselves. (Carl Jung)

The Story of Two Wolves

An old Cherokee is teaching his grandson about life. The grandson had been bullied by some peers and he was angry and upset, telling his grandfather “I will make them pay someday”. The grandfather told him: “A fight is going on inside me,” he said to the boy. “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

In a world where you can be anything, be KIND.

Links:

Brene Brown: Empathy (YouTube video)

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Healthy Ashland (resources for self-care and stress management)

<https://www.ashlandmhrb.org/where-to-get-help/healthy-ashland-app>

Healthy Ashland is a free, easy-to-use mobile app that offers quick access to mental health and stress relief resources for everyone in Ashland County, Ohio.

The app connects you to:

- simple ways to relieve stress
- local family activities and resources
- information about counseling services
- quick access to crisis intervention tools

Utilizing these tools can help guide you to having a healthier and happier life.

Resilience Project: Building resilience in children

<https://www.ashlandmhrb.org/resources/families-youth-and-children>

The Mental Health and Recovery Board of Ashland County has launched a new resource for families, youth and children. The [Resilience Project](#) focuses on calling upon inner resources to cope with stress in a healthy way and “bounce back” to go on with life. For professionals who work with children and youth who have had difficult life experiences, this resource can help them rebuild resilience with tools designed to promote a better sense of well-being. The Brainy Resilience Tools help children and youth learn about handling emotions with healthy responses while feeling self-confident and capable. They were developed using information from diverse fields of knowledge such as neuroscience and understanding of the trauma exposed brain, child development and learning, as well as occupational therapy and mental and physical health. Click [HERE](#) to view an introductory video featuring developmental specialist and former early childhood education professor Dr. Diane Karther.

Contact:

Steve Stone

Sstone1089@yahoo.com

Links listed below for easy access