

La Salle University

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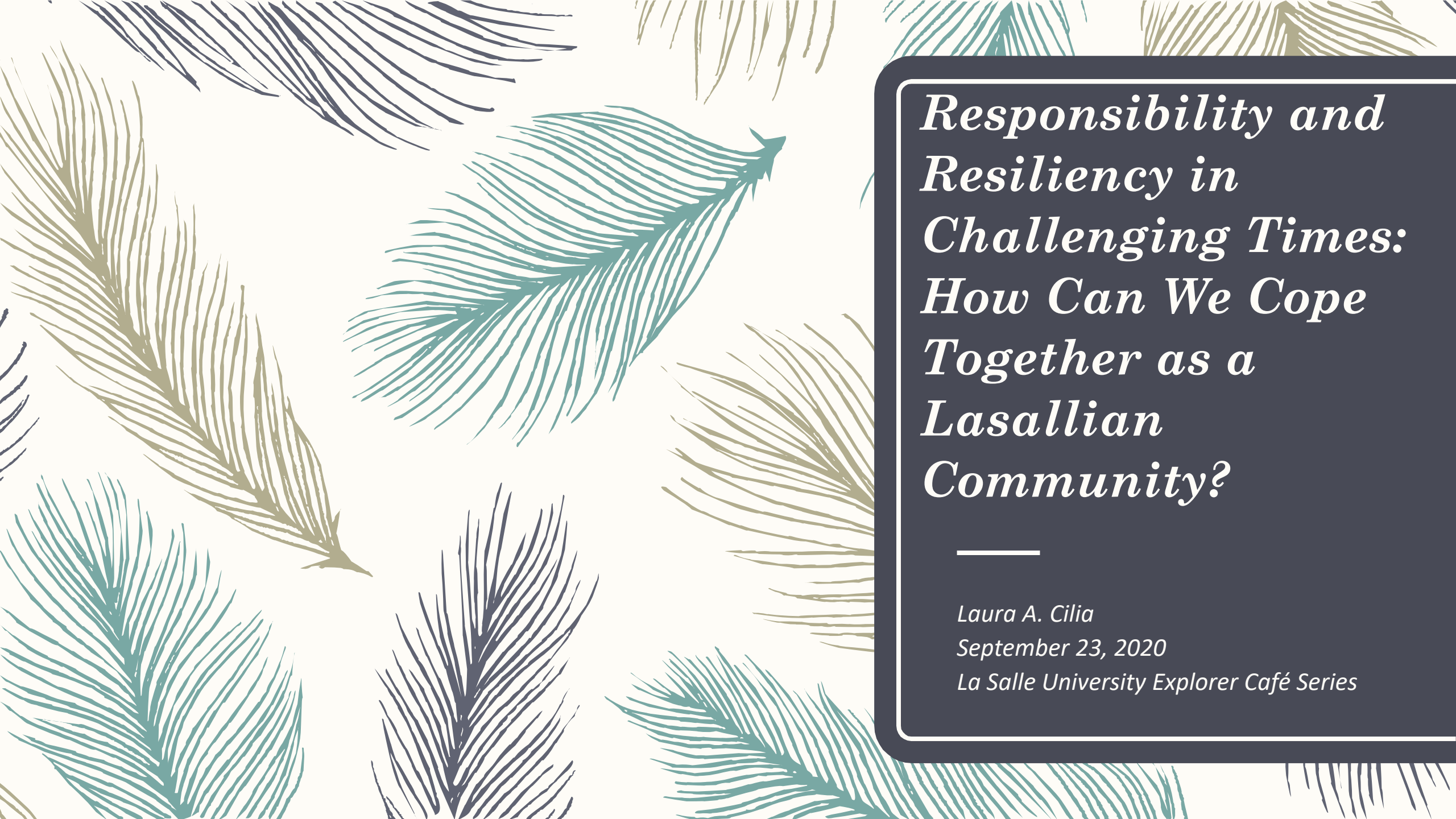
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### **Responsibility and Resiliency in Challenging Times: How Can We Cope Together as a Lasallian Community?**

Laura Cilia MA

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*Responsibility and  
Resiliency in  
Challenging Times:  
How Can We Cope  
Together as a  
Lasallian  
Community?*

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*Laura A. Cilia*

*September 23, 2020*

*La Salle University Explorer Café Series*



# ON TODAY'S AGENDA...

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- An overview of pertinent terms
- The 7 C's of Resilience
- What's in your tool kit?
- OK so now what?



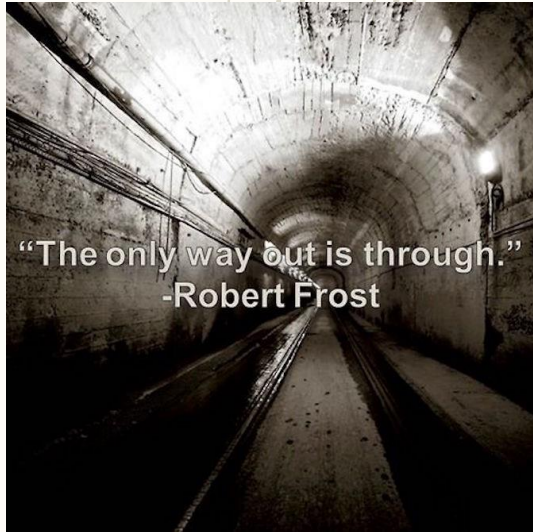
# THE LASALLIAN MISSION

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- Let us remember...
- Respect for all persons, advocacy for the voiceless
- Access to education/resources
- “We are responsible for and to each other”
- Community-focused EVERYTHING
- “Together and by association”

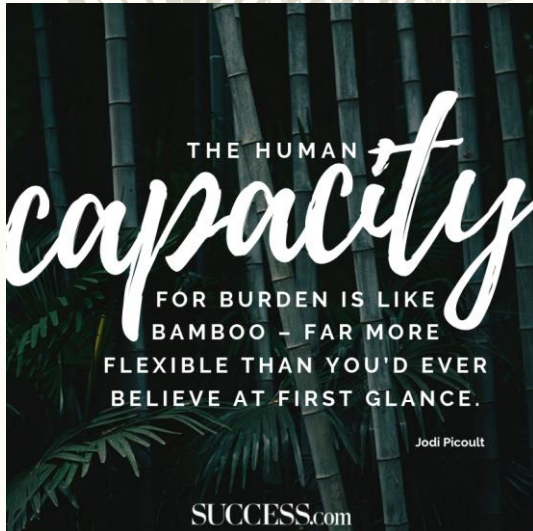
# THE PERTINENT TERMS

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## GRIEF AND LOSS

- Kinds of loss
- The narrative changes
- “Feeling your feelings”
- Pacing through is important



## RESILIENCE

- “Resilience is a vital psychological factor that contributes to the ability to overcome and adapt positively to challenging situations” (Fletcher & Sarkar, 2012).

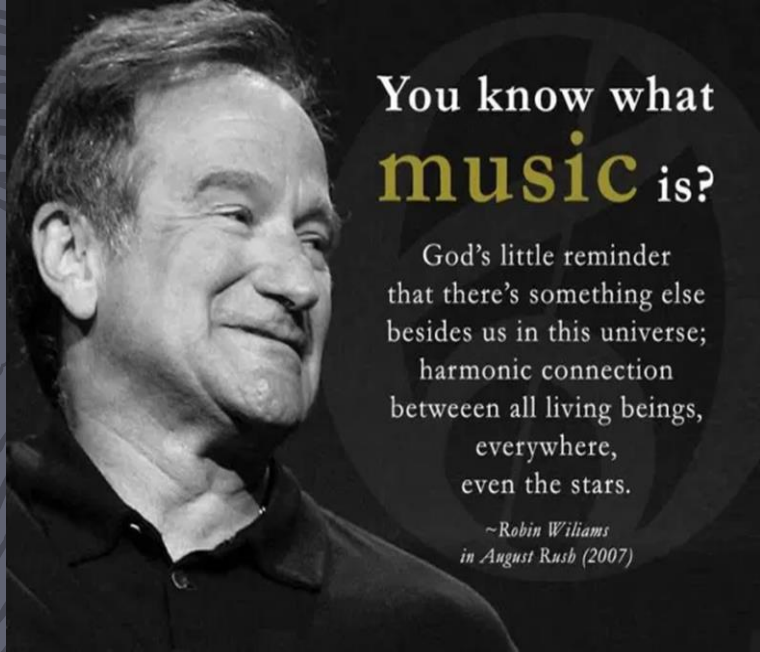
# The 7 C's of Emotional Resilience

- 1 **Competence:** Knowing you can handle difficult situations
- 2 **Confidence:** Believing in your abilities
- 3 **Connection:** Maintaining ties with loved ones
- 4 **Character:** Developing a strong set of values
- 5 **Contribution:** Using your strengths to help others
- 6 **Coping:** Being able to handle stress in a healthy way
- 7 **Control:** Knowing you have the ability to make choices

Source: American Academy of Pediatrics

"Start where you are.  
Use what you have.  
Do what you can."

-Arthur Ashe



You know what  
**music** is?

God's little reminder  
that there's something else  
besides us in this universe;  
harmonic connection  
between all living beings,  
everywhere,  
even the stars.

~Robin Williams  
in *August Rush* (2007)

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# OK NOW WHAT?



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Connect With Yourself...  
Then Connect With Others

“**Music**  
speaks what cannot be expressed  
soothes the mind and gives it rest  
heals the heart and makes it whole  
flows from heaven to the soul.”



# BREAKOUT CONVERSATION A

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- “Feel your feelings”
- Avoid comparison of suffering
- Think about which “C” you struggle most with
- Have a go at rewriting your narrative
- List your competencies
- Strategize how to maintain control
- Believe in yourself!





# BREAKOUT CONVERSATION B

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- Grounded in the Lasallian mission...
- In what other ways can you connect with friends/colleagues?
- How do you maintain relationships outside of what used to be normal?
- Where does that energy transfer happen now?
- In helping others, we help ourselves – compassion and empathy don't cost a thing!
  - How can you lift others up?
  - How can you demonstrate responsibility for someone else?



# INCREASE YOUR RESILIENCE

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- STUDENT WELLNESS CENTER SERVICES
  - Student Counseling Center – 215-951-1355
    - *SCC is “seeing” students who reside in PA*
    - *Not in PA? Call 215-951-1355 to schedule a consultation to find services in your area!*
    - *Substance Abuse support is also available*
    - *After hours support: call 215-951-1355 and choose option #2 for live tele-health services*
  - Sexual Misconduct Advocacy and Support
    - *Laura Cilia, [cilia@lasalle.edu](mailto:cilia@lasalle.edu), 215-951-1387*
    - *Weekly survivors’ support group*



# INCREASE YOUR RESILIENCE

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## – STUDENT WELLNESS CENTER PROGRAMMING

- Meditation Mondays 12:30-1:00PM (guided, silent, or pre-recorded sessions)
- Wellness Wednesdays 12:45-1:30PM (psycho-education and discussion)
- Friendship Fridays 12:45-1:30PM (support group-style safe spaces to just talk and build connections)

## – FOLLOW US

- FACEBOOK: <https://www.facebook.com/WellnessAtLaSalle/>
- INSTAGRAM: @lasalle\_wellness

QUESTIONS?  
COMMENTS?  
CONVERSATION?

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Thank you! Keep in touch!  
Laura Cilia – [cilia@lasalle.edu](mailto:cilia@lasalle.edu)