



CONTENTS

Preface	ix
Introduction	1
Resilience: The What, Why, and How	2
What Informs This Book?	10
Who Is This Book For?	11
How Is This Book Organized?	12
An Invitation to a Journey	13
Habits and Dispositions of Emotionally Resilient Educators	15
A Calendar of Learning	17
The Resilience Manifesto	19
1 Know Yourself: June	21
Self-Knowledge Is True Power	22
Acknowledging Context: Dominant Culture	34
A Dive into Vulnerability	38
Disposition: Purposefulness	40
When the Earth Shakes Under Your Feet	42
2 Understand Emotions: July	45
What Are Emotions?	47
Understanding Emotional Intelligence	50
"I'm So Stressed and Overwhelmed"	54

This Body We Live In	56
A Dive into Anger	60
Disposition: Acceptance	64
Reclaim Your Right to Emotions	66
3 Tell Empowering Stories: August	69
The Promise and Pitfalls of Storytelling	70
Digging to the Roots of Interpretation	72
Crafting New Stories	80
Storytelling for Collective Empowerment	83
Acknowledging Context: Organizational Narratives	86
A Dive into Love	88
Disposition: Optimism	90
Choose Your Stories with Care	92
4 Build Community: September	95
Why Focus on Community Building?	96
Trust: The Foundation of a Healthy Community	100
How to Build Community	104
A Dive into Fear	119
Disposition: Empathy	121
Toward a Beloved Community	122
5 Be Here Now: October	125
Mindfulness: What, How, and Why	126
Meditation Changes Your Brain, Body, and Classroom	131
Mindfulness as a Tool for Cultural Competence	134
A Dive into Joy	140
Disposition: Humor	143
Those 65,000 Daily Thoughts	144
6 Take Care of Yourself: November	147
When Disillusionment Sets In	148
To Hell with Martyrdom	153
What Your Body Desperately Needs	157
Learn to Say No	164
A Dive into Perfectionism	166

Disposition: Positive Self-Perception	169
Strive for Balance	170
7 Focus on the Bright Spots: December	173
A Strengths-Based Approach	175
Why It's Hard to Focus on the Bright Spots	178
Training the Brain	181
Acknowledging Context: Leadership Development Matters	187
A Dive into Sadness	188
Disposition: Empowerment	191
Look for the Light	194
8 Cultivate Compassion: January	197
What Compassion Offers	199
Self-Compassion	204
Compassion Fatigue	209
Forgiving Yourself and Others	211
A Dive into Envy	214
Disposition: Perspective	215
Love Is the Only Way	217
9 Be a Learner: February	221
Learn About Learning So That You Can Learn	223
Sad Sundays and How to Stop Having Them	234
Acknowledging Context: On the Conditions for Learning	239
A Dive into Shame	242
Disposition: Curiosity	243
A Beginner's Mind	244
10 Play and Create: March	247
Why We Need to Play Every Day	249
Art: Where Play Can Take Us	255
Creativity as a Habit and Disposition	258
A Dive into Flow	261
Disposition: Courage	262
The Healing Salves	264

11 Ride the Waves of Change: April	267
Change Is Here to Stay	268
How to Deal with Unwanted Change	272
The Secret to Leading Change	278
Acknowledging Context: When Do We Fight the Good Fight?	283
A Dive into Patience	284
Disposition: Perseverance	286
Waves Can Be Fun	287
12 Celebrate and Appreciate: May	289
The Benefits of Appreciation	291
How to Practice Gratitude	293
It's Okay to Go	300
Acknowledging Context: Spirituality	301
A Dive into Awe and Wonder	306
Disposition: Trust	308
Underground Rivers	309
Conclusion: Onward to Freedom	311
On Freedom	311
Onward: The Movement	314
Appendix A: The Habits and Dispositions of Resilient Educators: A Self-Assessment	317
Appendix B: How to Make Lasting Change	323
Appendix C: The Core Emotions	329
Appendix D: Depression and Anxiety Scales	333
Appendix E: Common Problematic Core Beliefs	337
Appendix F: Resources for Further Learning	341
Acknowledgments	353
About the Author	357
References	359
Index	365