# 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

Contents vii
11 Ride the Waves of Change: April

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

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