

Making The Barriers Bearable (Beautiful)

Resilience For Returning Citizens

MD Rehabilitation Conference

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QUOTE OF THE DAY

One of the most courageous things you can do is identify yourself, know who you are, what you believe in, and where you want to go.

– *Sheila Murray Bethel*

2nd QUOTE OF THE DAY

“Offer yourselves in service to the world.
Cultivate a posture to walk straight into your not-
knowing, and take the risk of failing and failing,
again and again, then getting up to learn again
and again.”

- Parker Palmer, Author

MAIN POINTS

- Barriers are real. You are denied everything that you need to be sustainable.
- Positive Social Support Network

THE TRUTH SHALL SET YOU FREE

Who am I?

Knowing yourself is the key, both the light and the dark.

Sharing it allows you to fill in the script that otherwise would be filled in for you.

MY STORY

Became one of my stories

Have you ever made a mistake that you will regret for the rest of your life?



How Do You See Yourself?

HOW DO YOU WANT OTHERS TO
SEE YOU?

What's in Your Box?

Emotions	Friends	Opinions	Personality	Values
Success	Dreams	Visions	Mistakes	Judgments
Customs	Beliefs	Identity	Secrets	Assump- tions
Knowledge	Experiences	Ideas	Stories	Skills
Education	Jobs	Ethics	Habits	Creativity

REAL TALK

- It is challenging!
- It is not the end!
- Keep going until you find the receptive ear
- Resiliency Bears
- Everyone's pace is different
- Know your strengths/gifts
- Keep showing up and sharing!

SUMMARY

- Confidence with humility
- Persistence
- Patience
- Prayer/Meditation
- Surround yourself with people that support you!