

Colleagues,

Stress happens! It is a part of our busy lives and has been elevated over the past several months with budget pressures at all levels, furloughs putting financial and time pressures on many in our organization, and constituent education needs at very high levels. The Families in Stress and Transition team, supported by Family Living Programs, has been working on coping mechanisms for addressing stress for our constituents across the state. The team is using the research of Froma Walsh (<http://www.ccfhchicago.org/facsearch.asp?core=Froma%20Walsh>), who has identified nine keys to resiliency – the capacity to rebound from adversity strengthened and more resourceful such as making meaning of crisis and challenge, maintaining a positive outlook, and being flexible. I see these resources as being useful beyond the family/individual audience into the farm, business, and community audiences.

The team has proposed (with my endorsement) to share these concepts in supporting our colleagues during these times of stress/transition. Toward that end, the team has developed a series of short e-mail messages that present the characteristics, one by one, and include strategies for building these traits – much like the Leadership Moments from Ohio State. I will work with the team and Patrick DuCharme to share these on a regular basis. I remind you that Patrick DuCharme is our resource in his role as employee assistance consultant for the UW Colleges and UW-Extension and is available for a variety of issues including stress and transition that you would like to discuss

(http://www.uwex.uwc.edu/eao/documents/091016_EAP_brochure.pdf).

The first message defines resiliency and introduces the nine keys. Check it out below.

Sincerely,

Rick

Keys to Resilience: Transformation through Adversity

Resilience is a word that is often used and many of us have a sense that being resilient is a good thing. But what does resilience really mean? And how can being resilient benefit families and individuals, especially when faced with challenges in life?

Resilience can be defined as the capacity to rebound from adversity stronger and more resourceful. Resilience is more than just "getting through" or coping with a challenging situation. Resilience involves positive transformation and growth that enables one to be better able to meet future challenges.

Froma Walsh has developed a family resilience framework that can be useful for families and individuals who are dealing with adversity. Her approach is based on research and has been developed, refined and reformulated by Walsh over many years of clinical teaching, supervision, and direct practice as a family therapist. Walsh offers nine "keys to resilience," as listed below.

- Make meaning of crisis and challenge
- Maintain a positive outlook
- Value transcendence and spirituality
- Be flexible
- Stay connected to others
- Find support through social and economic resources
- Share clear, consistent messages
- Openly express emotions
- Use collaborative problem solving

Walsh, F. (2006). Strengthening Family Resilience (Second Edition). New York: The Guilford Press



“Be resilient: stretch, bounce back and roll forward.”

Resiliency Reminders are brought to you by the “Families in Stress and Transition Team”, Family Living Programs. Additional resiliency materials will be posted mid-November at <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, patrick.ducharme@uwex.uwc.edu

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