

Dear Parents,

Remember, resilience is the ability to overcome adversity. Resilience allows us to handle discomfort and move forward. Resilience is the ability to accept what is beyond our control and work around it. As I've said before there really isn't much we can do about what life has sent our way, but there is a WHOLE lot we can do about how we choose to deal with it.

No confessions for me this week, I'm all confessed out, well for the time being. This week I'd like to talk about [character strengths](#). First, I want to remind you that, as we talked about in class, besides mental agility, another [variable that contributes](#) to our resilience is a sense of [self-efficacy](#). That belief that I can do what I want to do because I know how to get it done. When we feel self-efficacious we feel we can master our environment, we are confident in our ability to get things done. This feeling of self-efficacy tends to make us more resilient.

So our character strengths contribute significantly to a sense of high self-efficacy. According to positive psychology we all have 24 character strengths in varying degrees, however, we tend to commerce in anywhere between 5 to 8 strengths. These strengths are called our [signature strengths](#). They are like our thumbprint, they identify us as who we are. If you were to ask someone, who knows you, to paint a verbal picture of you, they would talk about your signature strengths. Our signature strengths have a few identifying qualities. First they come naturally to us, second they energize us and third when used they enable us to be at our best. So when we use our signature strengths we tend to do things well.

I've been thinking a lot about my signature strength of [humor](#). I can't help myself when it comes to humor, it just feels good. I want to say the devil makes me do it, but that's not true, my personality makes me do it, it's just who I am. For me [humor](#) makes any difficult situation easier. Some of you might have read the email I wrote last week, I used my humor to write that email. When I write these emails I tend to take my time, they don't flow as easily as last week's email did. I had fun writing it and truth be told I was pleased with the result. That's what happens when you deploy your signature strengths in the face of a task.

So...when we use our signature character strengths to help us do what we want to do, they help us do it really well. In other words when we deploy our signature strengths, because they energize us and enable us to be at our best, we tend to be more self-efficacious, thus we tend to be more resilient. Unfortunately most of us are more familiar with our weaknesses than we are with our character strengths, let alone our signature strengths. I would like to argue that now is the time to become very [familiar](#) with our character strengths and those of our family. Knowing what your signature strengths are allows you to use them intentionally and frequently. I know most people are busier now than before, but finding out what your and your family's strengths are is a great family activity. It's also a very nice topic of conversation. And most importantly it will help you to be resilient.

We are seeing people at their best during this time. When we bear witness to awesome acts, we are witnessing character strengths in action. I've seen love, kindness, perseverance, leadership, bravery, creativity to name just a few. What character strengths are you using to get you through this difficult time?

Wishing you your best,
Susan

P.S. I received [this](#) in my mailbox today and thought you might find it interesting.

PARTNERS IN THRIVING

enhancing well being begins here

Susan Wais, Ph.D.

www.partnersinthriving.com

susan@partnersinthriving.com

619.306.6193