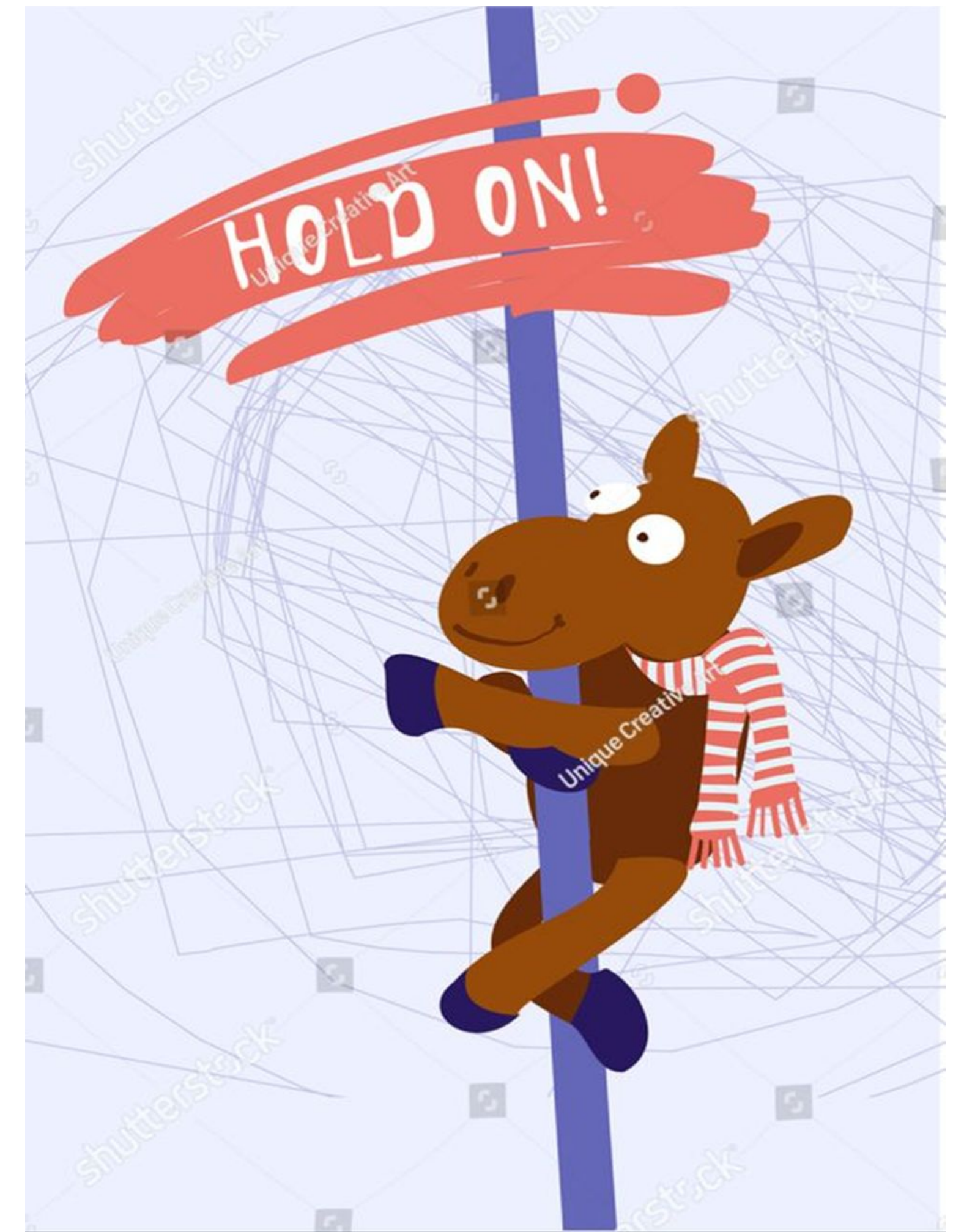


RESILIENCE AND PERSEVERANCE



Resilience is the capability of a body that has experienced strain to recover its size and shape, particularly when stress has caused the change in size or shape, **resilience can be thought of as the system's ability to return to the optimal zone or to maintain regulation and stay within the zone.**

Perseverance, on the other hand, is the continued effort to achieve something in spite of opposition, failure, or other challenges.

The key difference between resilience and perseverance, to me, is whether someone is performing within their **Window of Tolerance** or **Outside This Window**.



We each have **Our Unique Window of Tolerance and Trigger Points** shaped by our life experiences, and we each have our own pattern and path of moving between regulation and dysregulation and perseverance and resilience. The goal is that we can work with ourselves and others, in order to;

1. Become more familiar with the signs of regulation, dysregulation, perseverance, and resilience;
2. Experience more appreciation, respect, compassion, and kindness for perseverance;
3. Use this understanding to guide our relationships;
4. Engage in activities that support regulation;
5. Invest time in building resilience in ourselves and our kids