

Description:

In this week's episode, we're talking about what resilience really is—especially for those of you who feel like healing is slow, messy, or impossible. If you've ever wondered why you still feel stuck, or doubted whether you're making progress, this conversation is for you. Resilience isn't about pushing through or being endlessly strong—it's about slowly coming back to safety, connection, and self after pain. We'll explore how real resilience works in the body, mind, and spirit, why it doesn't always look impressive on the outside, and how both grace and grit are part of your healing—and *why you're likely already more resilient than you think*.

Breakdown of Episode

6:27 Intro

8:44 The True Nature of Resilience

20:24 What Trauma Survivors Need to Know About Resilience

24:22 Key Research Findings on Resilience

43:00 Mind, Body, Spirit: Specific Practices of Resilience as a Trauma Survivor

Sources

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