

Betsy Kindall:

I'm Betsy Kindall.

Nicole Fairchild:

I'm Nicole Fairchild.

Stacy Moore:

And I'm Stacy Moore.

Betsy Kindall:

And this is Arkansas AWARE, a project to advance wellness and resiliency in education.

Nicole Fairchild:

All right, everybody. Welcome back. I have a question on my mind. [crosstalk 00:00:27]. I know we have been doing all this reading about resiliency, all this reading about all this stuff. And so here is my question. My question is this, how do you know the difference between being resilient and you just sucking it up and marching forward?

Betsy Kindall:

Okay. I think I might know the answer, but maybe not. I don't know. So I feel like the difference between resilience and just kind of powering through or as what they say, pulling yourself up by your bootstraps, so to speak, is that I look, and this isn't really an answer I don't reckon, but, I totally said reckon on our podcast, so welcome to Arkansas. Welcome to Arkansas, R-E-C-K-O-N, if anybody's wondering. But this is what I think of. I think of people that I know and we all know, like all of you guys listening, you know folks, well I'm really using slang in this episode, you guys know people that you may be close to, or even friends, or just acquaintances that have gone through traumatic experiences or painful experiences. And you can look at two different people who've experienced extreme pain or trauma, and one may have totally really done outstanding things and moved past that.

Betsy Kindall:

And the other one, maybe not so much. But that's a hindsight view. I know about, okay, hang on. I'm not done.

Nicole Fairchild:

Okay. Okay.

Betsy Kindall:

So I feel like that the difference between resilience and pulling yourself up by your bootstraps or just hanging in there is a growth mindset. I feel like that there's a perspective that you have about the experiences that you experience you have as a person, as a human, and that perspective is with a growth mindset. We're all going to suffer. We're all going to experience pain. But the question is what can I learn from this? How can I grow from this? And what, not only can I just heal, but learn and grow and do better from this experience. Whereas those, I feel like, are really just hanging in there and surviving, the

goal isn't just to survive. It's to thrive. And I feel like that's the difference. The question you ask. The difference in surviving and thriving. And I feel like those that may just survive may not have necessarily, and we can definitely talk further about this because I feel like sometimes it might just be a personality thing where they may not have the ability to look past the pain that they're experiencing or the trauma they've experienced, or they may not know how.

Betsy Kindall:

Because I for sure know people who think they're being resilient because they're powering through. And I do think being resilient does include, and I wouldn't say powering through, but there is a level of if you experience extreme pain or trauma or adversity, I would definitely say that part of healing from that is definitely like-

Stacy Moore:

There's some tenacity.

Betsy Kindall:

Breathing in and out every day, moving your feet every day, getting through the day, period. That's a good first step. I mean, because there's some really bad things that happen to people who can't literally do those things. They can't get through the day. They can't get out of bed. So I feel like that some of that is important. However, I think the resiliency builder comes from that growth mindset, that perspective of realizing I'm not alone. Other people have experienced this,. I'm not poor pitiful me. What can I do with this information? Why have I experienced this? Maybe not why, but what can I do with what I've experienced to grow as a person and maybe even help someone else? I think even getting to the point where you can think about others and how you can use that experience or information, I don't know. That's just my 2 cents. What are your thoughts?

Nicole Fairchild:

Stacy's got notes.

Stacy Moore:

Well-

Nicole Fairchild:

I see you scribbling over there.

Stacy Moore:

I am scribbling because I'm trying to think about how it relates to real life and people that I know. And I think everything that Betsy's saying, I'm thinking, okay, people who pull themselves up by their bootstraps, and to me, the people that I know who kind of take on that, and I don't even know where I would fall, but where I think that that's kind of their mantra is to get through this, is that we're not going to stop. You don't stop. You keep going. You keep going, you keep muddling through. We're just going towards the future, right? Like we're surviving. We don't stop. And I worry that there's some hardening in there. There's some hardening of if we're not going to stop and recognize this hurt, we're not going to stop and recognize, and I don't mean wallow in it, right? We're not going to wallow and stay there. And

that's why I love the idea of the growth. Because then, like you said, you're going towards thriving, not just surviving. So that's your arrow. Peace is your arrow. You can be honest. You can see the truth. A little bit of humility in there that, that this is hard. Maybe self compassion, but just that this is a hard place.

Betsy Kindall:

I love, I don't want to interject or interrupt, but there's one thing you said I just got to talk about. What was it? What was that you said that just got talked about.

Stacy Moore:

This is the story of my life.

Betsy Kindall:

I lost it! Where'd it go. Oh! What you said about just powering forward. You said something that made me think of the fact that we live in a society where we, and we've talked about this before, but about how there's prescriptions to make us not feel this way or prescriptions to numb it. And the truth is can you ever heal a wound that you don't truly feel fully?

Nicole Fairchild:

I don't think so.

Betsy Kindall:

I don't either. And I don't want people... There's painful experiences are hard to go through, they're hard to walk through, and they're hard to watch. But the truth is, don't you have to process through those feelings in order to truly ever heal from them?

Stacy Moore:

So, I mean, going back to that wound, and this may be gross, but it does remind me that you've got to treat it properly, or it will get infected. And then it won't go away. It gets worse. It festers. And we can ignore it and say, it's not there, all we want. But it is there. And it's making itself known more and more so to act to adequately and treat it well, we have to go back and do the ointment, do the medicine, take the whatever to treat it. And I feel like that way with what you were saying, though, about with hard times, with difficult times is if we don't acknowledge it, we're just slapping a bandaid on it even though it may be dirty and not taken care of.

Nicole Fairchild:

It makes me think that what we're missing when we're powering through is time for recovery. And so that was one of my takeaways from *Widen The Window*, that book, is that resiliency isn't just about being able to sort of get through it. The part we miss is the recovery time. We don't take time for recovery. So, for instance, I mean, this is an example that I think is easy to get your hands around, which is if I'm going to lift weights to build muscle, I am looking for small micro tears in my muscle. But if I were to keep lifting and keep lifting and keep lifting and and never take a down day, never take a rest day. I will not build muscle. I will only tear. I will only injure myself,

Stacy Moore:

You need that recovery.

Nicole Fairchild:

The recovery is when the muscle is built. That's when the recovery is taking place and we don't allow time for recovery.

Stacy Moore:

So I have this visualization of in psychology, they did other experiments with these kinds of dolls, but this doll where you punch it and it comes back up, what they call it, the Bobo doll, is that what they call it? And it reminds me where it's like resiliency, oftentimes, we get the definition of bounce back. And so it can't be just bouncing back because all you're hitting that doll. It's bouncing back. It's bouncing back every time. So just our ability to bounce back doesn't mean we're being resilient. Doesn't mean that we're being a healthier place. It means we got back up, which is part of it. Right? And I think that's where maybe some of the arguments, some of the disagreement is, is that resiliency and somebody who's resilient, there is some element of pull yourself up and keep going. But I do think it's what Betsy's bringing into, is it's with a different mindset. It's with the healing, it's with the humility it's with the care.

Betsy Kindall:

I also think that there's, what did they say, white elephant in the room? And that would be, if you think about students or kids for those parents that may be listening, how can a student become resilient if you never let them have any of those experiences, those painful experiences, if you're always rescuing, always fixing? Yeah. They end up with absolutely no skills to cope or none of those resiliency skills that we're talking about.

Stacy Moore:

Or can, conversely, if they have the hard experiences and you let them have the hard experiences, but there's no relationship, no connection, no healing there.

Betsy Kindall:

That's a good point too.

Stacy Moore:

So then yeah. So at some point they keep getting back up, but how long is that going to last?

Betsy Kindall:

Yeah. Yeah, absolutely.

Nicole Fairchild:

Wow. I think you guys gave me good answers to my question. So resiliency is about more than pulling through just pulling yourself up, but it's not just that. It has a lot to do with our perspective. And it also has a lot to do with having the grace and self-compassion to allow ourselves to recover, to have enough insight, to realize we need recovery, and to create space for that, for ourselves, and for those that are around us.

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Betsy Kindall:

Wow. I'm sitting here with brilliant people. I am, I'm reminded all the time.

Nicole Fairchild:

Can you tell that we are so happy to be back in the studio? And as we wrap up this episode, join us next time as we continue kind of to explore these topics that we're passionate about, and we know you need to know more about. if there's something in particular you want to hear about this season, don't hesitate. Reach out to us, drop us a message on Facebook or drop us an email, and let us know kind of what topic you want us to discuss, because we love feeding your mind. And we like being here together.

Betsy Kindall:

And we like tough questions.

Nicole Fairchild:

We do send us their tough questions folks, but until then, we'll see you next week.