

# Habits and Dispositions of Emotionally Resilient Educators

Chapter: Month	HABIT: Your behaviors	DISPOSITION: Your attitude, character, or way of being
<b>1</b>	<b>Know Yourself</b>	<b>Purposefulness</b>
<b>June</b>	When you know yourself well—when you understand your emotions, social identities, core values, and personality—you gain clarity on your purpose in life and in work. Being anchored in purpose makes you able to deal with setbacks and challenges.	
<b>2</b>	<b>Understand Emotions</b>	<b>Acceptance</b>
<b>July</b>	Understanding emotions—accepting them and having strategies to respond to them—is essential to cultivate resilience. With an understanding of emotions, you can accept their existence, recognize where you can influence a situation, and let go of what is outside your control.	
<b>3</b>	<b>Empowering Stories</b>	<b>Optimism</b>
<b>August</b>	How you interpret and make sense of events is a juncture point where emotional resilience increases or depletes. You make the choice about what story to tell. When you tell empowering stories, your optimism may expand, and optimism is a key trait of resilient people.	
<b>4</b>	<b>Build Community</b>	<b>Empathy</b>
<b>September</b>	We are social beings, and we need each other to thrive. A strong, healthy community can bolster us through challenging moments and bring joy to our lives. When we build community, we can build empathy for each other; and building empathy for each other helps us build community	
<b>5</b>	<b>Be Here Now</b>	<b>Humor</b>
<b>October</b>	Learning to be in the present moment, without judging it, boosts our resilience. It can allow us to feel accepting and clearheaded about our options for response. When we're fully present, we're more likely to find appropriate levity in moments of challenge and to relieve stress by finding humor in a situation.	
<b>6</b>	<b>Take Care of Yourself</b>	<b>Positive Self-Perception</b>
<b>November</b>	Physical self-care and well-being are foundational for many other habits. When your body is cared for, you're better able to deal with emotions. Resilient people have a healthy self-perception, are committed to taking care of themselves, and accept themselves more or less as they are.	

From *Onward: Cultivating Emotional Resilience in Educators* by Elena Aguilar. (© Jossey-Bass, 2018) All rights reserved.

# Habits and Dispositions of Emotionally Resilient Educators

Chapter: Month	HABIT: Your behaviors	DISPOSITION: Your attitude, character, or way of being
<b>7</b>	<b>Focus on the Bright Spots</b>	<b>Empowerment</b>
<b>December</b>	We can hone our attention to focus on our strengths, assets, and skills. This helps us generally feel better and enables us to respond to challenges more effectively. Focusing on strengths also boosts our levels of self-efficacy, and we feel more empowered to influence our surroundings.	
<b>8</b>	<b>Cultivate Compassion</b>	<b>Perspective</b>
<b>January</b>	Compassion for ourselves, as well as for others, helps us deal with the interpersonal challenges we face on a daily basis. Perspective allows us to recognize the complexity of a situation. Perspective allows us to empathize with others, see the long view, extricate ourselves from the drama of a moment, and identify a wider range of responses to an event.	
<b>9</b>	<b>Be a Learner</b>	<b>Curiosity</b>
<b>February</b>	If we see challenges as opportunities for learning, if we engage our curiosity whenever we're presented with an obstacle, we're more likely to find solutions. This habit and disposition help us not just survive adversity but thrive in the aftermath.	
<b>10</b>	<b>Play and Create</b>	<b>Courage</b>
<b>March</b>	Creativity and play unlock inner resources for dealing with stress, solving problems, and enjoying life. When we are creative, we are resourceful, and we problem-solve in new and original ways, which fuels our courage. Our thinking expands, and our connection with ourselves and others deepens.	
<b>11</b>	<b>Ride the Waves of Change</b>	<b>Perseverance</b>
<b>April</b>	Change is one thing we can count on, and when we encounter it, we can harness our physical, emotional, mental, and spiritual energies, and direct them where they will make the biggest difference. Perseverance, patience, and courage help us manage change.	
<b>12</b>	<b>Celebrate and Appreciate</b>	<b>Trust</b>
<b>May</b>	Individual and collective celebrations, as well as the practice of gratitude, are the capstone to the habits in this book. Even during hard moments, if we can shift into a stance of appreciation, we'll build our resilience. Appreciation cultivates our trust in ourselves, in a process, and perhaps in something greater, which helps us respond to the inevitable challenges of life	

From *Onward: Cultivating Emotional Resilience in Educators* by Elena Aguilar. (© Jossey-Bass, 2018) All rights reserved.