

The RESILIENCE Campaign



Deirdre

When I was a young girl and something difficult happened, I would look to my mother for comfort and guidance. She was always there for me, helping me work through the issue or helping me gain perspective. No matter what, my mom has a positive outlook on life and she taught me to value the wonderful moments in life and how to persevere in difficult times.

To me, my mother defines **resilience**. She has such strong faith and is a very giving and caring person. Our house is a 'getaway' for family and friends; no one ever left hungry or without feeling a bit better than they did when they arrived.

As a child, one thing my mother would often say to me was, "this too shall pass." At first, I found this annoying. What I was dealing with seemed like the most important and difficult thing ever! How would it ever be okay again? How would it get better? As I matured, I realized she was right. Life moves on and we all have a choice to move forward or back. She always chooses moving forward.

My biggest personal most recent challenge was suffering from depression and anxiety the last couple of years and then moving to my new home on my own in September 2021 during the pandemic. My mom and my dad were the only ones I could open up to. They are so important to me and influential in all aspects of my life. They are my go-to people, the people I want to talk to no matter what has happened, what mistakes I made, or what joy I am feeling. Their absence from me when I moved first was stressful, fearful, and more challenging than I had ever imagined. I didn't think I could do any of it on my own. Especially in the middle of the global pandemic. My anxiety was at its WORST! After 2/3 weeks I realized they were just a phone call away when I needed advice and if I needed them urgently they were only a 20-minute drive away. All of this seems bizarre to me now, but it is something you can't understand until you are living it.

Thinking about my mom's advice that "this too shall pass" gave me the strength to carry on and live life day by day, moment by moment. Like so many others who have faced depression or anxiety, or known of family and friends that has, time does help mend our bodies, but it is resilience that allows us to continue to move forward.

"This too shall pass," doesn't mean that the problem, feelings, or situation will magically disappear. Rather, it can lead to a very reflective thought process that helps you find inner strength to address the challenge at hand or simply continue to put one foot in front of the other.

So, as you face obstacles and challenges, as we all do, think of the words "**this too shall pass**". Move forward, find solutions, and make the best of what life has to offer.