

Mind Resilience Cartoons

By Spencer Smith



MINDRESILIENCE
Nurture your Well-Being

Maintaining a Sense of Competency

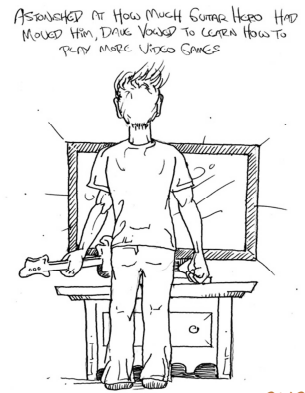


DAVE VOWED NOT TO REST UNTIL HE FINISHED WATCHING THE MARATHON

SWS '13

Dave vowed not to rest until he finished watching the marathon.

Sense of Purpose & Meaning

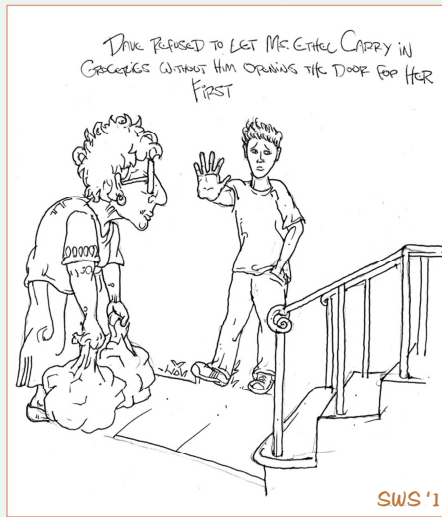


ASTONISHED AT HOW MUCH GUITAR HERO HAD MOVED HIM, DAVE VOWED TO LEARN HOW TO PLAY MORE VIDEO GAMES

SWS '13

Astonished at how much Guitar Hero had moved him, Dave vowed to learn how to play more video games.

Caring & Respect for Self & Others



DAVE REFUSED TO LET MS. ETHEL CARRY IN GROCERIES WITHOUT HIM OPENING THE DOOR FOR HER FIRST

SWS '13

Dave refused to let Ms. Ethel carry in groceries without him opening the door for her first.

The Ability to Reframe Stress



EVEN THOUGH HE FELT SHE CUT IN LINE, DAVE TOOK A DEEP BREATH AND LET THE LITTLE GIRL GET HER ICE CREAM FIRST

SWS '13

Even though he felt she cut in line, Dave took a deep breath and let the little girl get her ice cream first.

Problem Solving & Coping Skills



ADMITTING IT WAS A MISTAKE, DAVE STEPPED AWAY FROM THE STOVE AND LET HIS MOTHER FINISH DINNER

SWS '13

Admitting it was a mistake, Dave stepped away from the stove and let his mother finish dinner.

Optimism & Hope for the Future



DAVE SLEPT WELL KNOWING HIS SMOKING CAR JUST NEEDED A GOOD NIGHT'S REST

SWS '13

Dave slept well knowing his smoking car just needed a good night's rest.