

Given the enthusiastic feedback we received after the last Resilience e-mail, we thought you might be interested in this article by Emily Esfahani Smith (The Atlantic) which expands on these concepts. Couching her argument in terms of two currently popular movies--“Silver Linings Playbook” and “The Life of Pi”--along with some really interesting research findings, Smith discusses the importance of fostering a positive outlook and how crucial this is to one’s ability bounce back from adversity. Our favorite nugget:

...having a positive outlook in difficult circumstances is not only an important predictor of resilience -- how quickly people recover from adversity -- but it is the most important predictor of it. People who are resilient tend to be more positive and optimistic compared to less-resilient folks; they are better able to regulate their emotions; and they are able to maintain their optimism through the most trying circumstances.

Her article “The Benefits of Optimism Are Real” is well worth reading:
<http://www.theatlantic.com/health/archive/2013/03/the-benefits-of-optimism-are-real/273306/>

And in case you missed our earlier emails (or, maybe you want to re-read one but can’t find it under everything else that’s landed in your inbox since then), you can now find all of them on the Staples High School web site: just go to Student Services, Guidance, Resilience Project.

The Staples Resilience Project is an ongoing initiative by the Staples Guidance Department. These emails are just the beginning. We welcome your feedback.

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