



# INTEGRATION

(pages 261 – 265)

*Maria Ferrer*

# Integration

- **In this chapter, we will explore how to roll with inevitable difficulties, celebrate successes, and get the support we need.**

# RESILIENCE


- **the capacity to recover quickly from difficulties; toughness.**
- **the ability to become strong, healthy, or successful again after something bad happens.**


# MINDFULNESS - RESILIENCE

- ✓ Gives us the strength to dive in instead of teaching us to retreat from life.

# RESISTANCE

- **the ability not to be affected by something, especially adversely.**

- 
- **Stay connected to your intention, your heart and your body.**

- 
- **If there is resistance in the field, then there is some fear, some insecurity, some way in which students don't feel comfortable with what is happening.**
  - **Meeting resistance with interest and compassion invites honest communication, which transforms into understanding and connection.**