

## ***Calm Within the Storm* by Robyne Hanley-Dafoe**

**Rationale/Intention:** to develop and implement more resiliency based tools to positively impact our practice.

### **Guiding Questions:**

#### **Part 1: The Comeback**

- The author invites us to set an intention. Did you set an intention for this book- if so what was it?
- Hanley-Dafoe has a sentence to sum up her life. How did she apply it to the life changing events that transformed the story of her life? Do you have a sentence to sum up your life, yet?
- Where does she position resiliency within the context of life and what two factors does she attribute humans to feeling as though life is too hard for them to manage?
- What are examples of social comparison and why do humans behave in it if it is h
- What is everyday resilience and how can we apply it in our practice as educators? What is the author's invitation? How do we foster a sense of enough?

#### **Part 2: The Obstacles**

##### **Stress**

- How can we work with a more productive narrative of stress?
- How is stress traditionally defined?
- Does stress increase performance? Discuss the Yerkes-Dodson Human Performance and Stress curve.
- What are three strategies that MacGonigal discusses in *The Upside of Stress* and how can you change your relationship with/view of stress?

##### **Fear**

- How are feelings of fear associated with stress and are fear and excitement the same emotion?
- How can resiliency and fear interplay off each other?
- Practice using Ferris' method of fear-setting. Is this a useful practice?

##### **Stigma**

- How is stigma defined and what are the forms?
- How and why do people perpetuate it? What are the effects?
- Shame can result from stigma. How can we disarm shame?