

Live & Work Wise, from Kim Ratz -- Speaker, Trainer, Troubadour, Author
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Live&Work-Wise

Nothing fancy; just a fast, free, fun read to inspire hope & improve skills to cope.
From Kim Ratz – Speaker, Trainer, Troubadour, Author. Visit: www.kimratz.com.

In this Fall 2017 issue (#4 of 4 annually):

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A special shout-out to everyone who works in Education as we celebrate American Education Week Nov. 13-17, which includes Education Support Professionals Day on Nov 15! The job of educating our children still takes a village and many skilled, caring people -- **Thank You All!!!**

Quick Fun-Facts -- Did you know: In fall 2017, public school systems are projected to employ about 3.2 million FTE K-12 teachers to work with about 50.7 million students attending approximately 98,200 public schools (including about 6,700 charter schools), and a projection of 5.2 million students to attend approximately 34,600 private schools, taught by a projected .4 million FTE teachers? And good news: Graduation rates are still trending up (81.7% in 2013) and drop-out rates are still trending down (5.9% in 2015). (source: National Center for Education Statistics, <https://nces.ed.gov>.)

Unfortunately, they don't project how many Support Professionals are also employed nationally to assist all these teachers, like the Aides, Buildings & Grounds, Nutrition, Secretaries, Nurses, Business Office, HR, Curriculum Dept., Media Services, Student Transportation, plus the professionals who help with language, disabilities, and other special needs. Yet we know there are a LOT of you, and your schools can't achieve "mission success" without you. I appreciate what YOU do and the difference you ALL make to SO MANY STUDENTS -- **THANK YOU!**

I also send prayers and best wishes to all of you who have been battling wildfires, recovering from hurricanes, and trying to comprehend the continuing carnage from mass shootings, and all the first responders (just to mention the most recent disasters), plus all the other tragedies that don't make the headlines -- Amidst all the damage and loss you are dealing with, I hope and pray you feel the love and support from MANY who are pulling for you to pick yourself back up and get going again, and to help others get back up! Please read on ...

1. A thought to help you Live&Work-Wise: "Got Resilience," & "Relational Resilience"?

No matter who you are, what you do, or where you live, it's just a matter of time before you experience a setback or loss that will slow or even knock you down. Like a natural disaster, injury or medical emergency, financial challenge, or a relationship issue. Some of these challenges you can prepare for; you pay attention for warning signs, and know what to do if necessary. Sometimes there is no warning, or you have no plan, and you need to "wing it." How about you -- **"Got Resilience" in your "Go Bag"?**

Choosing to get back up and the effort it takes is what **"Resilience"** is all about. And because we all face moments like this in our life journey, it's one of the skills I focus on in my keynotes; it resonates well with people in all professions because it's a chance to apply it to real issues and opportunities everyone is facing in one way or other in their life roles and goals.

This now includes a unique perspective I refer to as -- **"Relational Resiliency."** This came to mind as I observe how we react to far-away events or situations that affect a lot of people, like the recent mass shooting in Las Vegas, CA wildfires, or the string of hurricanes ruining peoples' lives. The event doesn't affect you directly, yet our ubiquitous media bombards you with images, and it stresses you out! You feel a need to "do something," to help people get back up on their feet. And when there seems to be so many disasters happening so often, you also wonder when

something might happen to you! And worst: if you can't think of anything to do -- you feel helpless, powerless, maybe even hopeless. That's where "**Relational Resiliency**" can help!

I believe we are all better off when we all agree to have each others' back when trouble occurs. I also know I can't afford to give as much money as I'd like to organizations who we count on being there when disaster strikes. So because this blog is read by over a thousand people, what I can and will do is -- encourage each of you to exercise your "**Relational Resiliency**" and do what you can do to help. Even when it's small, lots of donations & contributions add up. Can you imagine what we can accomplish if everyone did just one thing, such as:

* Share your Treasure -- Donate to an organization you know is reputable and has experience; there are many to choose from. Please just give what you can; it helps, and many small donations add up. (Beware the scams! If you're not familiar with the charity, visit one of these web sites before you donate):

(*) [https://www.charitynavigator.org](https://www.charitynavigator.org;);

(*) <https://www.today.com/money/you-give-check-out-charitys-ratings-1D80330057>;

(*) <https://money.usnews.com/money/blogs/my-money/2014/12/10/how-to-tell-if-a-charity-is-legitimate>.

* Share your Time & Talents -- Volunteers play a HUGE role by being the actual hands that help, and you have both time and talent (even if you feel it's limited), including giving blood, that can and do make a difference! And many volunteers I know will agree: you often feel you get more out of the experience than you what put in. "Pay it forward" by doing what you can re: a local need. Please just do what you can; it helps get the work done, and it adds up.

* Share your Thoughts & Prayers -- send a message that you care to someone affected by a disaster or some other hardship and convey your concern, compassion and "Hope." Reach out to a Head Start program in an affected state/territory through a fund raiser or donation; it can make a real difference! Please just do what you can; it can give people hope by letting them know that someone cares, and they are not forgotten ...

Combined with your resiliency to face your own challenges, it's also about **relationships & "Relational Resilience"** when we go through challenge and adversity together ... So the next time you get slowed or knocked down, or see someone else who does -- be as ready as you can because you've "**Got Resiliency!**" And when we're all doing this for ourselves and each other -- can you imagine how things can be???

Thank you for doing what you can.

2. A thought to help you **Live&Work-Wise: "Got Gratitude" 365 Days a Year?**

As we approach our November 23 tradition of "Giving-Thanks" I'd like to highlight another use of reframing which can help you feel grateful 365 days of the year, and all the other benefits associated with an "Attitude of Gratitude." I've shared previous examples from studies that show how our brains work when we are feeling both grateful and ungrateful, and the associated chemicals we release into our blood when we feel these emotions, and the impact these two different emotions can have on our health when experienced over an extended time. A consistent finding in all these studies is that we can learn to recognize when we are feeling ungrateful and make a conscious choice to transition to a genuine feeling of gratitude by doing specific things.

Robert Emmons, a professor of psychology at UC-Davis who specializes in "gratitude" writes: "*It's easy to feel grateful when everything is good. But when disaster strikes, gratitude is worth the effort.*" Being grateful is a choice, and it can help us not feel overwhelmed by temporary situations. And instead of denying or minimizing the hard times we experience, he suggests we use them as a "springboard" to gratitude by using a technique he calls -- "Remember the bad." Here's how it works:

When you realize you're feeling ungrateful, think about a past crisis you experienced. Then think about where you are now, and how you made it through that bad situation, you're still here, and you're making progress in some way. Even if a bad thing just happened and you're still caught up in it, think about another crisis you experienced and made it through. When you can remember how "bad" things were and that you "survived," you set up what Emmons calls "*fertile ground for gratefulness.*" Without discipline, we tend to let our minds dwell between the way things are and how they might have been, or how we wish things would have gone. Choosing to compare your current reality

with past experiences can help you feel relatively better, and more likely to feel grateful. And there is scientific evidence that grateful people are more resilient when “stuff happens,” whether it’s a minor bump in the road or a serious crisis. It helps you keep centered, even when “stuff happens,” and it's useful well beyond the one day when there's a big “Giving-Thanks” meal in front of you. You are what you think. Happy “Giving-Thanks” on Nov 23, and every day.

(for Emmon's full

article: http://greatergood.berkeley.edu/article/item/how_gratitude_can_help_you_through_hard_times)

3. A few quotes related to "**Resiliency**" & "**Gratitude**" for the days ahead ...

The oak fought the wind and was broken, the willow bent when needed and survived. - Robert Jordan, The Fires of Heaven

Resilience is accepting your new reality, even if it's less good than the one you had before. You can't fight it, and you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good. - Elizabeth Edwards

My scars remind me that I did indeed survive my deepest wounds. That in itself is an accomplishment. And they bring to mind something else too. They remind me that the damage life has inflicted on me has, in many places, left me stronger and more resilient. What hurt me in the past has actually made me better equipped to face the future. - Steve Goodier

One's doing well if age improves even slightly one's capacity to hold on to that vital truism: "This too shall pass." - Alain De Botton

I tried and failed. I tried again and again and succeeded. - Gail Borden

Our greatest glory is not in never falling, it's in rising every time we fall. - Confucius

Someone was hurt before you, wronged before you, hungry before you, frightened before you, beaten before you, humiliated before you, raped before you, yet someone survived. You can do anything you choose to do. - Maya Angelou

Fall seven times, get up eight. - Japanese Proverb

Although the world is full of suffering, it is also full of the overcoming of it. - Helen Keller

When we fill our minds with blessings and gratitude, an inner shift in consciousness can occur. As we focus on the abundance in our lives rather than what we lack, a wonderful blueprint for the future begins to emerge. – Sir John Templeton

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. - Melody Beattie

Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse. - Henry Van Dyke

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. - Albert Schweitzer

Gratitude changes the pangs of memory into a tranquil joy. - Dietrich Bonhoeffer

Feeling gratitude and not expressing it is like wrapping a present and not giving it. - William Arthur Ward

Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for. - Zig Ziglar

We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean. And we were taught to value everyone's contribution and treat everyone with respect. - Michelle Obama

4. A holiday gift idea for dads to give to their children ...

Dads -- do you look for ways to connect more with your children? With the holiday season approaching, my gift books -- ***"To My Daughter (and "To My Son" ...)*** -- ***Do You Believe? Thoughts from your Father's Heart*** are a great gift for dads to give their sons and daughters. These are thoughts that every child wants to hear from dad, and these books include two pages at the end for you to add your own thoughts from the heart that you want to share! For just a little more than the price of a fancy card you can say SO-MUCH-MORE!

And while I normally recommend that dad wait until the child is a teen or older so they can really appreciate what dad is sharing, I've also been told by dads of young children that the book gave them a tool and opportunity to practice talking more often with their sons and daughters about how they feel about them, and being their dad. They said it helped them verbalize these kinds of thoughts while their kids were young so it isn't a "new or different kind of conversation" when they are 12 or older, and you are really counting on good communication with your children. Then they gave it as a gift on a special occasion when the child was older ... Whenever and however you chose to share it, and read some of it to them, it will be special!

You can get more info on my web site: www.kimratz.com/books.html, and there's a link to do your purchase using your credit card through my Amazon Book page; the price is \$8.95 plus \$3.99 shipping/book (\$12.94 total).

AND -- If you involve or serve fathers through your programs, this could be both a great resource and opportunity for them too, AND serve as a "mini fund-raiser" for your program. I'm willing to sell 10 or more books to you at a reduced rate so you can make them available to your fathers to give to their kids at an affordable price, and you still make a small profit to use to help cover other program costs. If you're interested in this unique idea, contact me for details.

5. What I Do, How to Contact me, and How to Unsubscribe.

I specialize in helping people create more harmony in their own life, and in their relationships with others, by making Congruent Choices - aligning your Attitudes, Aptitudes and Actions - so at days end you feel Content, not regret. I do this by sharing keynotes and workshops that inspire hope and help people improve skills to cope (Personal Excellence, Communication & Relationships, Teamwork, and Leadership), and original music, stories and humor to induce some fun along the way!

If you need a presenter who shares content, energy and inspiration, call me so we can discuss what you need, and how I might be able to help!

More info: www.kimratz.com.

Contact me: Click "Reply," or call me at (952) 938-4472.

To Un-subscribe: Click "Reply" & write "unsubscribe" in Subject line to be removed from the list.

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