

Becky Blake

Resilience is the ability to recover and adapt in the face of adversity. It's a quality that shapes our journey through life. It's a dynamic force that often finds expression through personal artifacts, each with its unique story. For me, resilience is embodied in a necklace that once belonged to my older sister, which I shared in class on 11/6. This reflection explores the factors contributing to my resilience, the significance of the necklace, a specific instance of resilience, and the intersection of resilience with emotional intelligence.

My resilience is motivated by both internal and external factors. Internally, a mindset of adaptability, a positive outlook, and a belief in my ability to overcome challenges play pivotal roles. I am resilient because I don't want to give up on myself. Externally, a support system of friends and family, opportunities for self-expression, and moments of reflection contribute to my resilience. These factors collectively create a foundation upon which I navigate life's twists and turns.

My sister's necklace holds symbolic value in my journey towards resilience. It represents my evolving identity, transitioning from being solely defined as her younger sibling to an individual carving out my own path. Now that I'm in college and finding myself and my independence, I like to carry this necklace as a tangible reminder of my roots, a source of strength, and a testament to the enduring bond between my sister

and I. I am no longer defined solely by who my sister is, but it's still an important part of my identity.

One example of resilience occurred during my first year in college. The transition marked a significant shift in my identity, as I wanted to establish myself beyond the shadows of my sister. It was difficult juggling academic pressure and the complexities of creating new relationships. In such moments, the necklace served as an anchor, grounding me in my past while empowering me to embrace the uncertainties of the present.

Resilience and emotional intelligence are very connected. Emotional intelligence involves recognizing, understanding, and managing one's own emotions, as well as navigating relationships with empathy and effective communication. My resilience is closely tied to emotional intelligence as it encompasses self-awareness, self-regulation, and the ability to bounce back from setbacks. The necklace, as a symbolic artifact, represents the emotional understanding of my own journey and the strength I've gained from my bond with my sister.

In conclusion, resilience is an ongoing journey shaped by internal fortitude and external support. The necklace, a tangible representation of my resilience, encapsulates the essence of my identity and growth. As I share this artifact, I recognize the interconnectedness of resilience and emotional intelligence. Together, they form a

dynamic framework for navigating life's challenges with grace, self-awareness, and a profound understanding of the human experience.