

Make meaning of crisis and challenge

Resilient families view crisis as a shared challenge, in contrast to a philosophy of the “tough, rugged individual” getting through adversity. They believe that by joining together with family members and others who are significant to the family they can strengthen their ability to meet challenges. Resilient families see adversity as manageable and meaningful, something that contributes to growth and change across the life cycle of the family.

Gergen and Vanourek ([Life entrepreneurs: Ordinary people creating extraordinary lives](#)) examined the idea of creating a life that goes beyond the ordinary into the extraordinary. The book is interesting in terms of what it says about being an entrepreneur and also has nuggets of wisdom to think about regardless of how you choose to live your life.

One thing that Gergen and Vanourek address is the idea of meaning making in the face of challenges. “Life entrepreneurs resolve to shape their own destiny. In doing so, they must be awake to possibility, recognizing that when we embrace big new ideas we can elevate our condition and help others to do the same. When we do, we often find ourselves, suddenly, in the right place at the right time, surrounded by the right people, thinking about the right things. Rather than being tossed about by changing circumstances, we discover opportunity in challenge and change.” (p. 67)

The authors stress that living an entrepreneurial life is not a solitary endeavor. “It is through the people in our lives that we find opportunities to serve, learn, grow, share wisdom, find solidarity, and celebrate what we can accomplish together.” (p 45)

From: Gergen, C. & Vanourek, G. (2008) [Life entrepreneurs: Ordinary people creating extraordinary lives](#). San Francisco: Jossey-Bass



“Be resilient: stretch, bounce back and roll forward.”

Resiliency Reminders are brought to you by the “Families in Stress and Transition Team”, Family Living Programs. For more ways to strengthen family resiliency, visit <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, patrick.ducharme@uwex.uwc.edu