Navigating the Path(s) Forward:

Advancing and Thriving in Uncertain Times

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Imagine..... New Paths Forward





Uncertainties







Miriam Budde: Learning to Be Brave

A lifequake is a transition of such magnitude that it fundamentally changes our **meaning**, **purpose or direction**

During a lifequake, we are acutely aware that something big is happening, yet it takes time for us to grasp and accept that there is no going back.



How do we move forward?





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Rising: Stepping Up Again Going Forward

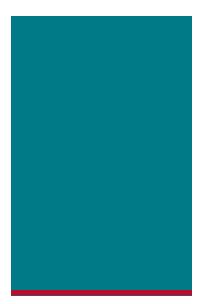
- Reckoning
 - · We take stock of where we are
- Rumbling
 - We own what has happened or is happening and ask questions to broaden our understanding
- Revolution
 - Bold transformation when we are willing to *fail for things that matter* because we know we can rise again

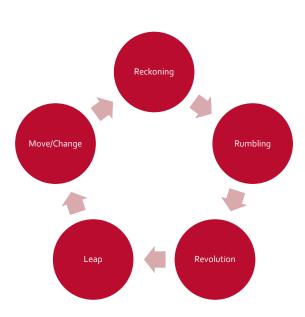


Going Forward: Leaping











How do we prepare ourselves?





Practices

What is a practice:

As a noun: actual performance or application, a repeated or customary action

As a verb: to perform (an activity) or exercise (a skill) repeatedly or regularly in order to improve or maintain one's proficiency.

Practices develop the "muscle" for choices, pivots and leaps.



Clearing the decks

Practice of choosing your paths, selection, so that we are not overburdened with too many choices and end up being less effective



Breathing

A great leap requires grounding

Long term shallow breathing can leave us feeling foggy and muddled

Long term fast breathing activates our amygdala and fight-flight reflex

Neither will support us taking a great leap -



Climbing and Standing on the Hill

Gives a wider 360 degree view of potential pitfalls, hazards

We can see the other players

We can see possible paths that we don't see on level ground



Cultivation

Tending, feeding, weeding

Cultivation of relationships, belonging, communities

Cultivation of interdependence, which indicates that we are all whole and strong and yet we choose to be intertwined





In order to create we must have vision

Children do this naturally, make up stories to create worlds, etc.

Adults have gotten flabby in this regard, it is a muscle that we need to exercise

Storytelling includes our abilities to re-imagine how things might work or be

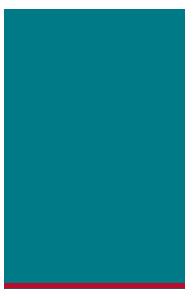
Storytelling unlocks barriers and expands our capacity to envision



How do we get from here to there







NM START lens

- One of our newest programs, NM START is a crisis stabilization, intervention and prevention program for individuals with ASD/IDD and mental health challenges
- Dr. Joanie Beasley developed the START model at the University of New Hampshire and we are replicating
- The model is based on positive psychology and endeavors to look at strengths of the individuals we serve and the systems that support them
- We aim to shift the focus from "what is wrong" to "what is strong"



VIA Institute on Character

Identified Six Virtues and 24 Character Strengths Viacharacter.org

Character Strengths Research (topics)

Signature Strengths

Character Strengths and Well Being/Happiness

Character Strengths and Achievement

Character Strengths and Adversity, Disorders and Problems

Character Strengths and Mindfulness

Character Strengths and Positive Relationships

Character Strengths in the Workplace and Organizations

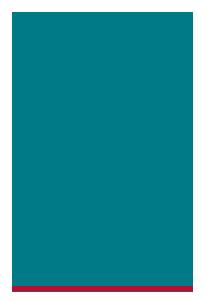
And Others





SCHOOL OF MEDICINE

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The World Needs You



The world needs your ideas, your strategies, your best coping tools

CREATIVITY





The world needs you to talk curiously, with interest to those around you, to let them express themselves and release their burdens

CURIOSITY





The world needs your ways of thinking rationally and balanced, showing the many voices in our heads that counterbalance the inner voice of panic and anxiety

JUDGMENT





The world needs your sound advice, a glimpse of the bigger picture amidst the scary details

PERSPECTIVE





The world needs your bravery – the courage to help someone you've never helped, the courage to dust off the strengths you've allowed to erode, the courage to see the world anew despite fear

BRAVERY





The world needs you to persevere – to push through huge obstacles and suffering you've never faced before

PERSEVERANCE





The world needs your truthfulness – now is not a time for exaggeration, fake news or guesswork

HONESTY





The world needs your enthusiasm-we can get sucked dry as we try to create a new normal or take a peek at the surrounding uncertainty-but each time you uplift your energy, you help others

ZEST





The world needs your love-every ounce of warmth, genuineness and care matters right now – each ounce is worth 10 times its original value

LOVE





The world needs you to not lose sight of your compassion and generosity or your active seeking of ways to help

KINDNESS





The world needs your empathy-every country, every neighborhood, every being can be a subject of your concern

SOCIAL INTELLIGENCE





The world needs you to see that you are a citizen of the world, not living on an island alone, but part of a very large group that can choose to be collaborative

TEAMWORK





The world needs you to act fairly-instead of hoarding, give; instead of blaming, praise, instead of being the victim, be the hero to someone

FAIRNESS





The world needs your leadership-your fresh ideas will inspire the different groups you are a part of

LEADERSHIP





The world needs you to let go of the family irks, slights and irritations that will fill your mind

FORGIVENESS





The world needs you to sometimes put the attention on others and not yourself

HUMILITY





The world needs you to be cautious every time you leave home, at least for a while

PRUDENCE





The world needs you to be under control, not riddled with contagious anger because you been restricted; instead, be contagious with your peacefulness

SELF-REGULATION





The world needs you to feel elevated, which means to be inspired by the good actions of others...because that means you'll more likely to be altruistic too

APPRECIATION OF BEAUTY/EXCELLENCE





The world needs your hope and your silver linings offered thoughtfully, as so many around us are falling into cracks of darkness and despair

HOPE





The world needs your appreciation because that shows others you are seeing them and their kind acts, and they will then do more of them

GRATITUDE





The world needs your humor (!)-your playfulness, your ability to create levity when we feel heavy and frazzled

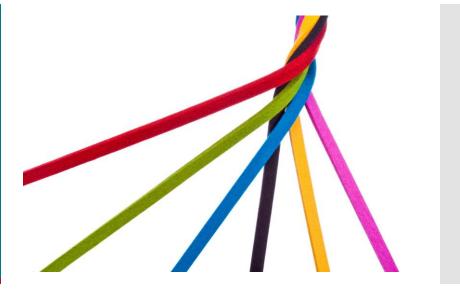
HUMOR



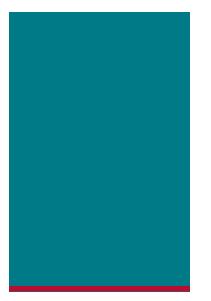


The world needs you to see we are all in this together, interconnected, that every action does not occur in a silo, but it has a preceding action and a consequence

SPIRITUALITY





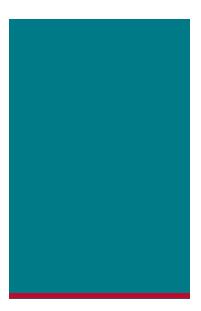


Character strengths are imperative; they are not a luxury, or trivial. They are tough-loaded, resilience-based and crucial.

All of your strengths matter. All of them.

The world is requiring "the all" that is in all of us.





Books:

Brown, Brene., Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent and Lead., New York: Random House, 2017.

Budde, Mariann Edgar., How We Learn To Be Brave: Decisive Moments in Life and Faith, Penguin Random House, 2023.

Wong, Norma Kaweloku., When No Thing Works: A Zen and Indigenous Perspective on Resilience, Shared Purpose and Leadership in the Timeplace of Collapse, North Atlantic Books, 2024.

Website:

Viacharacter.org/character-strengths-via

