

The Art Of Resilience

Written By Sacha Kaluri March 2016



Being an analytical person, I have always had a fascination about **what makes a person resilient**. I can't help but always wonder why it is that one person can go through extreme tragedy and come out strong and triumphant on the other side. And why is it that some experience only the smallest issue and fall apart, often suffering years of depression and anxiety, and then even throwing their lives away?

As I work with teenagers day in and day out, I am always looking for that secret ingredient to teach young people on how to deal with life when it serves you a big chunk of the pie that does not taste so nice.

All of us experience something in life that throws us into the deep end without a moment's notice. In my 16 years of working with teenagers I have noticed an increase in young people that are not able to handle the tough stuff of life. Were all the generations before us just that little bit stronger? Or are we just now focusing on how to build resilience and thus noticing that young people are just not coping with the day-to-day troubles of life.

I would consider myself an extremely resilient person; I have overcome and survived some of life's hardest challenges. Challenges that can still bring tears to my eyes

Now I'm not saying I don't have a good life: I do, it's just that I constantly face experiences daily that certainly could push some people over the edge. I once thought this was how most people live their lives, some sort of stressful issue, hitting them in the face on a daily basis. But as time has taught me, this is not always the case. Maybe my life is simply one of those lives that constantly is on a high level of intensity.

I soon also realised that even though everyone has his or her struggles, on the outside, some of us can seem to be coping quite well. It's when you scratch the surface on these people's lives that there is always sometimes a story unfolding. Some stories are tragic, you would not even dream of swapping your story with theirs. Yet other people's lives, without devaluing their hardships, seem like they have a little bit less of a sour bite than others get dished up.

I am extremely intrigued at what actually makes me strong. Why do I have the ability to not let life defeat me when it hits me with a hard and shocking blow? I am always searching for the exact ingredient that gives me strength, so that I can speak about it to young people.

In my self-development journey, I have come up with many questions and answers. I have finally figured out three main qualities I have and I see in other resilient people.

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1. **Gratitude.** No matter what ever happens to me. (And when I say no matter what, I mean no matter what). I always try and be grateful. I have a deep instinct to find gratitude in my everyday life. In the worst of my moments I can find gratitude in the slightest things. For many years at the end of each day, just before I close my eyes I write down my 5 grateful things for the day. To practise gratitude is a blessing, this means no matter how bad something is, you can always find a silver lining that makes life shine. The interesting part is to find gratitude in a hard day rather than just the days that are easy. In 2008 there was a study in Britain revealing that when you feel gratitude your brain releases Serotonin and Dopamine. Nature`s way for us all to feel good.
2. **The ability to laugh at myself.** I leave nothing sacred. No matter how sad, delicate, or precious my issue is, I still manage to find something funny in it. I never take myself too seriously. It doesn't mean that nothing upsets me and I don't spend time curled up on the couch in the foetal position crying when things get me down, but I don't live there. In fact once it's over, I always have a way of laughing about it. Famous Comedian Rickie Gervais reminded me of this when I recently watched a few of his comedy shows on You Tube. He makes us laugh at some of the most horrific sides of life. He openly says that if we don't laugh at these things, then we will only just be sad. Life is too short to just be sad about all the wrong that goes on in the world. So don't ever be too precious about the "Tough Stuff". Make a joke about it and then that becomes the first step of letting it go.
3. **Random acts of kindness.** This can come from the smallest things. Like a simple little compliment, to something that is life changing. Making sure everyone in your life knows how much you love and appreciate them at all times. I always say that if I died tomorrow, there is no one on this earth that is not 100% sure about how I much I love them. At 18 years of age I remember hearing Michael Rowland speak at a conference. He said kindness is not when a millionaire gives away a one dollar, it's when you only have \$1 and you give away fifty cents. Don't wait for a moment to pass to make someone else feel good, do a good deed, help someone or just say something nice. Most times it makes you feel just as good as the recipient.

Without these three guidelines I follow in my life, I would fall apart. Not just everyday, but every moment of every day. I notice that when I forget these commandments of my life, it's then that I feel my at my lowest and allow my victim to emerge and I feel sorry for myself. These gifts of life are what really make the difference to being resilient. It's these gifts, which I give to young people.

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Sacha Kaluri's Background

As a self confessed work-a-holic and being in business for herself since she was 18 years old, Sacha now has a strong sense of understanding business and what employers want.

For the past 16 years Sacha has been traveling all over Australia speaking to young people in more than 150 secondary schools, universities and even juvenile detention centres per year. Her topics included, how to have the career of your dreams, bullying and online bullying, stress management, body image, teamwork and leadership.

In 2011 Sacha Kaluri co founded the Australian Teenage Expo. Australia's largest educational youth event, with more than 38,000 Victorian students, attending the Melbourne Showgrounds. Now working with the Federal Education Department this event has gone all over the country with The Sonya & Sacha Show.

Australian Teenage Expo aims to provide everything a teen, parent or educator needs to know about in three key areas – Education, Services and Products, with as much fun and interaction as possible. Working with more than 1000 companies and not for profit organisations.

Sacha is a mother of two young boys, sits on the board of ChildWise and is the 2014 and 2015 Official Australian Ambassador for Women's Entrepreneurship Day - United Nations. As well Australia's leading youth expert, social commentator and professional speaker, bringing real stories of young peoples lives to the front line.

For more information about the Australian Teenage Expo or book a keynote presentation by Sacha Kaluri visit www.teenageexpo.com.au or www.sachakaluri.com

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Interviews with Sacha Kaluri and Sonya Karras available by request

"Talking about the tough stuff easy"

