

Resiliency Project

Tell me a little bit about yourself. What are you currently doing? What is your home life like?

My name is **** and I'm a junior designer at a high end custom cabinet manufacturer. I live with my wonderful husband and our Boston Terrier Mia. Our home life is pretty awesome. We are fortunate to have similar schedules so we are up at the same time, which is quick early and home at the same time, around 3pm, so we have a lot of time to spend with each other, which we love!

What does resilience mean to you?

To be resilient to me means to be headstrong, courageous, adaptable and quick on your toes. You have to be able to cope with hardships and obstacles that come into your path and find ways overcome them to create the outcome you really want.

In your definition of resilience, can you remember a time that you were resilient? (This will be where you tell your story of resiliency)

About 15 years ago I was hospitalized for an extreme case of vertigo and if anyone who has ever known what that's like, it's the worst feeling in the world! It feels like you're on a nonstop hang over. Everything is spinning and you can't get your balance. You never know when it's going to happen, how long it will last and how strong it will come on. At the time I was working and living in San Francisco and was unable to work for 6 months because of it. It was such an extreme case that I had to move back home to have my parents take care of me because I couldn't even walk from the couch to the restroom. My doctor's had me on medications but I didn't like the way they made me feel so I stopped taking them. I was determined to fight this myself with meditation and concentration exercises.

My employer was very kind for giving me the time off, but thought that I might not be able to work as well as I once had and were contemplating giving my position and clients to another employee. I wasn't able to walk on my own yet, but I was determined to get back to work to prove that I was capable of continuing to provide exceptional work for them and my clients and that I was not less of who I was before the vertigo . I had to commute on the Cal-train from Gilroy to San Francisco and take 2 buses to get to my office. The sounds, the movement in the streets, the excessive computer uses, the heavy deadlines and client meetings were all a nightmare moving through them, but I focused and meditated to clear the noise from my head and was able to find ways to work through the pain without anyone even noticing that I was still "sick". My boss even gave me a raise and a promotion for "kicking butt" with my projects.

Was there anyone or anything in particular (religion, community, government aid) that helped you get through this tough time?

My husband, my parents and my friends.

What kept motivated to get through this challenging time?

I wanted to prove that I was not lessened by my condition. That I was still very much the same person and that I could still be a productive person. Also the love of my husband. I wanted to be stronger for us!