



What we all need to know now about resilience - including penguin glow



Here in the Puget Sound area, my husband [Chuck](#) and I are in week six of "stay at home; stay healthy". We left for a vacation on Maui on February 26 and returned March 7 to what felt like a different universe. While we have much to be grateful for, we're also keenly – painfully – aware that many locally and around the world are suffering. We're drawing on our inner reserves to be flexible and grounded during these strange times.

I hope you and your loved ones are healthy and coping as well as possible. This newsletter contains two things that will bring you comfort and some joy: become super-resilient and feel the penguin love. I'd love to hear from you about how you are susan@susannmann.com. You can also find me on [LinkedIn](#), [Instagram](#), and [Facebook](#).

How to be Super-Resilient



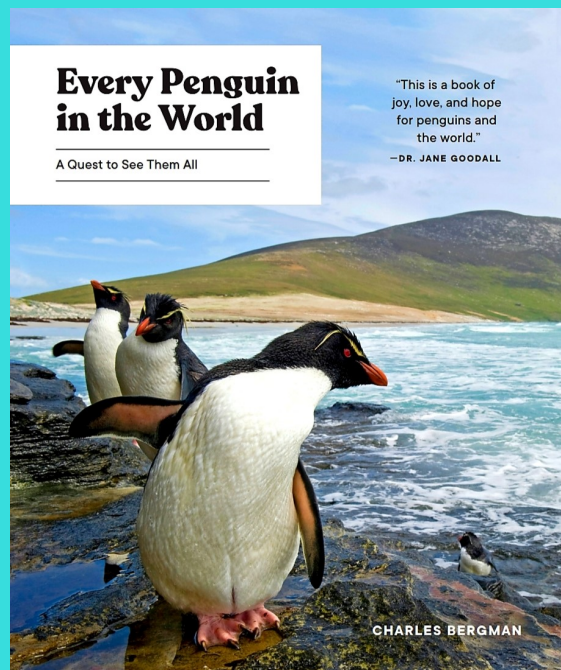
Resilience is not only the ability to bounce back from hard times. It's a critical skill that helps us cope with challenges more courageously, more thoughtfully, and gain wisdom along the way. In 2019 and 2020, I asked over 500 people: "What favorite practices help you be resilient?" I received a thousand ideas!

A big takeaway from my study – make sure you have a collection of regular resilience routines that involve using all of your senses and caring for yourself in a holistic, integrated way: body, mind, heart, spirit. Here's a recap of the top ten resilience-building themes and a few activities that emerged from my study. To download the full list with lots of fantastic ways you can become more resilient, click [here](#).

1. Look after yourself: Stay true to your top values. Be compassionate with yourself. Get enough sleep.
2. Move your body: Do something every day to get your blood flowing and air in your lungs. Bonus if you do it outdoors.
3. Connect, with love: Ask for help from a trusted friend and offer help back. Laugh out loud. Share a good hug.
4. Get into nature: Enjoy the trees and wildlife in your yard or green space nearby. Plant a garden.
5. Create something: Get a hobby. Engage your right brain. Complete a puzzle.
6. Make music: Sing with others or by yourself. Play, or learn to play, a musical instrument.
7. Stretch and grow: Get perspective and look at things from other vantage points. Read to learn as well as to relax.
8. Play with pets: Take your dog for a walk. Snuggle with your four-legged friend.
9. Savor and enjoy: Cook a meal you love. Light candles. Arrange flowers and enjoy their scent.

10. Unplug from it all: Remember to pause and breathe. Curate what news you watch or read and how much, how often.

Feel the penguin love: Every Penguin in the World is released!



I am over the moon excited that Chuck's book about our incredible 15 year quest to see all of the world's penguin species is out now. Penguins are the hardest, most resilient animals I know and we've learned so much from them and about them over the years. ***Every Penguin*** was released in the midst of the pandemic, so we're being nimble and drawing on social media and zoom to spread the word.

Do you belong to a book club that's meeting virtually? Are you a parent playing teacher at home or a teacher helping young people learn virtually? We have fantastic free resources for you! Take a look at our ***Every Penguin*** book page [here](#). You'll find:

- [Zoom Book Launch Details](#) – we hope you'll join us on Tuesday April 21 at 7pm Pacific Time for a 30 minute presentation by Chuck with gorgeous photos and great adventure stories.
- [Official Reader's Guide](#) – for adults and older students.
- [Educational Reader's Guide](#) – includes great "do-at-home" research questions for young people and kids.
- [Make a Difference](#) – earth friendly, animal friendly actions we can all take to help the

planet.

With the 50th anniversary of Earth Day approaching, this is an ideal time to learn more about the natural world. I write about my passion for it [here](#). Many people are finding a boost of joy during the pandemic by watching short videos of zoo penguins going on field trips, made possible because us humans are not allowed in the zoos right now! Enjoy one of my favorites and feel the penguin glow – [Humboldt Field Trip at St. Louis Zoo](#).



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