

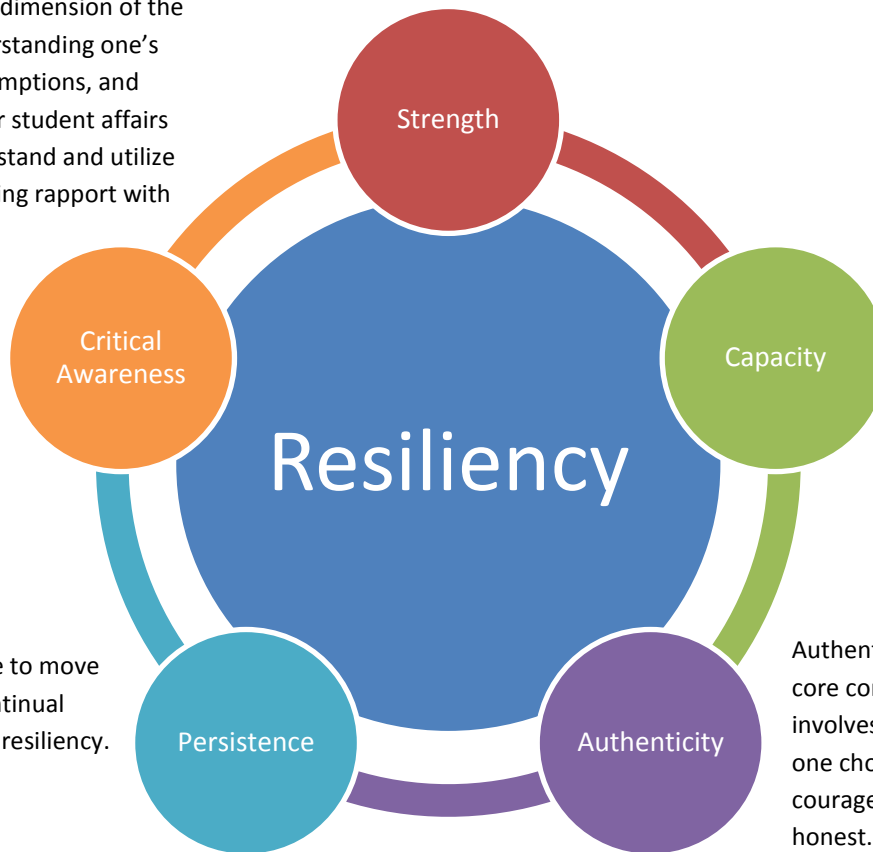


Embrace the Mess Don't Stress

Each component of this model is interwoven and examined through reflection, experience and maturation:

The utilization of emotional and mental qualities that contribute to successful living is strength, which includes a daily practice to exhibit these qualities (Brown, 2007).

The critical awareness dimension of the model speaks to understanding one's values, identities, assumptions, and biases. It's essential for student affairs professionals to understand and utilize our "true self" in building rapport with students.



Building capacity speaks to a connection and a sense of belonging where one can find opportunities and support; it is done by using authenticity in building professional relationships so that one can rely on these connections as tools for empowerment and strength (Ibarra, 1999).

Having the persistence to move forward in spite of continual challenges helps build resiliency.

Authenticity was identified as a core component because it involves a daily practice where one chooses to "cultivate courage to be emotionally honest... to show up and be real" (Brown, 2007, p. 49)

Resource:

Share your stories, vent to other professionals, and share your coping strategies by joining the Embrace the Mess Student Affairs Google Group:

To post to this group, send email to messystudentaffairs@googlegroups.com

To unsubscribe from this group, send email to messystudentaffairs+unsubscribe@googlegroups.com

Visit this group at <https://groups.google.com/d/forum/messystudentaffairs>

Stress & Student Affairs: How to Be a Resilient Professional - June 11, 2014: <http://www.paper-clip.com/ME2/Audiences/dirmod.asp?sid=&nm=&type=Commerce&mod=GenComProductCatalog&mid=BB900C9FBBC442A19C2B38D104F64A21&tier=3&id=CD75CD4E61D64C5EAFE91B1B463ADB71&AudID=433CCE86E6F3422BA5D99370656EE77F>



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