

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Week of DECEMBER 20, 2009 • Volume 3, Issue 21

Bucket Nuggets

Kathy Martin, M.A., L.P.C.

The basics of bouncing

Making a Difference

December 2009

PRESENTATION UPDATE

Sessions: 33

Attendance: 4,266

- American Montessori Academy Livonia, MI
- American Montessori Academy Redford, MI
- Attwood Elementary, Lansing, MI
- Auburn Elementary, Bay City, MI
- Cedar Springs Elementary, House Springs, MO
- Clear Lake Elementary, Oxford, MI
- East Stroudsburg Elementary, East Stroudsburg, PA
- Englewood Elementary, Rocky Mount, NC
- Falcon Ridge Elementary, New Praque, MN
- Leonard Elementary, Leonard, MI
- Mid Michigan Community Action Agency, Mt. Pleasant, MI
- Northwestern Elementary, Eaton Rapids, MI

Total Bucketfilling sessions taught through December 31, 2009

Sessions: 1,547

Attendance: 217,266

BUCKET CHUCKLES



Isn't it obvious?

The teacher asked Bobby, "Can you tell us why the Statue of Liberty stands in New York Harbor?" Bobby thinks a moment and beams, "Because it can't sit down!"

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Designed & edited by Glenny Merillat

I was given the opportunity to "bounce" last month. After twenty years of employment, I was without a job. As a counselor, I thought this situation would be easy to deal with. I've worked with clients coping with situations like this, but I can honestly tell you ... this wasn't easy at all. It took a lot of soul searching (bucket searching) combined with dealing with the grief process, but I bounced.

What was my secret? Resiliency. Resilient people "bounce back" and adjust in spite of adversity, trauma, or loss. Resilient people keep their buckets filled with thoughts of hopefulness, self-confidence and perseverance during difficult times. I watched my bucket and worked to keep it filled.

Is it easy? No, but positive thoughts are absolutely necessary to overcome life's challenges. When you have thoughts of anger, blame, helplessness, or despair, your bucket is not filled. Telling yourself, "I can't handle this," won't lead to positive solutions. We keep our buckets full and learn to be resilient when we:

- Give ourselves permission to experience strong emotions associated with life's challenges but don't let ourselves become so overwhelmed or preoccupied that we're unable to function.
- Know when to step into problems and deal with them and when to step away from problems and rest. When you're ready, think creatively and write down all the possible solutions.
- Stay connected with family and friends, however, don't hang around people who will drain your bucket, i.e. people who are negative and pessimistic. You have enough to deal with.

As hard as it seems at the time, we really do get to choose our thoughts. Our thoughts determine whether we bounce or whether we splat. Remember, it's not what happens to us, but what happens in us (and our buckets) that matters.

Bucket fillers bounce!



Note: Kathy Martin has accepted the full-time position of Education Director for Bucket Fillers, Inc. She is also a licensed counselor for the Samaritan Counseling Center. www.samaritancounselingmichigan.com.

This week's winners

Congratulations!



Lisa Frink of Garretson Elementary School in Corona, California, is our bucket filler of the week. Congratulations Lisa! You have a book coming your way. Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

www.bucketfillers101.com.

Quote of the Week

"Courage does not always roar. Sometimes it is a quiet voice at the end of the day, saying... 'I will try again tomorrow'" — *Mary Ann Radmacher*