



# The Resiliency Ride

+ CHEERING THROUGH LIFE'S  
CHALLENGES & FINDING HAPPINESS

LESSONS FROM THE NFL

SUSIE ARBO MS LPC CRADC



- Licensed Professional Counselor
- Company Trainer & Speaker
- Animal Lover
- Goal Setter
- Kingsville, MO

# HI, I'M SUSIE ARBO



# Country Crossroads Counseling



- Group private practice
- School Based therapy
- Tele-Health
- Specialty counseling
- Animal Assisted Therapy
- Individual therapy for all ages
- Couples counseling

+

o

Kansas City Chiefs  
Cheerleader

13 years

Lessons from the NFL



BEING RESILIENT  
HELPED ME TO THE NFL



Happy 50<sup>th</sup> Birthday KC  
CHIEFS! Let's celebrate!

·  
They LOVED that I was a  
counselor!





**WARPAINT SENIOR AND  
JUNIOR ARE IN OUR BARN  
AS THERAPY HORSES**

# AGENDA



Steps to Resiliency



Finding Happiness



Self Care





**SPARKLE**

SHINE BRIGHT LIKE A DIAMOND



+  
•

# Resilience

Bouncing  
back



## Understanding Resilience

- The ability to recover, adapt, and grow stronger after challenges
- Not avoidance of hardship, but growth through it



# WE ALL HAVE “STUFF”

We can't avoid it-it happens to everyone regardless of status.

When we talk about resilience, people often think of big dramatic moments. But resilience usually shows up in the small battles we face growing up.

Stories help us learn.

Here is a story about resilience in my life that I didn't even know about until much later.” Watch and find out what this lesson was...



# VIDEO

<https://www.youtube.com/watch?v=RHUAvgXuedU&authuser=0>

# Susie's Story



**FROM A YOUNG AGE  
RESILIENCY IS FORMED**



**DON'T LET  
OTHERS DECIDE  
YOUR LIMITS.**



# NEVER LET ANYONE ELSE BE THE VOICE OF WHAT YOU CAN AND CANNOT DO

And yet...

I danced.

I cheered.

I rode a live horse in the NFL!

**Thank goodness-I didn't know the doctors  
told my mother that!**

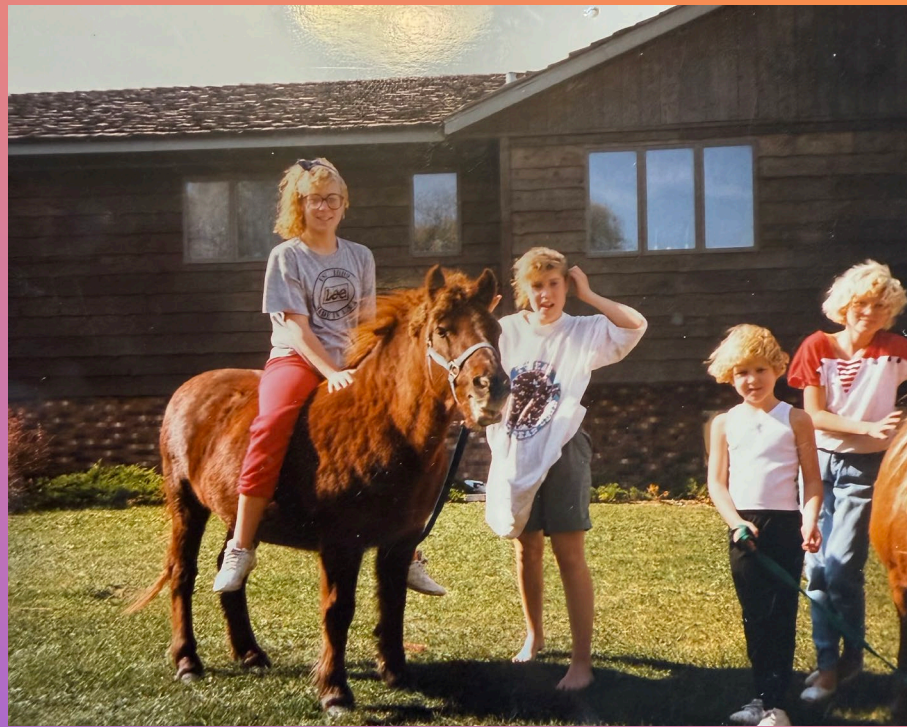


+

•

○

**THE SECOND CHALLENGE I  
FACED WASN'T SOMETHING  
YOU COULD SEE...**



**STOP**  **BULLYING**

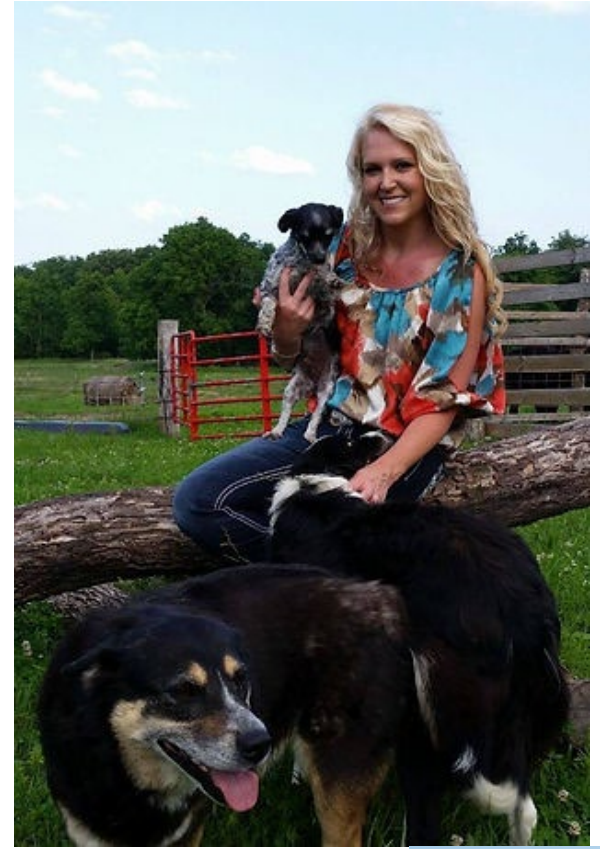
I STARTED BELIEVING  
THAT AFFIRMATIONS  
WERE CRUCIAL TO  
SUCCESS





IF I WOULD'VE LET A SPEECH IMPEDIMENT OR A  
DOCTOR DETERMINE MY FATE I WOULDN'T BE  
TALKING TO YOU TODAY-AND THAT'S

# THE POWER OF RESILIENCE



**NOW I AM A COUNSELOR,  
TV SHOW CO-HOST, AND A  
SPEAKER-I LOVE WHAT I DO!**





**What are some challenges you face right now that are work related?**

# WHAT ARE SOME CHALLENGES THAT PEOPLE MIGHT BE GOING THROUGH RIGHT NOW?

## + WORK RELATED

Too many Tasks-Not enough time  
Complaints  
Constant law change  
Sunshine law  
Difficult city members

## LIFE RELATED

Family & People  
Economy  
Politics  
Mental Health  
Social media  
Crazy world

# LIFE CAN FEEL LIKE. A ROLLER COASTER

🌟 Think About This

One moment that tested you.  
One lesson it taught you.  
One strength you gained.

*SHARE WITH A FRIEND*



# SURVIVAL VS. THRIVING



The habits you created to survive will no longer serve you when it's time to thrive. Get out of survival mode. New habits, new life.

- Survival: Reactivity, burnout, emotional fatigue
- Thriving: Engagement, fulfillment, balance, purpose

sometimes i feel like i have my life  
together and then im like

wow

that was a really nice 45 seconds





# WHAT RESILIENCE REALLY IS

## **Resilience is not:**

- Pretending you're not stressed
- Never making mistakes
- Working harder until you burnout

## **Resilience is:**

- Regulating your response
- Staying grounded under pressure
- Choosing your mindset intentionally

# WHAT DETERMINES RESILIENCY?



Who raised you had a whole lot to do with who you are today!

## CORE BELIEFS

- How you handle stress and cope with life!
- But you have control over how you handle today!
- Victim vs victor mentality



# Country Crossroads

## What Determines *Resilience*?



You *influence* more than you think.

# HERE'S SOME STEPS TO BECOMING RESILIENT!



The Resilience  
Ride 🐾  
Lessons Horses  
Teach Us About  
Getting Back Up

+

•

○



# HAVE CONFIDENCE!

You can get through any challenge in life with the right **mindset!**

**Positive Affirmations** can help us feel better!


“I’ve got this”

“I am ready and capable to take on the challenge”

“I can handle anything that comes my way!”

# 1. SIT TALL IN THE SADDLE





If it doesn't challenge you,  
it doesn't change you.

Fred DeVito

- Take action over your life
- You have so much control over your life! You can control your thoughts and choices.
- We get to choose our attitude in life!



## 2. TAKE THE REINS

# OUT OF MY CONTROL

## IN MY CONTROL





Life is 10% what happens  
to you and 90% how you  
react to it.

- Charles R. Swindoll



# VICTOR FRANKL



When we are no longer able to change a situation - we are challenged to change ourselves.

Viktor E. Frankl



+

•


**WHAT SITUATION IN  
YOUR LIFE RIGHT NOW  
MIGHT CHANGE IF YOU  
SHIFTED THE WAY YOU  
LOOK AT IT?"**

○



# TAKE ACTION ON YOUR LIFE!

- Your ability to choose good positive things and people in your life
- Your daily habits matter
- What you put in your brain for information matters!



**Time is your most  
precious resource; make  
every minute count.**

Brian Tracy

“ quotezancy

**HOW YOU SPEND  
YOUR TIME IS WHAT  
MATTERS**



## Every rider faces storms

**Storms** might be any hardships or unfair disadvantages that you have encountered

**What storms (set backs-hard things) have made you stronger because you made it through them?**

## 3. RIDE THROUGH THE STORMS





**SET BACKS = SET UPS!**

**WE CALL THEM "GIFTS"**

**IF YOU WANT A GIFT IT COMES IN THE FORM OF A  
PROBLEM, IF YOU WANT A BIGGER GIFT IT COMES IN  
THE FORM OF A BIGGER PROBLEM**



**RIGHT NOW**

"WARPAINT" WILL NO LONGER RUN AT ARROWHEAD



**FIND YOUR DAY**

**ALL OF YOU HAVE  
HAD A DAY THAT  
WAS THE WORST  
DAY OF YOUR LIFE**

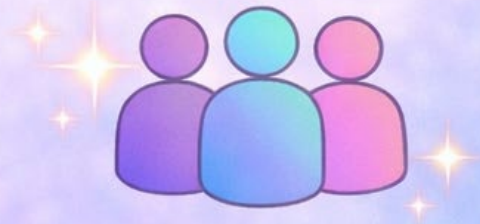
**YOU ALL ARE  
STILL HERE**

**IT'S  
NEVER  
ENOUGH**

**CANCELLED**

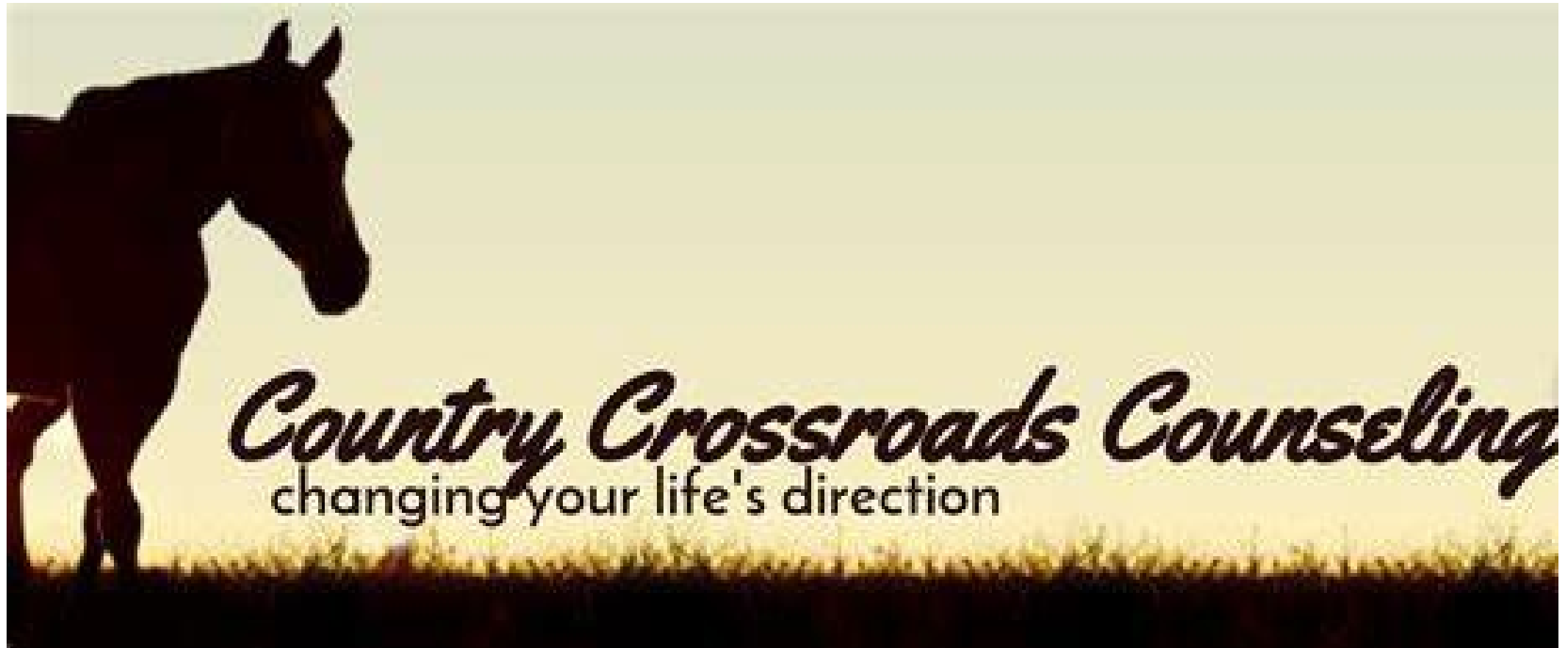


 My purpose  
is to impact others  
for the better.



*Susie Arbo* 





+

•

○



- YOU are doing important impactful work!
- YOU keep these communities going
- YOU have families that depend on you
- YOU make things happen

**YOUR PURPOSE?**

+

•

○

**Self-awareness:** recognizing stress before it takes hold.

**Role model** this for others.

**Storms pass. Keep going.**

# STAYING IN THE SADDLE DURING THE STORMS

AS HUMANS WE WANT THE EASY WAY OUT AND AVOID THEM





Having positive coping skills in your “tool box” will help you ***THRIVE!***

## 4. TOOLS FOR THE TRAIL-REGULATION



# STRESS HAS MEANING!

You don't stress out about things you don't care about!

Stress is a signal-not a weakness



# STRESS IS A PERCEPTION

Change your narrative about it



# STRESS

DEBILITATING  
&  
EXHAUSTING



ENERGIZING  
&  
INSPIRING

# IT DOESN'T HAVE TO BE A BAD THING!

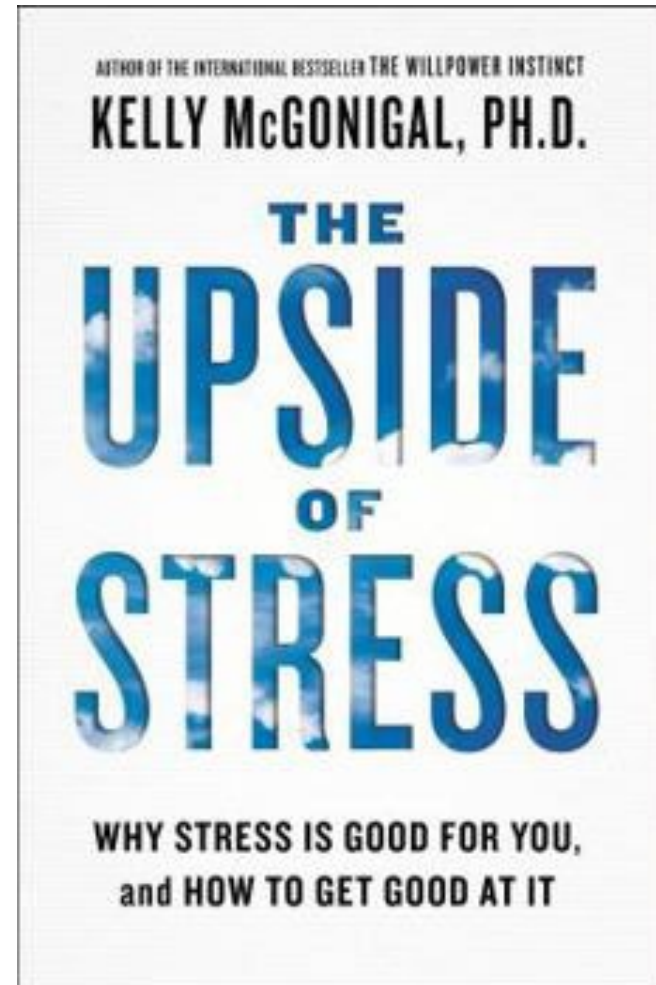
The latest studies report that stress can make you: Stronger, smarter, & more successful

It helps you learn and grow

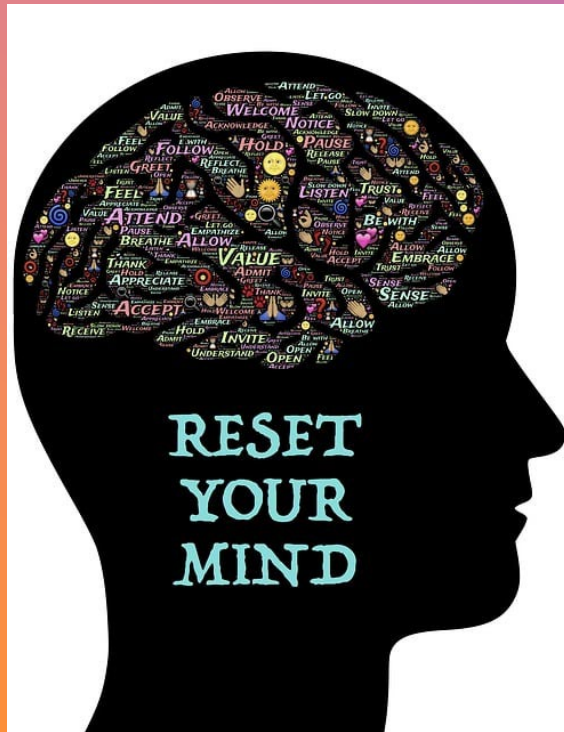
Inspires courage and compassion

Changing your mindset about stress can make you healthier and happier

How you think about stress affects everything from your cardiovascular to your mental health



# STRESS ISN'T HOW TO REDUCE OR AVOID STRESS, ITS TO RETHINK IT, CHANGE YOUR MINDSET AND EMBRACE IT!



×  
○

I want to make you better at  
handling it!

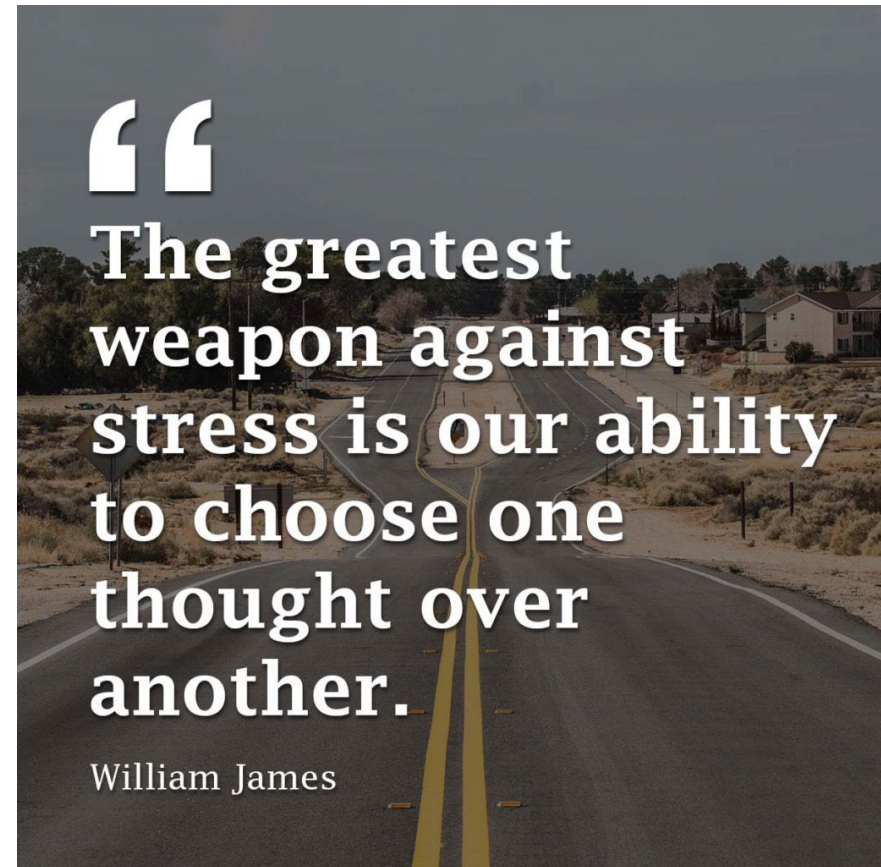
Because its not going  
anywhere!

# “RETHINKING STRESS” A PERSONALIZED STRESS MANAGEMENT PLAN FOR PROFESSIONAL RESILIENCE.

What’s yours?

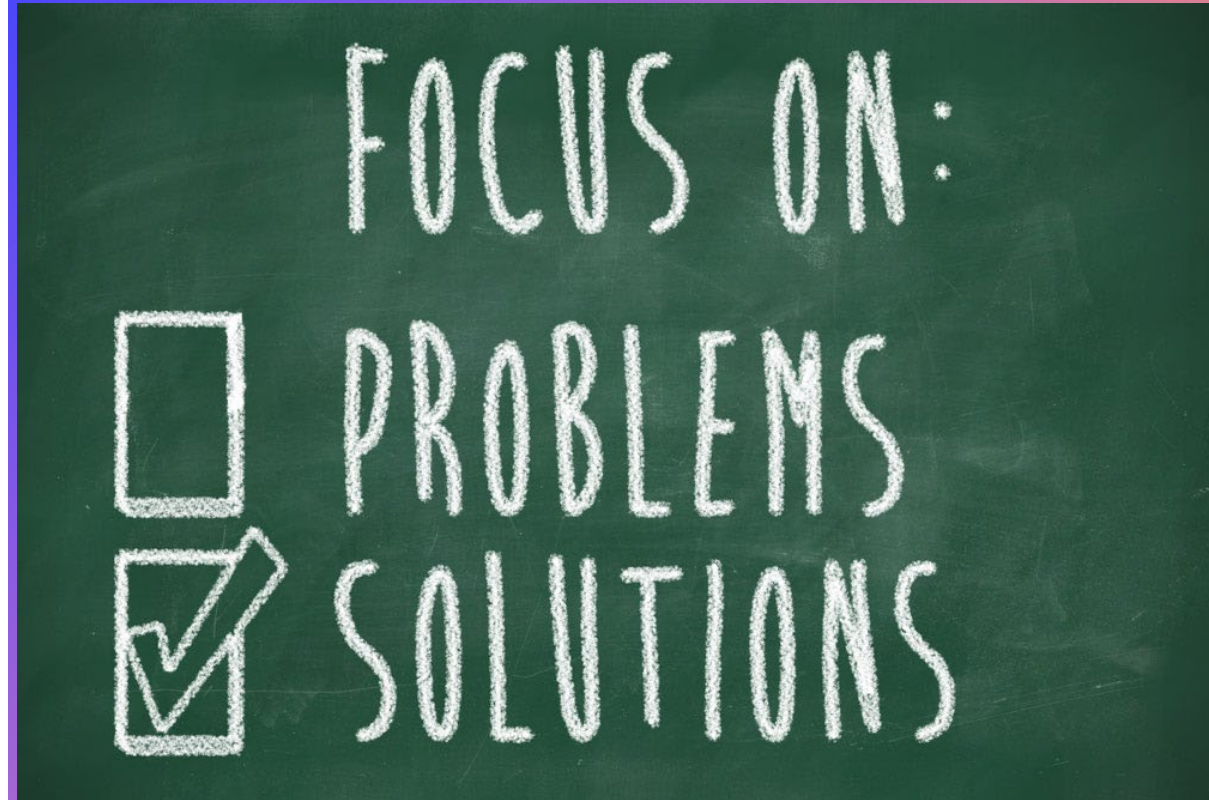
1. Identify your top stressors.
2. In your control + out of your control -
3. Come up with solutions.
4. What did you learn from it?

REPEAT as often as needed!



# BE SOLUTION FOCUSED!

Come up with a plan!



# FEELINGS SCALE

10

Emotional

9

8

7

6

5

—

4

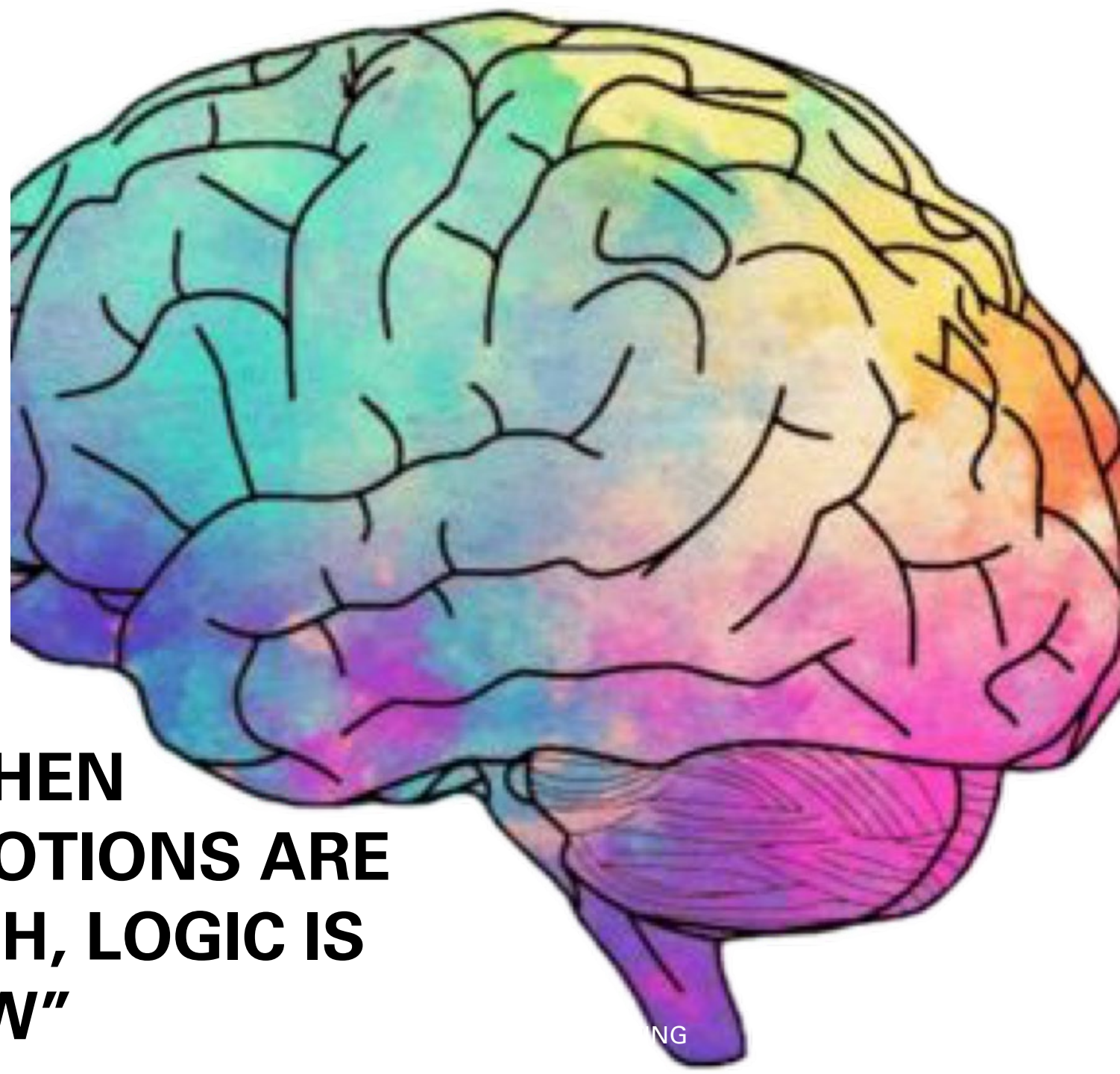
3

2

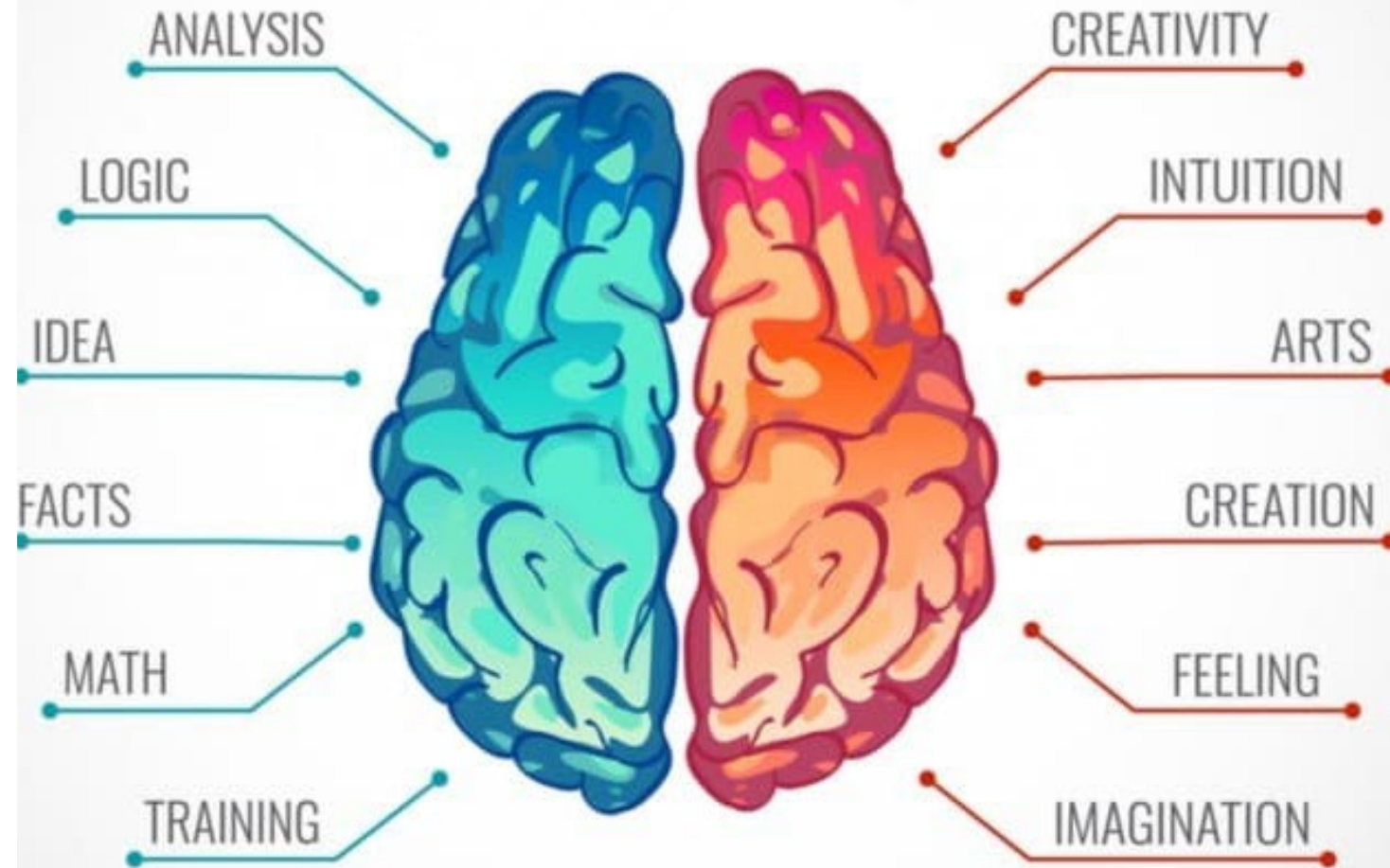
1

Logical

**“WHEN  
EMOTIONS ARE  
HIGH, LOGIC IS  
LOW”**

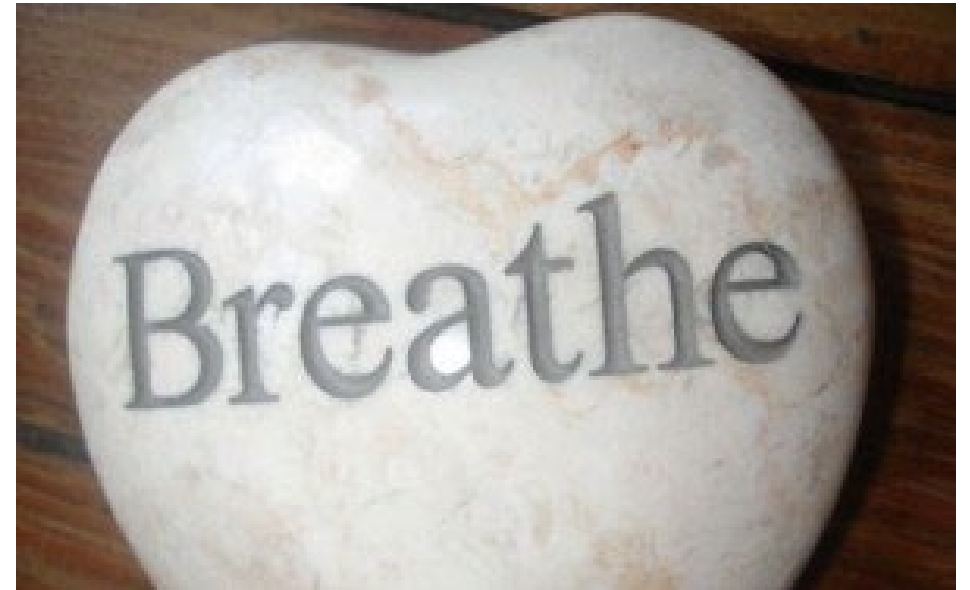


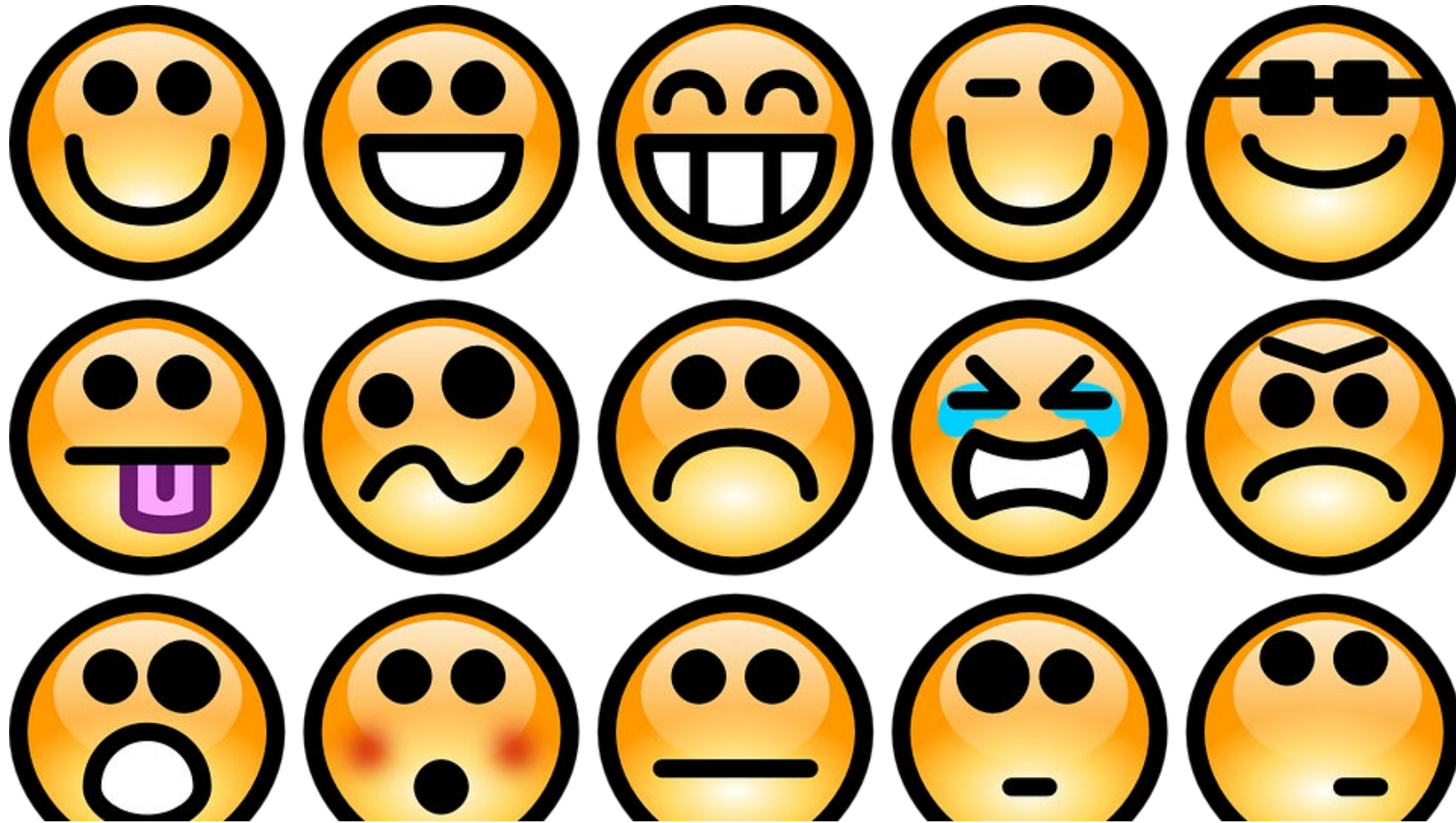
# LEFT vs RIGHT BRAIN



**4-7-8 BREATHING**

**1 BIG 2 BABIES**





**HANG ON!**

Rather than fight them-Feel them-then  
don't stay stuck in the negative ones!  
Feelings always change!

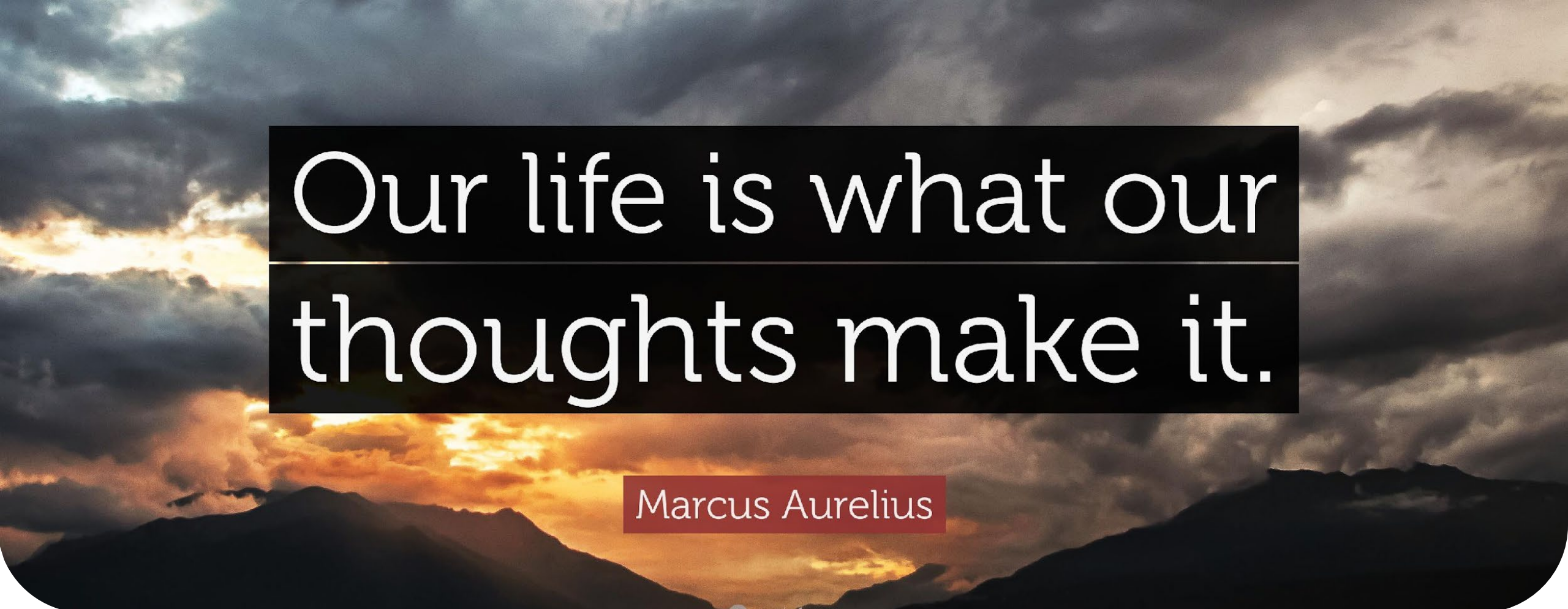
# STRESS IS CONTAGIOUS— BUT SO IS REGULATION

One grounded person can shift the entire environment

Calm, regulated caregivers *lower stress for others*

*You can learn tools to calm down and move “through” the wave of emotions*





Our life is what our  
thoughts make it.

Marcus Aurelius

**WHO'S THE ONE VOICE YOU HEAR MORE THAN  
ANYONE ELSE'S?**

**A PSYCHOLOGY TODAY  
ARTICLE REFERS TO A  
STATISTIC CLAIMING  
THAT 80% OF OUR  
THOUGHTS ARE  
NEGATIVE, AND 95%  
ARE REPETITIVE!**



# **A.N.T.S.- AUTOMATIC NEGATIVE THOUGHTS**





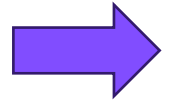
# THOUGHT STOPPING

CHANGE THAT 2<sup>ND</sup> THOUGHT

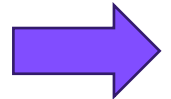
“NOT HELPFUL”

STOP. THINK. OPPOSITE. POSITIVE.

# RETHINKING STRESS



Reframing negative thoughts is intentionally choosing a more accurate and constructive way to interpret a situation.



Not denying reality.  
Not pretending it's positive.  
But adjusting the lens.

# TWO PEOPLE CAN FACE THE SAME WORKLOAD:



- One feels overwhelmed and depleted
- The other feels challenged and purposeful
- 🙌 The difference is **not toughness**.
- 🙌 The difference is **meaning and perception**.
- **Mindset shift:**
- ❌ “Stress is breaking me”
- ✅ “Stress is my body helping me respond to something that matters”
- This reframes stress as **information**, not failure.



# MINDSET IS EVERYTHING!

- Growth mindset encourages resilience
- Challenge fixed thinking:
- 'I can't' → 'I'm learning to



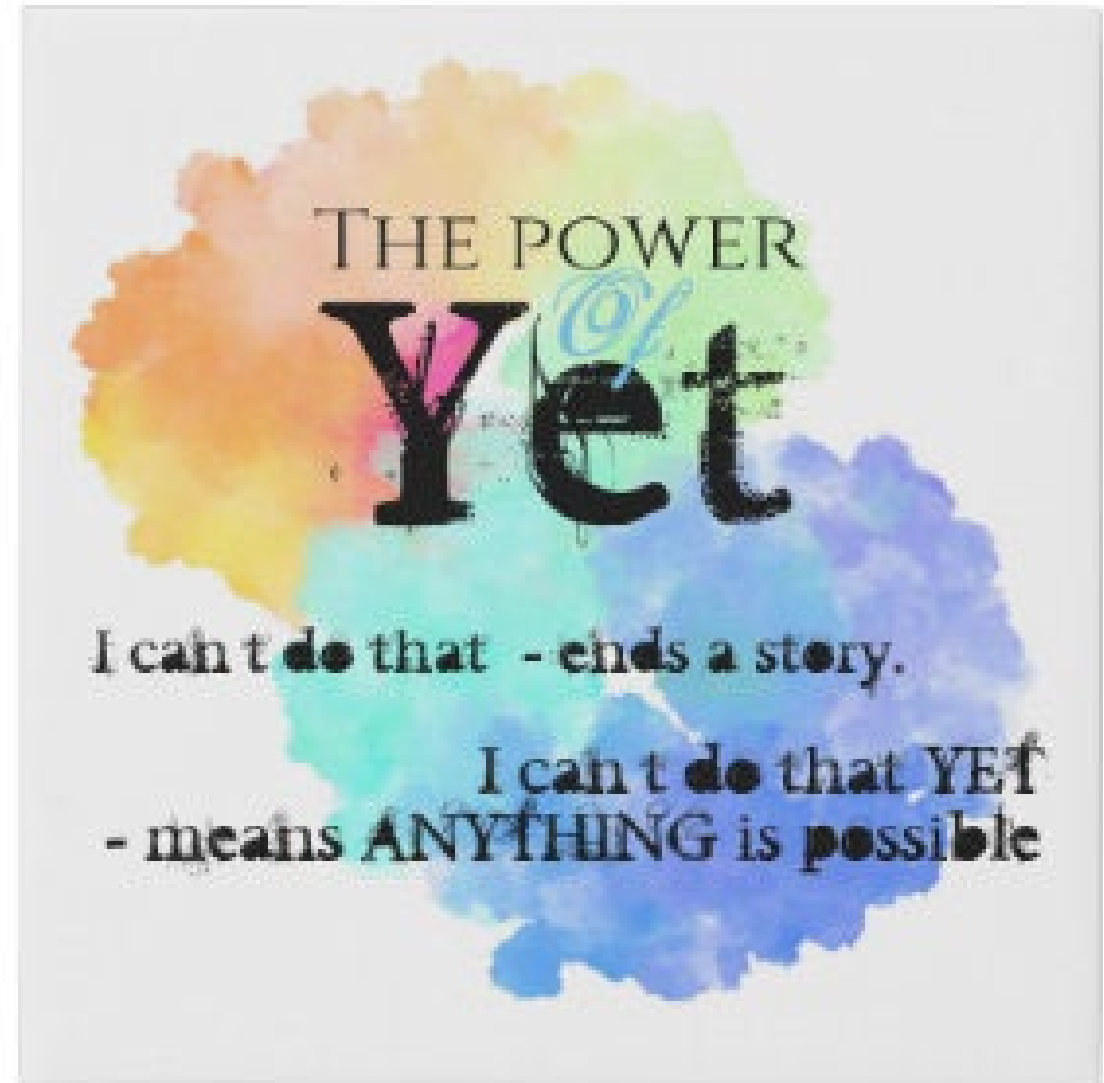
# THE POWER OF-YET...

## *The Power of Yet...*

DEVELOP YOUR GROWTH MINDSET

I can't do this...yet!  
This doesn't work...yet!  
I don't know...yet!  
It doesn't make sense...yet!  
I'm not good at this...yet!  
I don't get this...yet!

WWW.INFINITEBALANCE.CO.UK





**We can get through  
anything with a  
good attitude and  
mindset!**

**EYE BROWS UP!**

# The Role of Connection

**We need positive people cheering us on.**

Family, Friends, Co-workers,  
Find your people-Who else?

- Human connection as a protective factor
- Vulnerability builds resilience
- We heal in relationships

Challenge: Who is your 5?

# 5. TEAMWORK MATTERS

## YOUR 5 IS YOUR VIBE



# 80-year study



## HARVARD STUDY ON HUMAN HAPPINESS

Riders enjoy the journey,  
not just the buckle/prize at  
the end.

## 6. CELEBRATE THE RIDE & FIND HAPPINESS



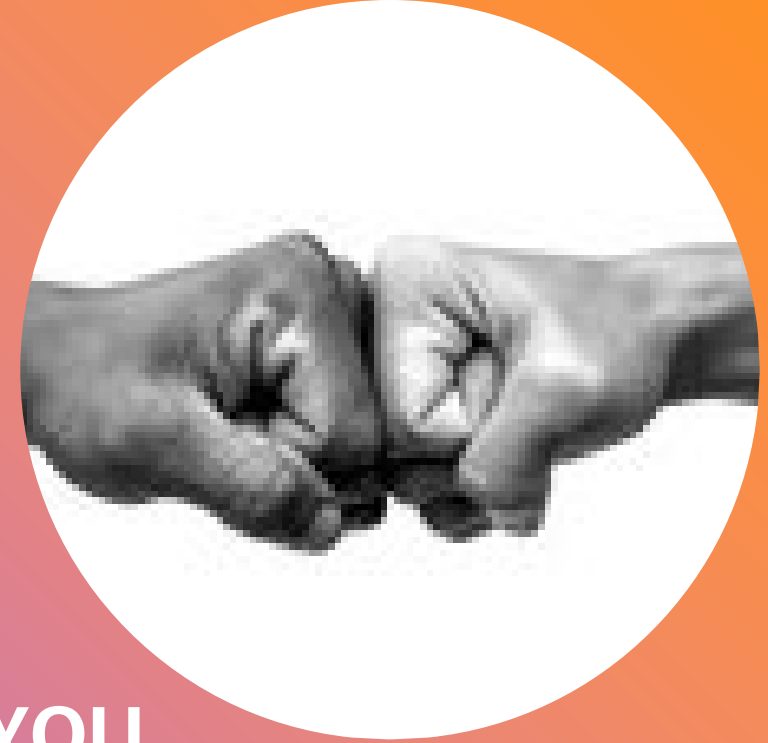
# WHY WAIT FOR HAPPINESS?



# CELEBRATE SMALL VICTORIES

**\*WRITE DOWN ONE GOOD THING THAT YOU HAVE ACCOMPLISHED THAT MAKES YOU PROUD!**

**\*DID YOU HAVE FUN IN THE PROCESS AND LEARN SOMETHING?**

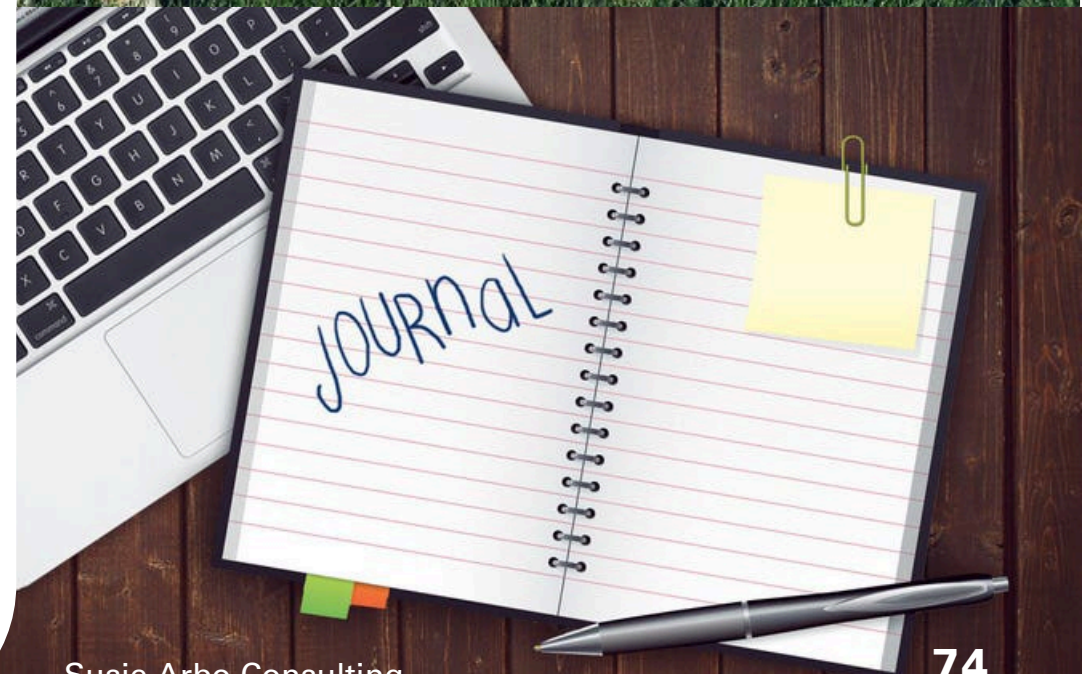


# WHAT TRULY MAKES YOU HAPPY?

- Do a hobby you enjoy
- Take a break
- Go for a walk in nature
- Love on a pet
- Listen to music
- Do art
- Learn something new
- Do a devotion
- Journal
- Take a bath or shower
- Read
- Play a game
- Watch a video

**\*What brings you pure happiness?**

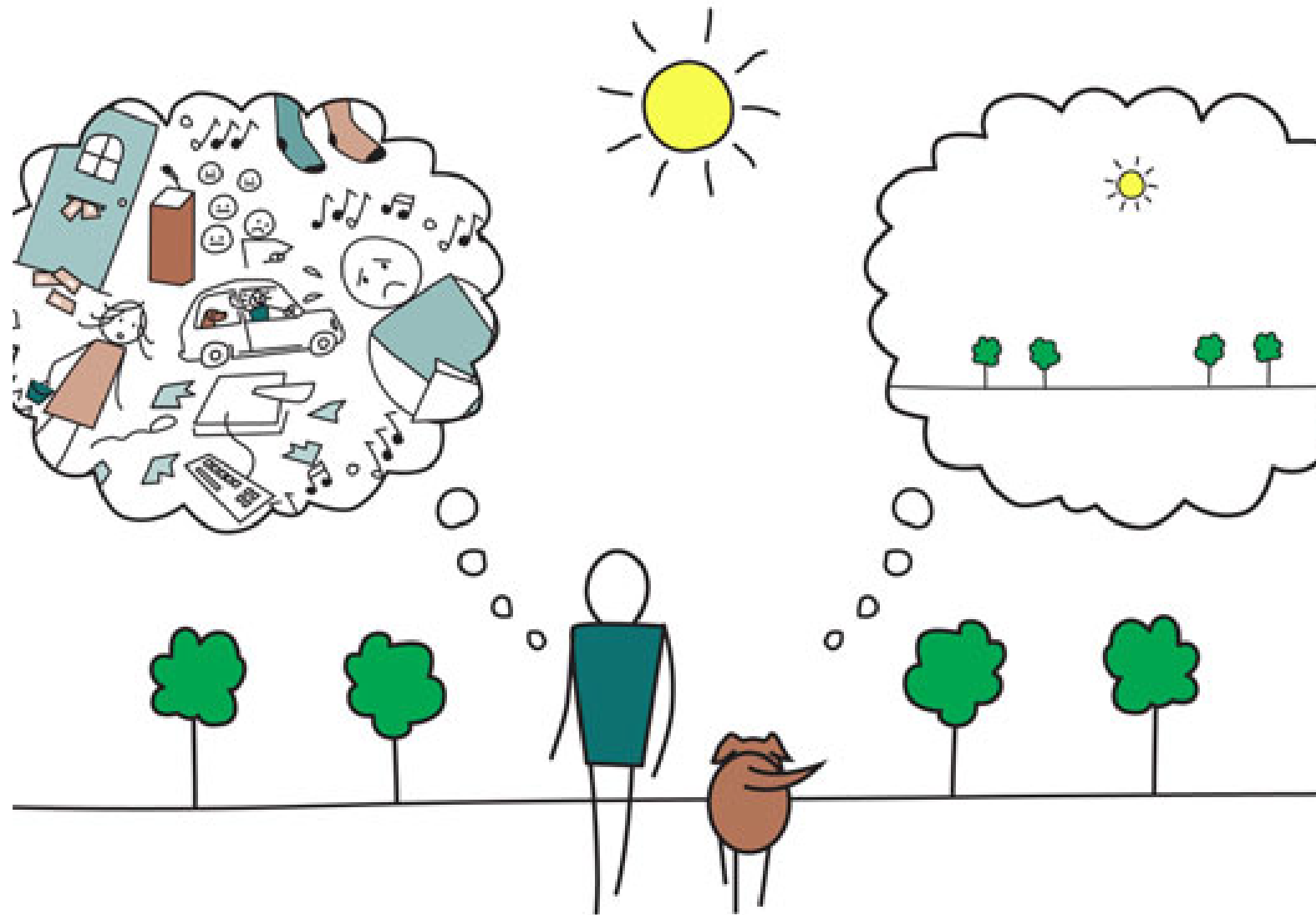
**Spend time doing those things-calendar it!**



# FINDING JOY IN YOUR JOB!

- Mindfulness: Learn to be in the moment.
- Do not let your mind “time travel.”
- As yourself, “Am I enjoying this?”

*just be in the moment...*



Mind Full, or Mindful?

# GRATITUDE

It's so easy to get wrapped up with everything we DON'T have in life or everything that is going wrong.

Ponder on these questions:

1. Think right now what you do have in life.
2. What is going well for you in life right now?
3. Get out your phone and tell someone you appreciate them!



Gratitude



# WHAT RESEARCH SAYS ABOUT HAPPINESS & RESILIENCE

- **1. Positive Habits Boost Well-Being**  
Simple practices like gratitude, kindness, and using your strengths improve mood and lower stress.
  - *Seligman et al., 2005; Bolier et al., 2013, BMC Public Health*
- **2. Connection Matters Most**  
Strong social ties are one of the biggest predictors of happiness and emotional health.
  - *Folk & Dunn, 2023, Annual Review of Psychology*
- **3. Positivity Helps You Live Longer**  
People with more positive emotions have lower mortality and better overall health outcomes.
  - *Diener & Chan, 2011; Steptoe, 2019, Psychological Science*
- **4. Support and Purpose Increase Life Satisfaction**  
Social support and a sense of purpose are key to happiness at any age.
  - *Pinquart & Sörensen, 2000; Li et al., 2024, PMC*
- **5. We Adapt More Than We Think**  
After major life events, most people recover their sense of happiness over time—resilience is real.
  - *Luhmann et al., 2012, Journal of Personality and Social Psychology*

FINDING  
HAPPINESS



## THE SCIENCE OF HAPPINESS

- 50% **GENETIC SET POINT**
- 10% **LIFE CIRCUMSTANCES**
- 40% **INTENTIONAL ACTIVITIES**

THE BIGGEST PORTION WE INFLUENCE ISN'T  
WHAT HAPPENS TO US — IT'S HOW WE  
RESPOND.

# HOW TO



Thrive

## **Protect Your Energy**

- Numbers don't exhaust people — constant stress does.
- Take real breaks-Not just scroll breaks
- Step away from heated emails
- Don't carry work tension home-TRANSITIONS
- Guard your sleep
- You cannot thrive on empty.

# REINS OF RENEWAL: SELF CARE

**Boundaries and balance:** saying “no” so you can say “yes” to what matters.

**It looks different for everyone!**



How's everything going? You taking care of yourself?

Me:





# Back Burner (You Are Here)



**“You can’t pour  
from an empty  
bucket— but you  
can refill it while  
you ride.”**



**What  
charges your  
internal  
battery?**

**What  
depletes your  
battery?**

## WHAT ADVICE DO YOU TELL YOUR LOVED ONES ABOUT SELF CARE?

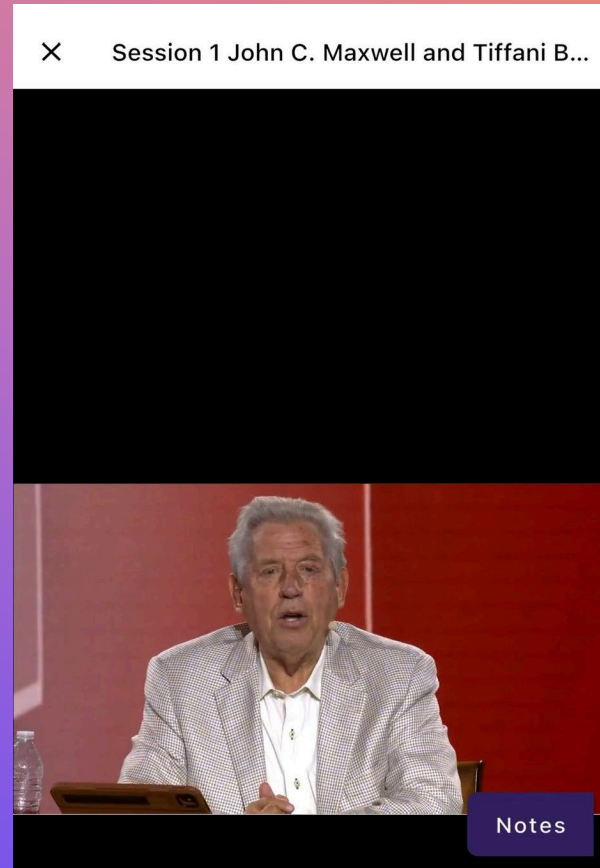
- 5-20 Minutes a day can make a huge difference
- Plug it into your calendar each day
- Practice what we preach



# SELF CARE TIPS



Journaling  
Prayers/devotion  
Animals  
Soaking/Water  
Movement  
Personal development



# “YOUR EMERGENCY BURNOUT KIT”

## TAKING CARE OF YOUR WHOLE SELF

“One boundary. One habit. One shift. Start there.”



<b>Emotional</b>	
<b>Financial</b>	
<b>Social</b>	
<b>Spiritual</b>	
<b>Career</b>	
<b>Physical</b>	

# REFLECTION



What does thriving look like for you personally and professionally?

HERE'S THE SHIFT. I'M  
ASKING YOU TO MAKE...IT'S  
THE SECRET TO LIFE



MINDSET IS  
EVERYTHING.

**QUIZ QUESTIONS!**

**YOU ARE GOING TO ROCK IT!**



**YOU CHOSE  
THIS FIELD  
BECAUSE YOU  
CARE!  
WE NEED  
YOU!**



*thank  
you*

# WE LEARNED SO MUCH!



Steps to Resiliency



Finding Happiness



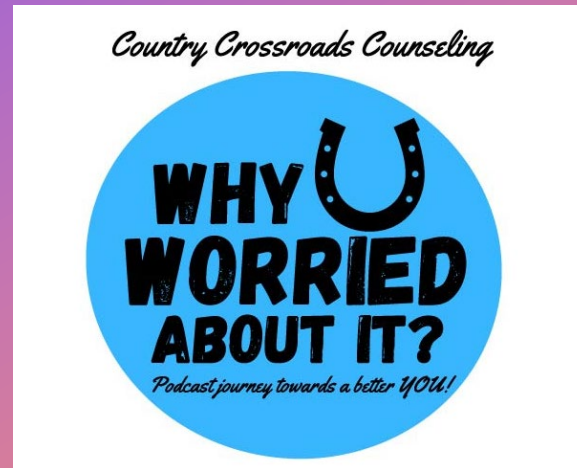
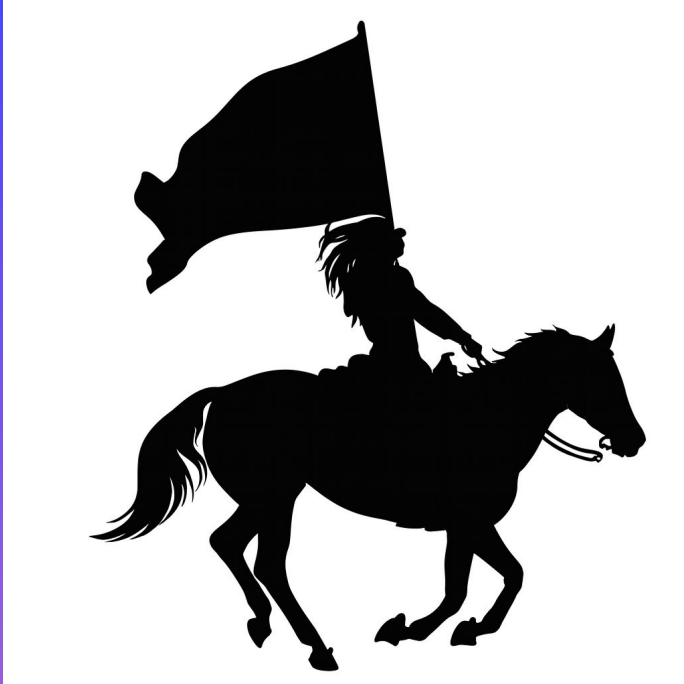
Self Care for the Counselor



# ANY QUESTIONS? THANK YOU!

BEST THANK YOU IS A LIKE OR A SHARE ON FB,

OR OUR PODCAST AND WORKBOOK!



*"Because resilience isn't about the fall — it's about the ride."*

# REFERENCES

Grit: The Power of Passion and Perseverance

Duckworth, A. (2016). *Grit: The Power of Passion and Perseverance*. Scribner.

The Upside of Stress

McGonigal, K. (2015). *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It*. Avery.

Man's Search for Meaning

Frankl, V. (2006 edition). *Man's Search for Meaning*. Beacon Press.

Harvard Study of Adult Development

Waldinger, R., & Schulz, M. (2023). *The Good Life: Lessons from the World's Longest Scientific Study of Happiness*. Simon & Schuster.

Seligman, M. E. P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. Free Press.

Dweck, C. (2006). *Mindset: The New Psychology of Success*. Random House.

American Psychological Association. (2020). *Building Your Resilience*.