James Kouzes and Barry Posner’s 2014 book, *Turning Adversity into Opportunity*, is an encouraging short read (64 pages). The information is geared toward aspiring leaders yet adaptable to the graduate school experience. Below are a few highlights from the book for perspective today.

1. **Accept the new normal.** The authors assert that normal used to mean calm and stable but normal now means frequent turbulent change and disruptions. It takes time and skill to learn to adequately shift priorities in life and throughout the day as needs arise. Sometimes concentration means disconnecting (from technology, social settings, etc.) temporarily to refocus. What are the frequent disruptions that interrupt your day? How do you typically respond? Do you recover from the interruptions and if so, how?

2. **Look at your situation from a broader perspective.** When feeling overwhelmed, it’s hard, yet still important to see issues in a broader context. Some questions to ask yourself: Have others faced the issue I am facing and how did they work through this? Will this situation/issue be important to me an hour, day, or years from now? What are the various internal and external factors that impact my current issue? Is the situation part of an interpersonal conflict? If so, consider taking a peek at [Collaborating with the Enemy: How to Work with People You Don’t Agree with or Like or Trust](#).

3. **Accept the diagnosis without accepting defeat.** It’s healthy to admit faults, mistakes, failures, and deficits however it's unhealthy to remain stuck in them. The questions to keep asking: how do I continue to move forward in spite of the failure/mistake and/or what does progress look like for me? I often ask this of students particularly if a course or term didn’t go as planned. For an inspiring example of accepting a diagnosis without accepting defeat, listen to [Muniba Mazari’s TEDxIslamabad talk](#).
I’ll cover the remaining points next week, but the reflections above are a good start. If you find that you need some support in working through current adversities, don’t forget that JHSAP and Student Life are here for you!

**Quote of the week:**

*Adversity causes some men to break; others to break records.*

*William Arthur Ward*

**FREE/INEXPENSIVE Local Things to Do/ Upcoming Events/**

1. **Last Session of the Year: Student Wellbeing Session:** Next Thursday, April 4, 12:00 - 1:15, W3008: Navigating Personal and Professional Transitions Fourth term often marks a time of transition whether it’s moving one year closer to completion, graduating, or job hunting (or all of the above at the same time!). This session will provide support and resources for moving from the end of one phase into the uncertainty of the next. Participants will learn more about ways to work through both personal and professional transitions. Cosponsored by Student Life and Career Services. In an effort to eliminate food waste, lunch (which includes vegan options) will be guaranteed for the first 25 registered attendees. Sign up [here](#).

2. **Today: Be Well Wednesday: Therapy Dog and 10-Minute Chair Massages** Please join us for our monthly wellness break sponsored by UHS Wellness! This month we will be at the School of Nursing. We'll have Baxter the therapy dog visiting with his owner Liza from 12:30-1:30 pm in Student House room 114. We’ll also have free 10-minute chair massages from 12-4 pm. You can sign up for a massage outside room 402 starting at 11:45 am. Open to all students and trainees.

3. **JHMI Out of Darkness Campus Walk to Fight Suicide, Saturday April 13:** See [http://jhsap.org/jhsap_events/](http://jhsap.org/jhsap_events/). Friends, family, and pets welcome! Visit the American Foundation for Suicide Prevention’s [website](https://afsp.donordrive.com/team/210642) for more information about suicide awareness. Join Team JHSPH here: [https://afsp.donordrive.com/team/210642](https://afsp.donordrive.com/team/210642). Please join the greater Johns Hopkins community in coming together to help raise awareness about suicide; provide support to the members of our community impacted by suicide; and fundraise for the American Foundation for Suicide Prevention (AFSP). Join us for a reception and ceremony, planned by JHU graduate students followed by a 2.5 mile walk. Reception includes coffee & bagels; memorial wall to honor those lost to suicide; photobooth, poster-making and much more. Ceremony includes student voices sharing their experiences through spoken word and music

**Why:** Because suicide is an issue that impacts us all! Learn the suicide warning signs and what to do if you're concerned about someone by clicking on the image below:
Suicide Warning Signs

**TALK**
- Being a burden to others
- Experiencing unbearable pain
- Killing themselves
- Feeling trapped
- Having no reason to live

**BEHAVIOR**
- Increased use of alcohol or drugs
- Isolating from friends & family
- Sleeping too little or too much
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Looking for a way to kill themselves, such as searching online for materials or means
- Withdrawing from activities
- Acting recklessly
- Aggression

**MOOD**
- Depression
- Loss of interest
- Irritability
- Anxiety
- Humiliation
- Rage

American Foundation for Suicide Prevention

[afsp.org/signs](http://afsp.org/signs)

*With Warm Wishes for Wellness and Success, Jessica & Shekeitha, and Kevin*

Jessica Harrington, MPA  
Director, Student Life Services

Shekeitha Jeffries, MPA  
Assistant Director, Student Life Services

Kevin Casin, PhD Candidate, EHE  
Student Life Program Assistant

Johns Hopkins Bloomberg School of Public Health  
615 N Wolfe St, Suite W1600  
Baltimore, MD 21205