

Professional Reading Program

Wildland Fire Leadership Development Program



The Resilient Life by Dr. Susan Biali Haas

Best Wildland Fire Leadership Level to read this book:

- All leadership levels

Why Read *The Resilient Life*?

"Life is a hard game. No one gets through it unscathed. Living with resilience isn't about escaping the challenges or building a bulletproof life. But when you make wise, well-informed choices on a regular basis, and are able to keep your head (and your center) when things get rough, you'll avoid a lot of grief."

The Resilient Life is an easy to read, simple guide with lots of ideas to manage stress and strengthen your mental and physical health. As leaders in the wildland fire service, we take time to train physically, to train on the technical aspects of our jobs; and we should train our minds to perform under stress as well. While some of the recommendations in the book are well known to most in the fire culture (Eat better! Sleep more! Exercise regularly!), some may not be, and that's what makes this a good book to read for leaders at all levels in the organization. Mental health is an important topic, and being mentally healthy and fit for duty should be as much a priority for fire leaders as being physically healthy and fit for duty.

- **Don't Stress: How to Decompress and live a Healthier and Happier Life (7-minute clip):**
<https://www.youtube.com/watch?v=PYeUXjbtAjo>
- **Living Your Best Life! Have Fun & Play (Dr. Greg Wells podcast) (19-minute clip):**
<https://www.youtube.com/watch?v=JDzCdcrAQcU>

For more leadership ideas and to dig deeper, check out the Wildland Fire Leadership Development Program (WFLDP) blog, Facebook page, Professional Reading Program, and more at the links below:

Blog: <http://wildlandfireleadership.blogspot.com/>

Facebook: <https://www.facebook.com/WFLDP>

Professional Reading Program: <https://www.nwccg.gov/wfldp/toolbox/prp>

Main WFLDP page: <https://www.fireleadership.gov>

The Resilient Life Discussion Questions

A different approach: Challenge to readers

In each section of the book there are coaching exercises to prompt some reflection and action. Rather than read a set of discussion questions outside of those already presented in the book, challenge yourself to take the time to read through and purposefully engage in those exercises inserted by the author. Don't just skip over them, or quickly answer the questions... genuinely go through the exercises and see what you think.

To dive even deeper, take advantage of the workbook at the author's website (linked in the book itself).