

Functional Diversity and Resilience

Throughout the course of our lives, we are likely going to encounter a time when we will have to manage functional diversity. If the definition of functional diversity is, any need that requires the attention of a specialist other than a general practitioner, then it could be a matter of time. As we develop in life, the idea of having functional diversity revolves in our mind and we start to adjust the likelihood degree.

Then we start to think about people who were able to cope with the news of a physical, emotional, or intellectual limitation because of a disease, traumatic event, or genetic condition. We also think about those extraordinary stories of people that did what their doctors, professionals or loved one said they will not be able to do. A person with Down Syndrome handles a business, a person without upper extremities flies an airplane, a person with autism works to become a basketball assistant, and a person without extremities is a motivational speaker and demonstrates resilience despite the challenge of having a disability.

There is abundant evidence that demonstrates that you choose to overcome or surrender to your functional diversity. At first, you may have to dispute or debate your ideas or other's affirmations like: "I will never be able to overcome this limitation", "because of this limitation, my life will be miserable", or "You will not have to do anything; I will take care of your needs".

Improve your resilience by loading your mind with ideas related to resources available, alternatives, new technology, programs, support groups, support organizations, new approaches, and innovative scientific findings. Learn a new skill, learn how to use other parts of your body, calibrate techniques, and connect with people that had overcome the limitation. Build a plan, use new strategies, and learn about the law and organizations that provide assistance or advocate for you. When you focus your mind on these thoughts, you will notice a boost in your enthusiasm and energy.

Yes, it is time for a new perspective; focus your mind on the optimistic panorama. Challenge yourself by working on new possibilities and developing other areas you had on hold. Remember that what you keep or bring to your mind will trigger emotions or actions. It is not the event or a condition that triggers your emotions or actions. If you interpret the circumstance as there are no options, you may feel hopeless and decide to be isolated. There is no magic, just the view of reality as it is. Many people start to live a more plentiful and satisfactory life after they were confronted with functional diversity. They opted for resilience after adversity.

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