EXPLORATION: RESILIENCY AND REJUVENATION Topic Area

This topic includes two very important themes: **RESILIENCY** and **REJUVENATION**, which blend nicely with the conference theme of “From the Margins to the Center.” We are excited to hear your proposals about how you have moved into your sense of “center,” despite life’s challenges instead of the absence of them. How did you move forward and spark a sense of rejuvenation, renewal, and hope? How can we help empower others to do the same?

We have created a space to share your personal stories, as well as stories of your programs. This strand is open to sharing your research, techniques, and innovative ideas relevant to the theme. Continue reading for ideas on the types of proposals we are welcoming!

- Connect resiliency to personal power, empowerment and positive change; illustrate how overcoming adversity and being a resilient individual has benefited one’s life and the lives of others;
- Address positive psychological theory or practice showing the importance of happiness, contentment, harmony, and resilience across the life span;
- Address issues of the holistic self -- the connectedness among mental, spiritual, as well as
physical health -- and how these preventive methods can rejuvenate the body, mind, and spirit;

- Share hands-on activity ideas/apply research on self-care and self-healing to various settings (i.e. schools, home, communities, workplace, families);
- Address the need for self-care and present innovative programs/ideas for how to meet the needs of various populations (local, national and international).

If you have a proposal that may not fit in to the above targets, we will welcome them as part of our discussion. We welcome proposals in any presentation format. **We are especially looking for hands-on workshops.**

Please see presentation formats on our webpage at [http://www.pacrim.hawaii.edu/presenters/formats](http://www.pacrim.hawaii.edu/presenters/formats). Please check the criteria for each format and ensure that you have the appropriate number of presenters for your chosen format. You may submit proposals online at: [http://www.pacrim.hawaii.edu/submissions](http://www.pacrim.hawaii.edu/submissions) or send your proposals via email to prcall@hawaii.edu.

For more information about this topic area, please contact the Topic Chair, Naomi Rombaoa Tanaka, [nrombaoa@hawaii.edu](mailto:nrombaoa@hawaii.edu), or the Conference Team at [prcall@hawaii.edu](mailto:prcall@hawaii.edu).

For general information on the conference, please contact Charmaine Crockett at cccrocke@hawaii.edu, (808) 956-7539.
For registration questions please contact the registration desk at (808) 956-8816, fax (808) 956-4437 or email prreg@hawaii.edu.