



Strong Enough for  
the Road:  
Movement,  
Resilience, & Joy  
of the Next Step

EMBRACING CHALLENGES  
WITH STRENGTH AND  
POSITIVE MOMENTUM

# SETTING THE JOURNEY'S INTENTION

# Strong Enough for the Road: Framing the Journey

## **Journey as Meaningful Steps**

Life is framed as meaningful steps, not a race; strength comes from intention and willingness to continue.

## **Physical and Emotional Awareness**

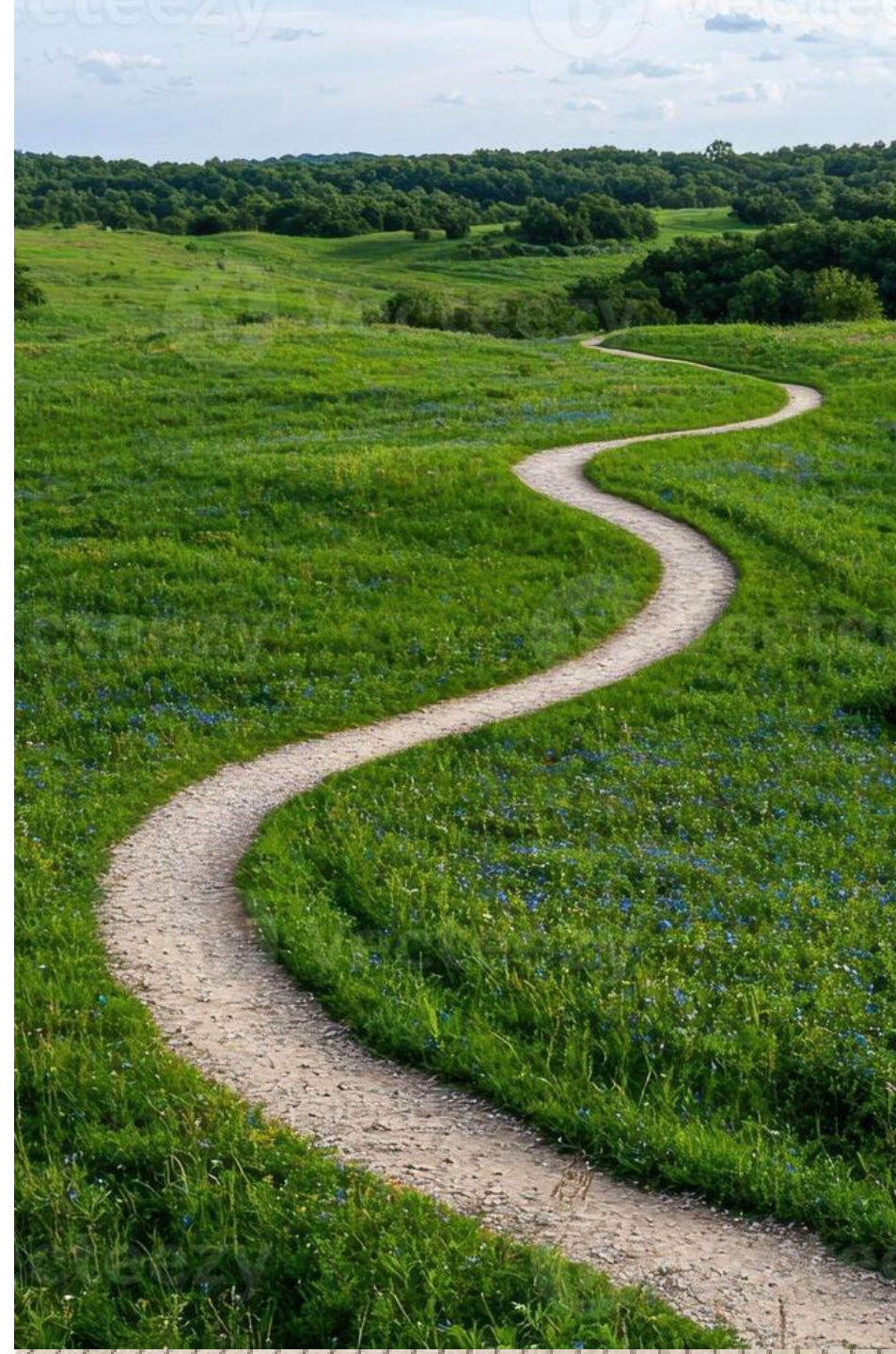
Participants are encouraged to check in with their bodies and emotions to reduce stress and foster reflection.

## **Redefining Success**

Success is showing up daily and taking next steps, releasing unrealistic expectations and self-judgment.

## **Strength Through Presence**

True strength is quiet, resilient, and built through presence, self-trust, and compassion over time.





# Welcome, Pause, and Arrive in the Body

## **Importance of Pausing**

Starting with a deliberate pause helps reduce stress and prevent fatigue or injury in daily life.

## **Body Awareness and Wisdom**

Noticing breath, posture, and sensations reconnects individuals with their body as a source of insight.

## **Emotional Safety and Self-Kindness**

Welcoming oneself with kindness creates psychological safety and nurtures resilience during change.



# Why the Camino de Santiago Matters as a Life Metaphor

## **Transformation through Walking**

The Camino symbolizes personal transformation occurring through the ongoing act of walking, not just the destination.

## **Consistency Over Intensity**

Progress on the Camino reflects life's lesson that small, consistent actions lead to lasting change over time.

## **Embracing Challenges**

The Camino normalizes difficulty, teaching that obstacles are part of the journey, not failures.

## **Equality and Connection**

On the Camino, social status fades, fostering humility, connection, and compassion among pilgrims.

MOVEMENT AS A  
FOUNDATION FOR STRENGTH



# Listening to the Body and Respecting Limits

## **Importance of Body Awareness**

Listening to bodily signals helps prevent injury and supports endurance during long journeys and daily life.

## **Balancing Effort and Recovery**

Resilience is built by balancing activity with rest, hydration, and breaks to sustain long-term strength.

## **Building Self-Trust Through Limits**

Respecting personal limits fosters confidence and trust in handling challenges wisely and sustainably.



# Building Confidence One Step at a Time

## **Confidence Grows With Experience**

Confidence develops gradually as challenges are faced and overcome, not from ease but from persistence.

## **Action Builds Confidence**

Taking small, deliberate actions despite uncertainty strengthens belief in one's capabilities.

## **Celebrate Progress**

Acknowledging small achievements boosts perseverance and reinforces self-efficacy during challenges.

## **Trust Ability to Adapt**

Confidence stems from trusting one's ability to adapt and move forward despite fear and uncertainty.



RESILIENCE THROUGH  
CHALLENGES AND  
TRANSITIONS



# Resilience on the Road: Adapting Without Giving Up

## **Adapting to Hardship**

Resilience involves flexibility like adjusting plans or accepting help to overcome physical and emotional challenges.

## **Normalization of Adjustment**

Changing routes or pacing is normal progress, not failure, encouraging wise responses to life's disruptions.

## **Skills for Resilience**

Resilience is a skill set including problem-solving, emotional regulation, and self-compassion to handle setbacks proactively.

## **Viewing Setbacks as Feedback**

Challenges provide feedback, encouraging adaptation that conserves energy and reduces frustration on the journey.



# Practical Resilience Tools from the Camino

## **Sustainable Pacing**

Maintaining a steady pace prevents exhaustion and fosters long-term resilience in both pilgrimage and life transitions.

## **Foundational Nourishment**

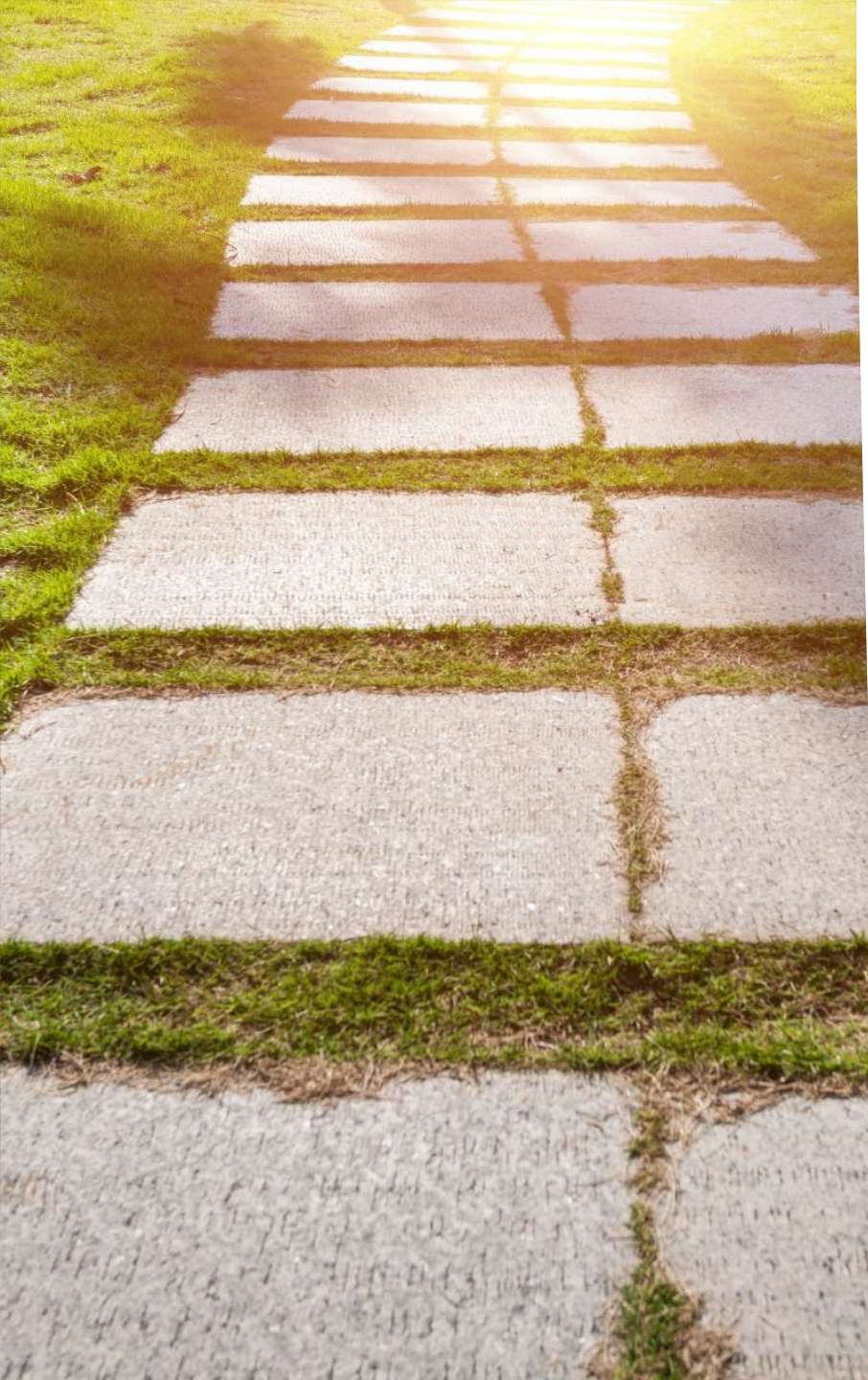
Regular hydration, meals, and rest are essential for physical and emotional resilience on the road and in daily life.

## **Mutual Support**

Seeking and accepting help fosters strength and is a key resilience strategy embraced by Camino pilgrims.

## **Mental Flexibility**

Adapting to changing conditions with curiosity reduces distress and enriches the pilgrimage experience.



# Life Transitions as Invitations, Not Obstacles

## **Transitions as Opportunities**

Viewing life transitions as invitations encourages growth and realignment rather than resistance.

## **Embracing Discomfort**

Discomfort in transitions arises from loss of certainty, combining feelings of grief and anticipation.

## **Rituals for Continuity**

Small rituals like journaling help mark endings and beginnings, fostering integration and presence.

## **Empowerment through Reflection**

Asking meaningful questions during transitions supports deeper alignment and renewed purpose.

JOY, CONNECTION, AND THE  
NEXT STEP FORWARD



# Finding Joy in Small, Ordinary Moments

## **Joy in Simple Moments**

Joy arises from small everyday moments like sunrise coffee, shared laughter, and resting tired feet.

## **Joy as Emotional Fuel**

Small pleasures replenish emotional reserves and motivate, balancing the brain's negativity bias.

## **Cultivating Gratitude and Presence**

Awareness of small joys strengthens gratitude and presence, making joy a daily practice.

# Community, Support, and Not Walking Alone

## **Shared Journey and Support**

The Camino fosters natural community through shared effort, conversation, and mutual encouragement among pilgrims.

## **Overcoming Isolation**

Connection on the Camino challenges isolation, offering reassurance and perspective through brief meaningful interactions.

## **Nurturing Support Systems**

Support systems include friends, family, colleagues, or professionals, emphasizing being witnessed and understood over problem-solving.

## **Reciprocity Builds Belonging**

Giving and receiving support on the Camino builds belonging, purpose, and confidence to face future challenges.





# Stepping Forward Grounded, Capable, and Hopeful

## **Grounded and Responsive**

Being strong means staying grounded in the body and open to challenges and moments of joy.

## **Taking Meaningful Steps**

Focusing on achievable next steps helps make life transitions manageable and purposeful.

## **Resilience and Joy**

Regular movement, adaptation, and joy nourish resilience and a sense of capability.

## **Hope and New Beginnings**

Each step forward is both an arrival and a new beginning filled with hope and trust.



# *Backpacking* Around Europe

## Walking Challenge

- Lace up your walking shoes, as we take our own Camino in this summer walking challenge!

**Challenge Dates: June 1-June 30**

- Computer platform and app for challenge
- Open to all retirees
- Activity converter

Sign up today at: <https://nmrhca.thrives.app/>



Thank you