

# Camp Resilience: Building veteran resilience outdoors and inside

*"The toughest time of my life was not boot camp, or my deployment in Iraq: It was the two years of transition to life back home." - Brandon Schuster, Marine veteran*



**D. QUINCY WHITNEY**

The word resilience derives from the Latin verb *resilire*, which means "to jump back" or "to recoil." The base verb of *resilire*, *salire*, means "to leap." In physics, resilience refers to the ability of an elastic material to absorb energy – as in absorbing a blow – and release that energy as it springs back to its original shape.

What is that tipping point, that line of demarcation that makes us able to recover from or adjust more easily to misfortune or change? How do we cultivate resilience?

I will never forget the

first day I visited the campus of the United States Merchant Marine Academy at Kings Point, Long Island, to drop off our son Gabe. I happened to look up into the trees and saw 50 to a hundred pairs of shoes tied together and dangling from the branches.



Photo by D. QUINCY WHITNEY

The Gunstock Ski Area boasts an outdoor rope adventure course.