

MAINTAINING RESILIENCE



You don't build resilience
by feeling good all the time.

You build it by getting
better at feeling bad.

~ Mark Manson

What Is Resilience?

The ability to bounce back from tough, testing or demanding circumstances.

It's inevitable that life will test your willingness to stay on the planet.

You will lose people you love, money, health, happiness in proportions beyond your wildest imaginings.

Researchers tell us that you will have
4 major life crises per year.

Redundancy, divorce, life threatening illness, significant loss...

God or the universe has no
interest in spreading them out
neatly over the next 12 months.

2020: Bushfires, Floods, Covid lockdown... all by March.

“How to be more resilient?”


...is the number one search term entered into Google by people exploring the personal development and mindset fields.

It has **triple** the number of enquiries as the next most popular question.

Most people:

- Feel more challenged than ever.
- Desire more (stuff) than ever.
- Have more (stuff) than ever.
- Are **NOT** happier than ever.
- Are busier than ever.
- Feel more tired than ever.

How to build resilience:



Building Resilience

More Info

The graphic card is divided into three horizontal sections. The top section features a red-to-white gradient background on the left, containing a white outline of a test tube with a rainbow-colored liquid inside and three small white circles above it. The right side of this section shows a photograph of a small green plant with four leaves growing out of a crack in a grey concrete surface. The middle section is white and contains the text 'Building Resilience' in a dark grey font, with a horizontal grey bar below it. The bottom section is white and contains a purple heart icon on the left and the text 'More Info' in a purple font on the right.

The 9 Components Of Resilience

Change
Thinking

Master
Emotions

Break It
Down

Go
Within

Build
Relationships

Pray Meditate
Mindfulness

Embrace
Change

Self
Talk

Reframe
Often

Maintaining Resilience

In this session we will explore the reasons why most people don't use the nine keys...

...and what we can do about it.

Maintaining Resilience



There are three fundamental problems with our approach.

Problem # 1

We think that going harder is the answer to getting (*having*) more, success, fun, satisfaction, happiness...

We are therefore too overtired and overstimulated to be effective.

Problem # 2

We go to extreme lengths to avoid any kind of pain and pursue comfort.

We are therefore weakened
not strengthened.

Problem # 3

We let circumstances dictate how we feel - and we want to feel like winners all day long.

This means we suck at creating meaning out of adversity.

Maintaining Resilience

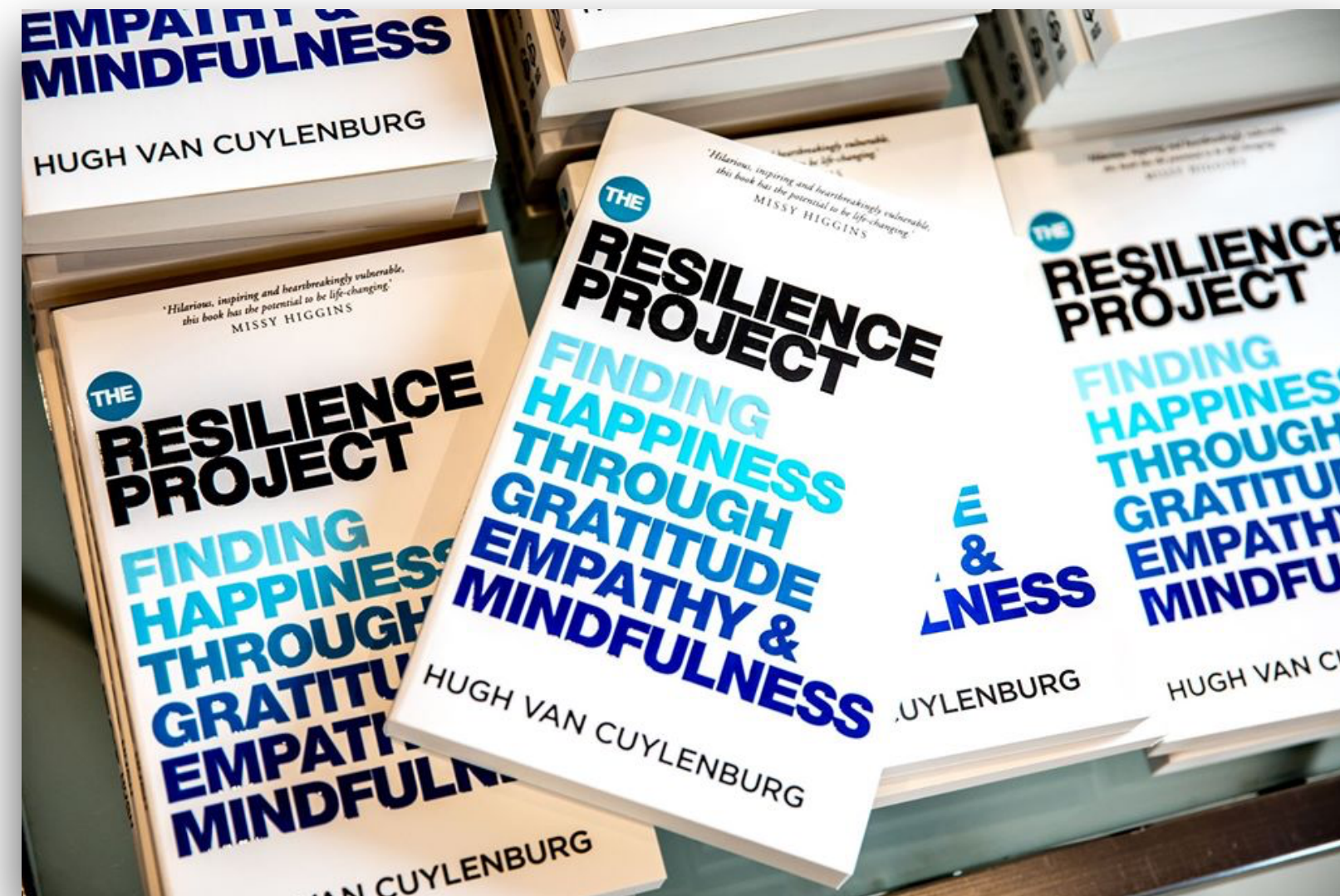
Sadly most people seek to build resilience after they hit a wall.



For many they are too far **'gone'** to be able to rebuild.

Maintaining Resilience

Fortunately there is a research proven four step process that works to build resilience, strength and the ability to persevere.



GRATITUDE

What was the best thing that happened to me today?

Who am I most grateful for and why?

What am I looking forward to most tomorrow?

EMPATHY & KINDNESS

Oxytocin leads to increased:

- Self confidence,
- Energy and enthusiasm,
- Positivity,
- Happiness.

MINDFULNESS

Pain is inevitable but suffering is *optional*.

Buddha:

When you are struck by an arrow you are injured twice.

The first is the physical injury, the arrow piercing your skin causing you to bleed. **The second is our beliefs and thoughts about the injury.**

We decide that we didn't deserve to get struck by the arrow.

We think about how much we wish we didn't get struck by the arrow.

We wish the arrow had never happened.

And for those thoughts we suffer...

MINDFULNESS

Those who are prepared for pain are the most resilient in the face of pain.

Those who expect challenges are the most resilient in the face of challenge.

“You must never confuse faith that you will prevail in the end with the discipline to confront the most brutal facts of your reality.”

~ Admiral Stockdale 8 years POW

REACH OUT

None of us will make it on our own.

When you know how to share without placing a burden on the listener you honour them and you.

This is a strengthening of our character
and the fabric of our lives.

Life doesn't get easier or more forgiving.
We get stronger and more resilient.



Assignments

<i>1</i>	Start a gratitude journal and commit to writing in it each day.
<i>2</i>	Identify where you can practice random acts of kindness.
<i>3</i>	Commit to “un-catastrophising” your emotions.