


DEVELOPING INNER RESILIENCE

Let's Bring It On

Where Am I



Carrots, Eggs or Coffee Beans?

Resilient people are able to utilize their skills and strengths to cope and recover from problems and challenges.

WHAT IS RESILIENCE

Any time we mindfully shift our response, we become more resilient; we learn and grow, we recover our well-being



THE PHYSIOLOGICAL MANIFESTATION OF STRESS AND TRAUMA

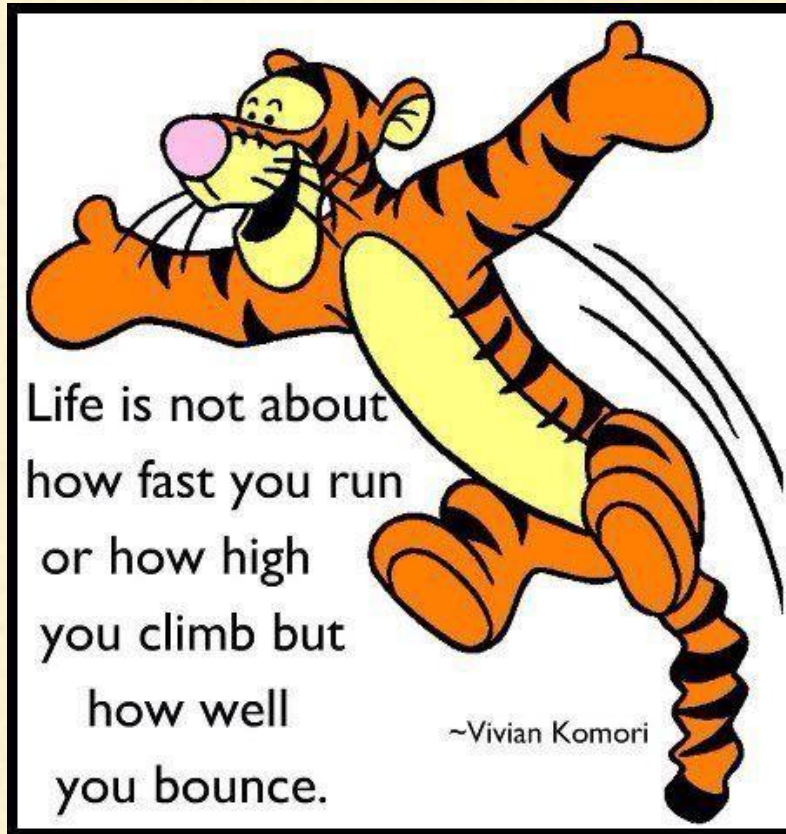


STEPS TO BUILD RESILIENCE



- Building Inner Strength- Healthy nourishing habits for body and mind
 - Learning thinking skills- Meditation and mindfulness;
 - Developing Emotional Intelligence- Compassion and acts of kindness
 - Ask for Help- Connect with people- Friends Family, Counsellor, Therapist; read Biographies
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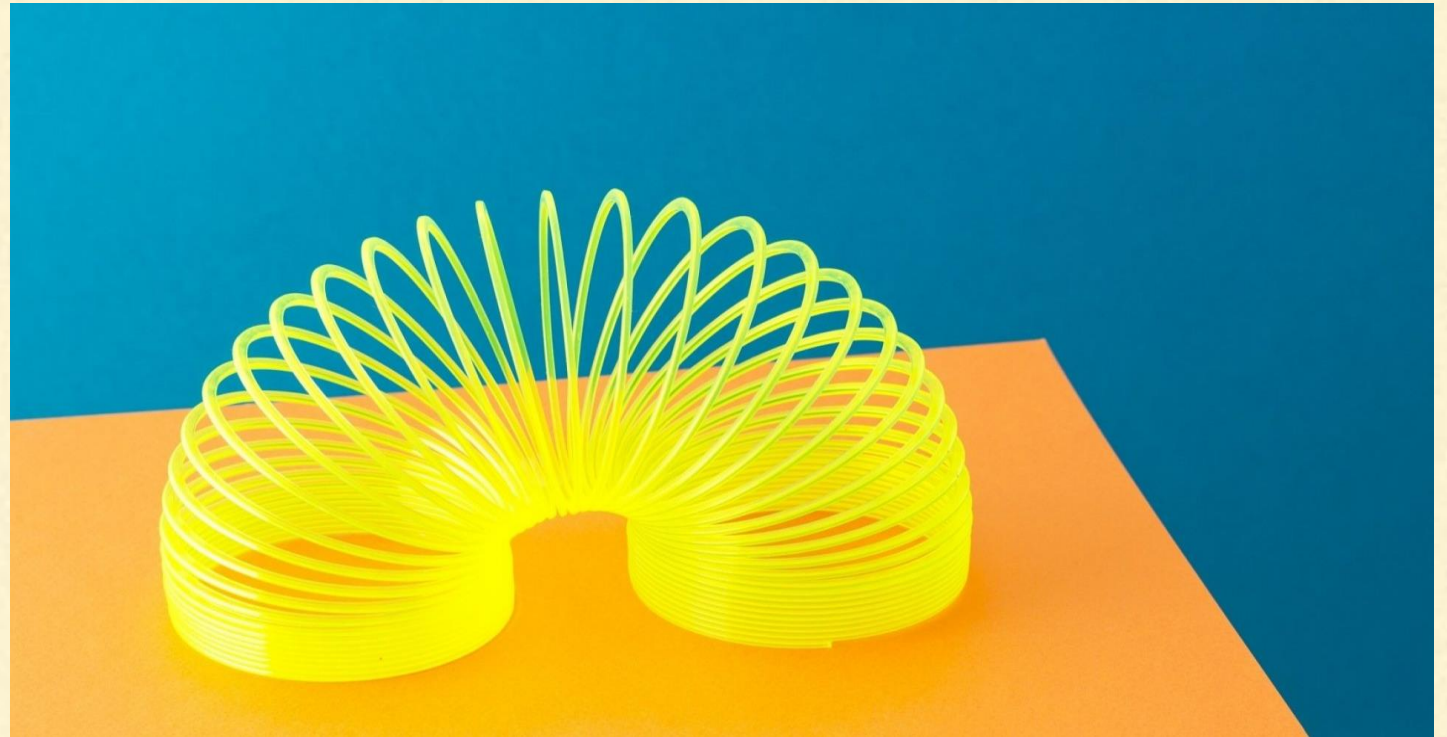
EVALUATE MANAGE AND STRENGTHEN RESILIENCE



- Accumulate positive currency
 - Journal
 - Inspire by action
 - Prioritize
 - Flexibility of Thinking
 - Grit- Passion & Perseverance
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In their study, researchers Maddi and Khoshaba identified three variables associated with the individual's ability to bounce back from the immense stress they faced at the workplace. These were-

- Commitment
- Control
- Challenge



"I wouldn't be where I am now if I didn't fail ... a lot. The good, the bad, it's all part of the success equation."

-Mark Cuban



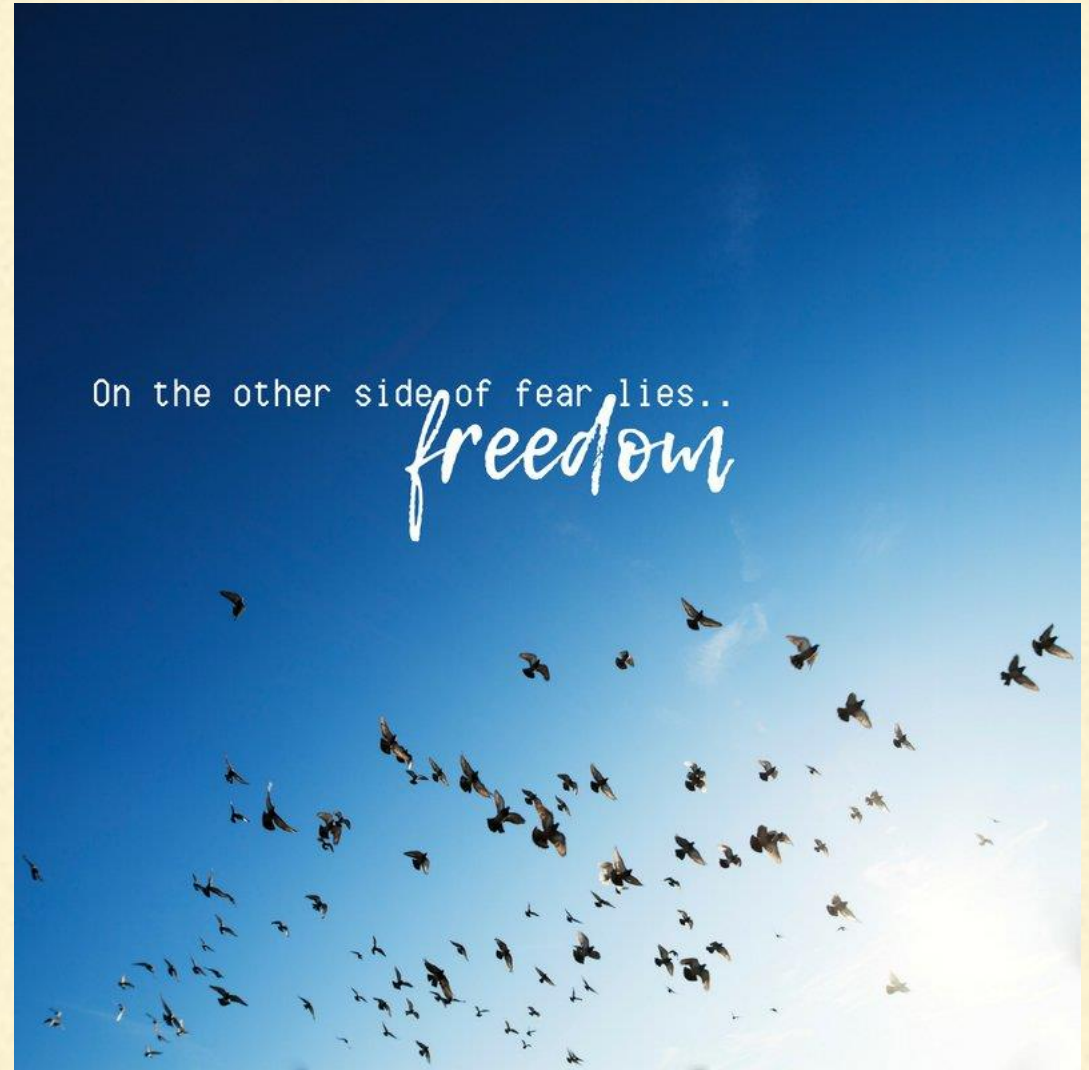
“To meditate means to go home to yourself. Then you know how to take care of the things that are happening inside you, and you know how to take care of the things that happen around you.”

– Thich Nhat Hanh

"Develop success from failures. Discouragement and failure are two of the surest steppingstones to success."

-Dale Carnegie

GOD PLACED THE BEST
THINGS IN LIFE ON THE
OTHER SIDE OF FEAR



"I was set free, because my greatest fear had already been realized, and I was still alive, and I still had a daughter whom I adored, and I had an old typewriter and a big idea. And so rock bottom became the solid foundation on which I rebuilt my life."

--J.K. Rowling

Ultimately, try to come to peace with the inevitable: all things fall apart, one way or another. Everything cracks. And yet there is something so beautiful about this part of the truth, as Leonard Cohen says:

*Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in
That's how the light gets in*

May you Be Happy
