

Stillpoint Craniosacral & TMJ Centre

30 Mt Barker Rd, Hahndorf, SA Australia
0419 989 211

How to Create Resiliency

Physical Resilience – This refers to how the body deals with change and recovers from physical demands, illnesses, stress and injuries.

- **Get quality sleep.** Go to sleep and wake at a consistent time. Finish eating at least three hours before sleep.
- **Stand and sit upright to support energy and mood.** Slouching is the quickest way to depression.
- **Eat real food and not too much.** Limit your eating window to 12 hours/day. i.e., if you begin eating at 9:00am, finish by 6:00pm.
- **Move.** Walk daily and exercise your body.
- **Breathe slow and deep.** Breathe expanding your belly and chest, with a ratio of 1:1.5 or 1:2. i.e., if the inhalation count is 5 the exhalation count is 8-10.
- **Receive craniosacral and other somatic therapies.** This helps to regulate your nervous system and reduce stress.
- **Spend time in nature.** Connect with your bare feet to the earth and get out in the early morning sun.

Mental Resilience - This refers to a person's ability to adapt to change and uncertainty. People who possess this type of resilience are flexible and calm during times of crisis. They use mental strength to solve problems, move forward, and remain hopeful even when they are facing setbacks.

- **Put your energy into what you can control.** We are in control of our attitude, actions and speech. We cannot control other people's actions, beliefs, thoughts and feelings. Trying to control what we cannot creates a constant feeling of frustration and stress within.
- **Pause for presence.** Set an app like 'Atoms' to go off every 60 minutes, reminding you to bring your awareness to your breath and body. Breathe through 3 cycles of respiration.
- **Practice meditation or body-centred awareness.** Bringing your awareness to your body brings you into the present moment.
- **Focus on what you want.** Where you put your focused awareness is what you will attract.
- **Question the meaning you give to things.** Is it true? Is it helpful?
- **Reframe challenges.** See difficulties as opportunities.
- **Stay connected to purpose.** Know your why.

Emotional Resilience - The ability to regulate emotions during times of stress. Resilient people are also able to calm their mind and manage their emotions when they are dealing with negative experiences.

- **Embody your emotions.** Notice how your emotions manifest physically in your body. Hold awareness on these physical sensations, they will pass.
- **Communicate.** Speak honestly and lovingly with yourself and others.
- **Practice gratitude.** Focus on what is already present and positive.
- **Connect with others.** Share with supportive people.
- **Accept yourself.** Self-acceptance is a refusal to be in an adversarial relationship with yourself.
- **Know everything changes.** Adversity, uncertainty and difficult emotions won't last forever.
- **Forgive yourself.** You can't hate your way into loving yourself.