

How to Create Resiliency in Your Life

*"Dance like nobody's watching; love like you've never been hurt.
Sing like nobody's listening; live like it's heaven on earth." -Mark Twain*

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Resilience is the ability to bounce back and recover from challenges.

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

How to increase physical resilience:

1. How well and how much are you sleeping each night? Sound sleep is critical for your health and optimal brain function.
2. Sitting or standing up straight is a quick and powerful way to feel more alive and strong. An easy way to feel depressed is to slouch.
3. *“Eat real food, not too much, mostly plants.” – Michael Pollan* You wouldn't put diesel fuel in a petrol car so why would you put rubbish that doesn't support and nourish you in your body?
4. Our bodies are meant to move. If you have to sit a lot, take a break every 15 minutes and get up and stretch or walk around.
5. One of the most powerful ways to change how you feel quickly is by deepening your inhalation and exhalation with diaphragmatic breathing. Breathe expanding your belly and chest, with a ratio of 1:1.5 or 1:2. If the inhalation count is 5, have the exhalation count be 8-10.
6. Receive craniosacral and other forms of somatic based therapies. This will help to regulate your brain and nervous system and reduce stress.
7. Stretch yourself regularly with positive physical, mental and emotional challenges. *Eustress*, a positive form of stress, has a beneficial effect on health, motivation, performance, and emotional well-being and produces positive feelings of excitement, fulfillment, meaning and satisfaction.
8. Spend time in nature.

Mental Resilience - This refers to a person's ability to adapt to change and uncertainty. Some call this equanimity. 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.

How to increase mental resilience:

1. Put your energy into what you can control. We are in control of a precious few things in life; our attitudes, actions and our speech yet we attempt to control what we cannot: other people's actions, beliefs, thoughts and feelings and circumstances out of our control. This creates a constant feeling of frustration and stress within us. Stop putting energy into what is out of your control and you will be much happier.
2. Pause for presence regularly. Set an app like 'Atoms' to go off every 60 minutes, reminding you to bring your awareness to your breath and body. Breathe deeply through 3 cycles of respiration.
3. Practice some form of meditation or body-centred awareness every day. Bringing your awareness to your body always brings you into the present moment.
4. Where you put your focused awareness is what you will attract. Focus on what you want.
5. Question your beliefs and the meaning you give things. Is it really true? How is this belief affecting your life? What would your life be like if you weren't living inside this belief?
6. Reframe your challenge. Look at it in a more positive light. Instead of getting stuck in a loop of negative emotions, learn to see the circumstance as an opportunity to challenge yourself and develop new skills.
7. When you are focused on *why* you are doing what you are doing, you will always know whether you are on the correct path for you.

Emotional Resilience - This is the ability to regulate emotions during times of stress. Resilient people are aware of their emotional reactions and tend to be more in touch with their inner life. Because of this, they are also able to calm their mind and manage their emotions when they are dealing with negative experiences. This type of resilience also helps people maintain a sense of optimism when times are tough.

How to increase emotional resilience:

1. Bring an embodied awareness to your emotions. Feel your emotions in your body. Acknowledge what you are feeling in your body with awareness, allowing and self-acceptance.
2. Listen to the messages of your emotions.
3. Your self-talk and the questions you ask yourself are strong determinants of your emotional state. What you communicate to others also influences how you feel.
4. Every day focus on who is already in your life and what you already have that you are grateful for. Have an attitude of gratitude.
5. Spend time and share with other people who listen and with whom you feel safe.
6. Accept what you are feeling and understand that adversity, uncertainty and difficult emotions won't last forever.