

Mindfulness and Resilience: Rolling with the Punches

HARROW TALKING THERAPIES



Take a moment to stop

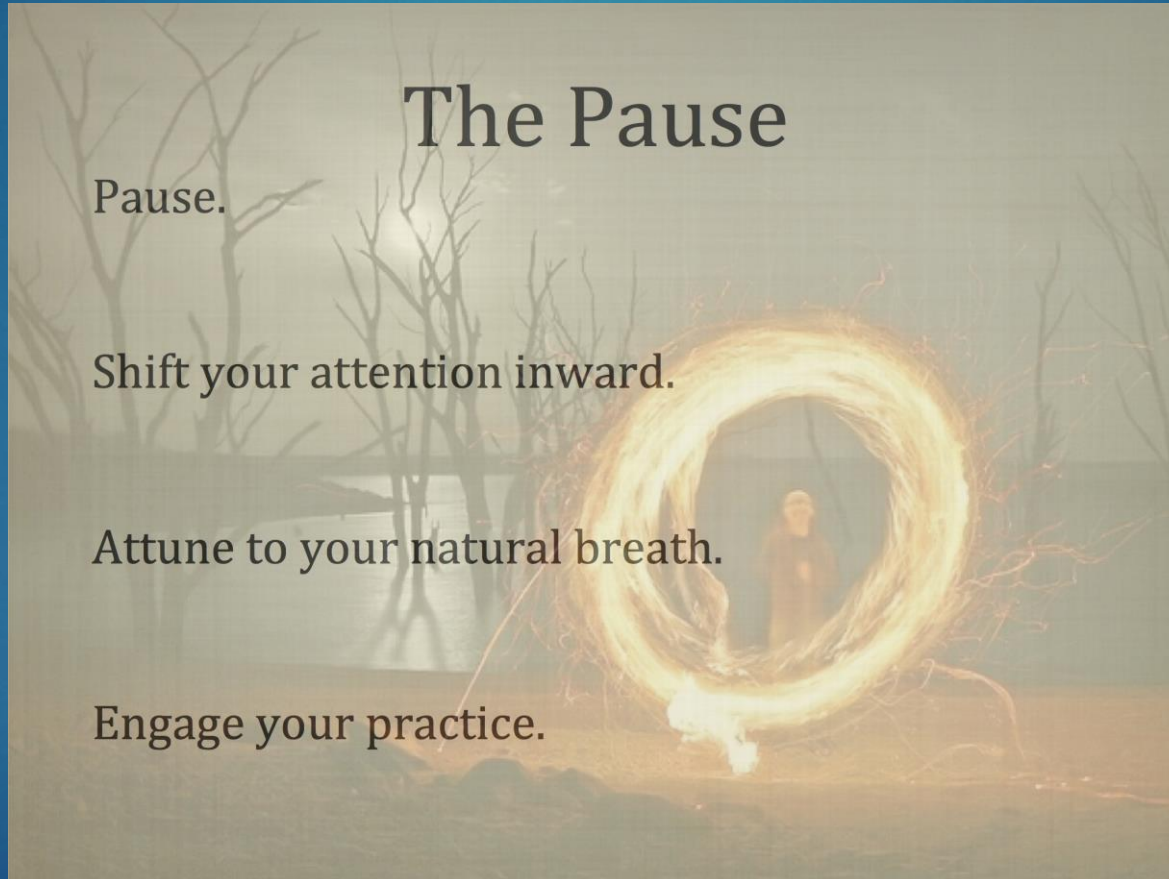
The Pause

Pause.

Shift your attention inward.

Attune to your natural breath.

Engage your practice.

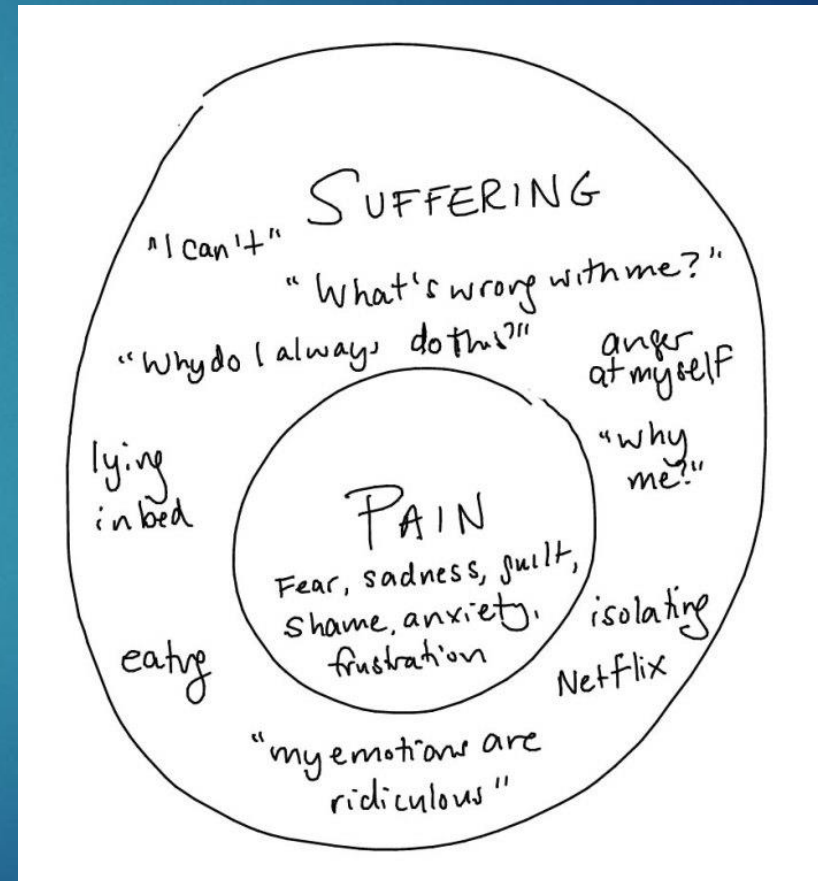


The inevitable ups and downs of life

**Pain is inevitable.
Suffering is optional.**

HARUKI MURAKAMI

Inspiring Alley

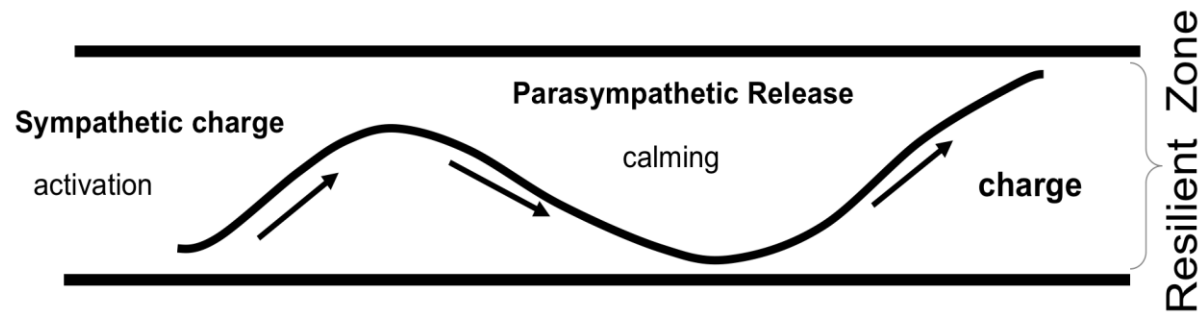


Rolling with the punches

Graphic 1

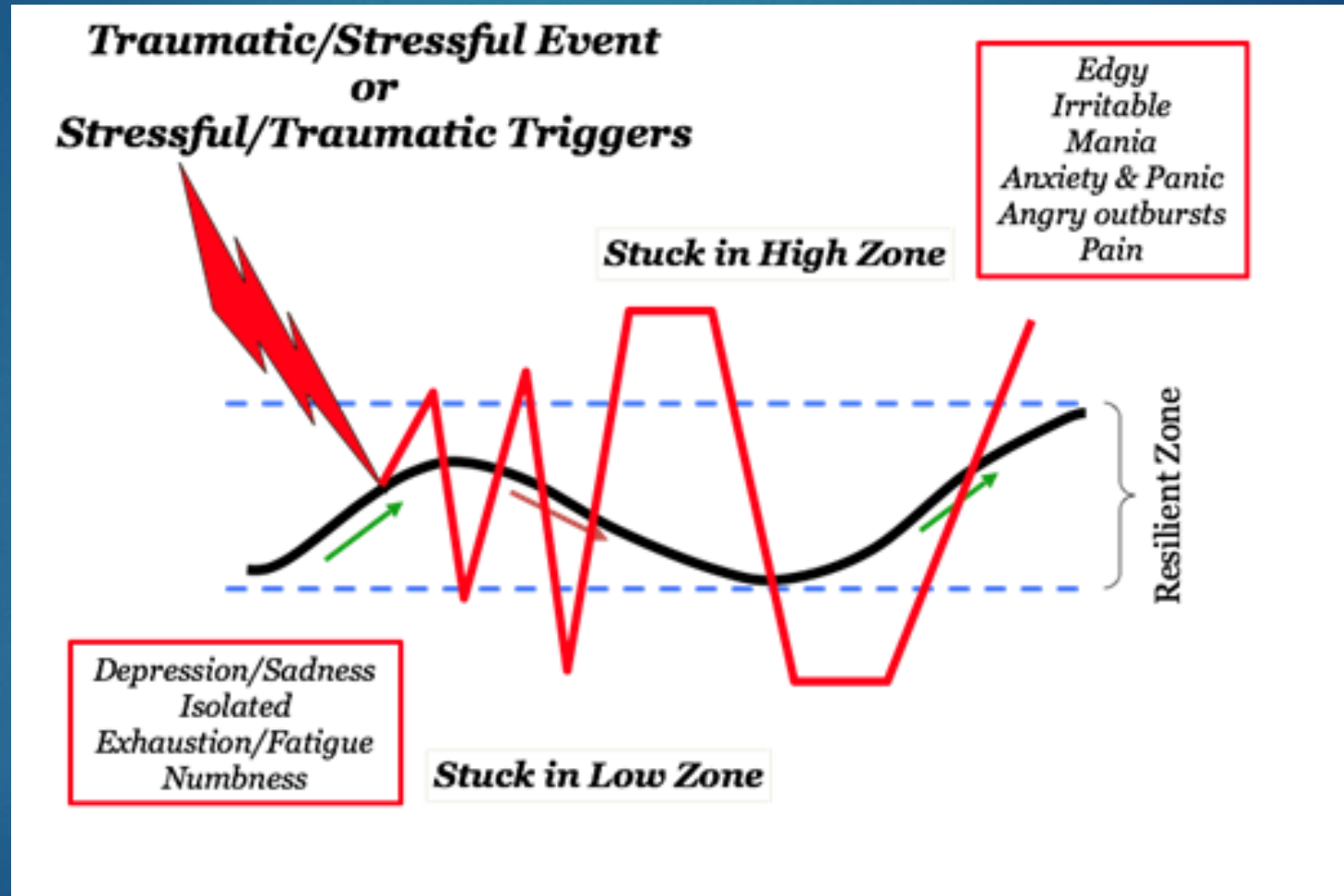
The Resilient Zone

In the “Resilient Zone” individuals have the best capacity for:
Flexibility and adaptability
Pro-social behavior
Executive functioning
Being responsive rather than reactive



Individuals can learn to remain in and return to the Resilient Zone

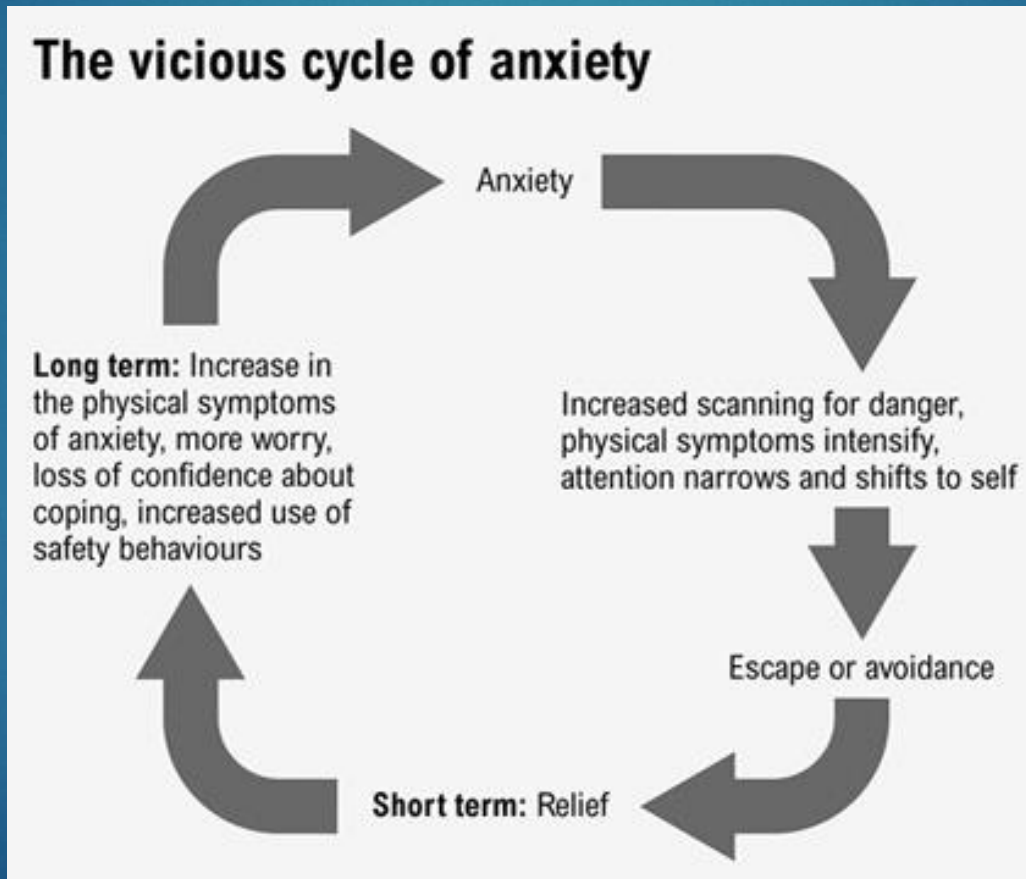
Rolling with the punches



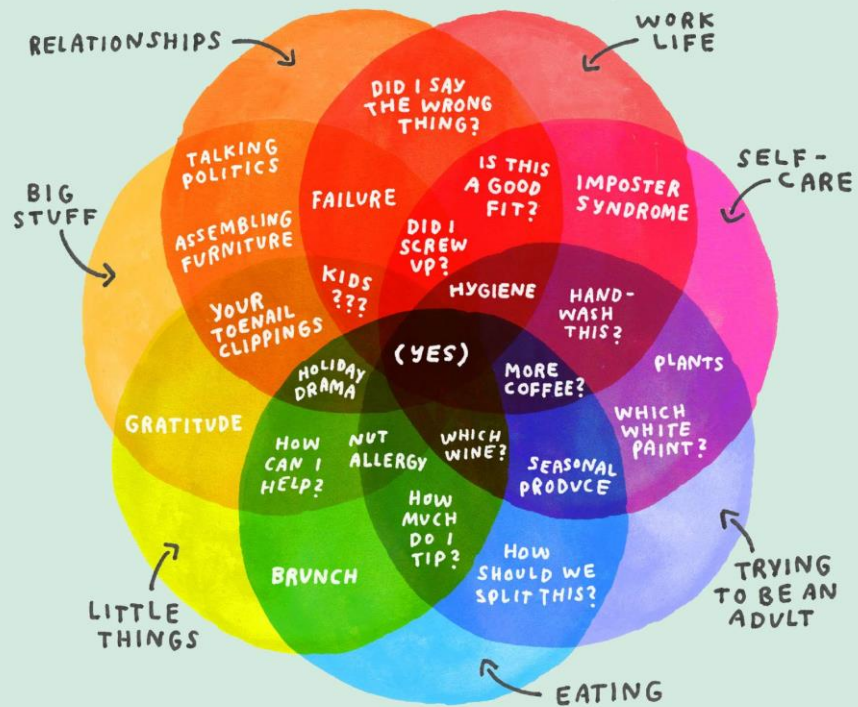
Our intuitions tend to fail us



Our intuitions tend to fail us



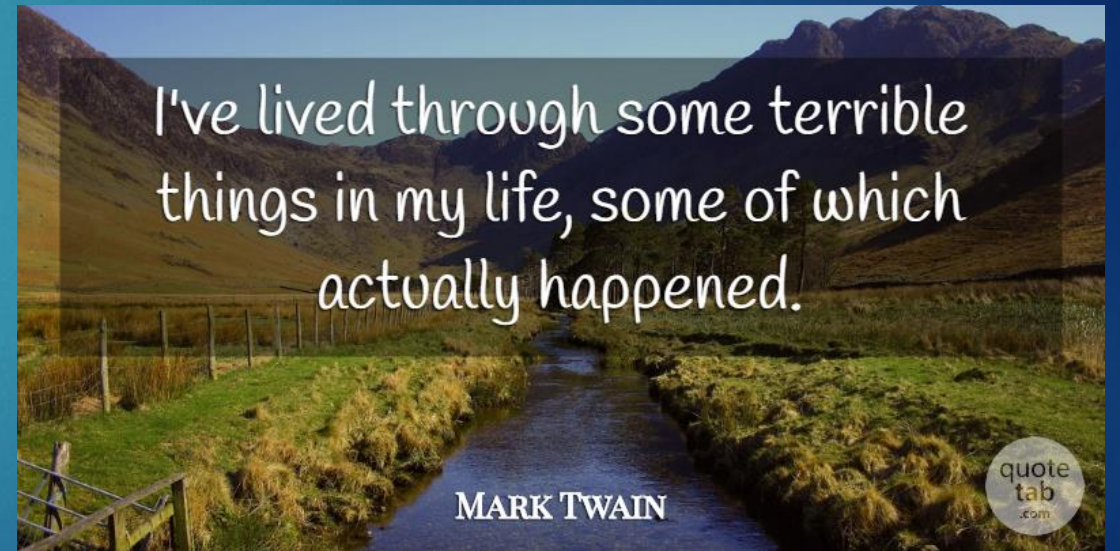
AM I OVERTHINKING THIS?



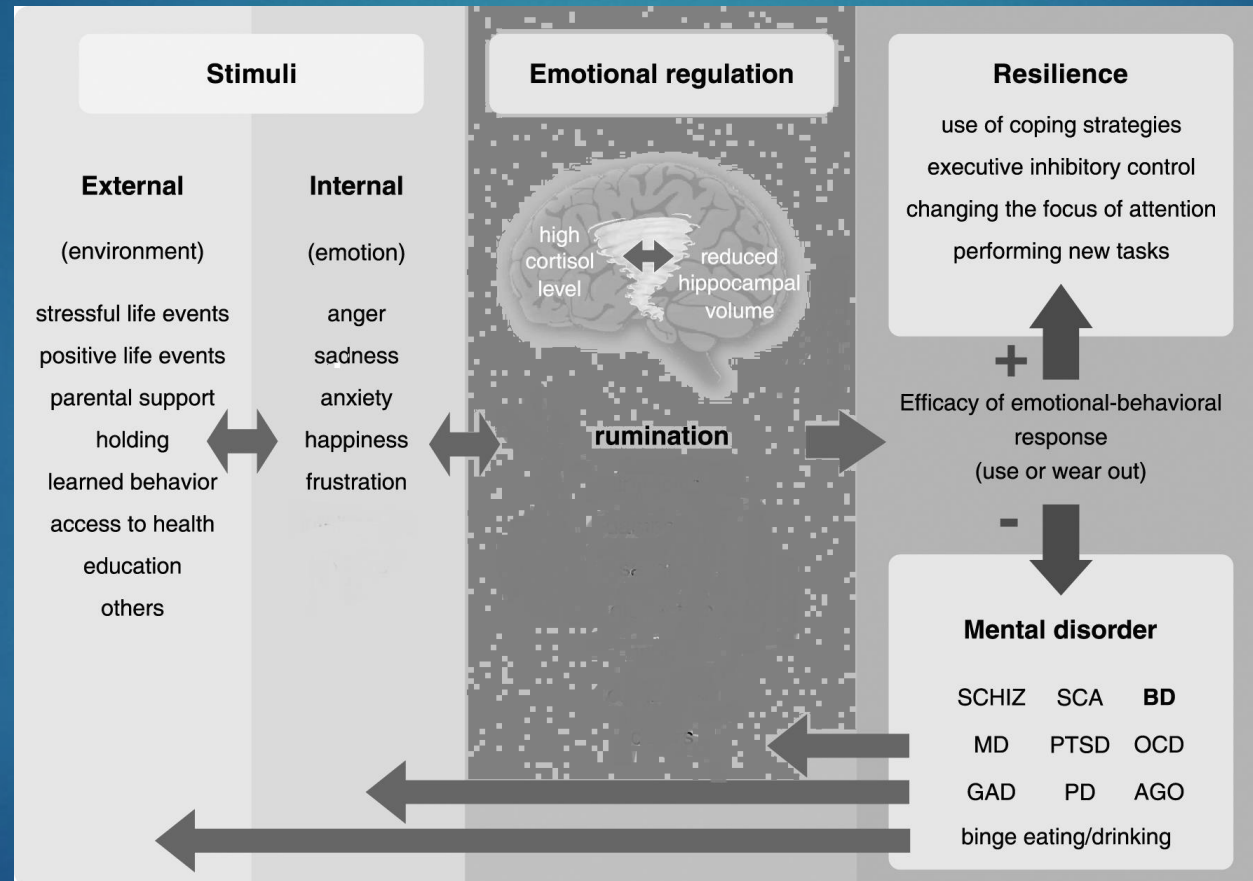
OVER-ANSWERING LIFE'S QUESTIONS IN 101 CHARTS

by MICHELLE RIAL

Our mind keeps us stuck



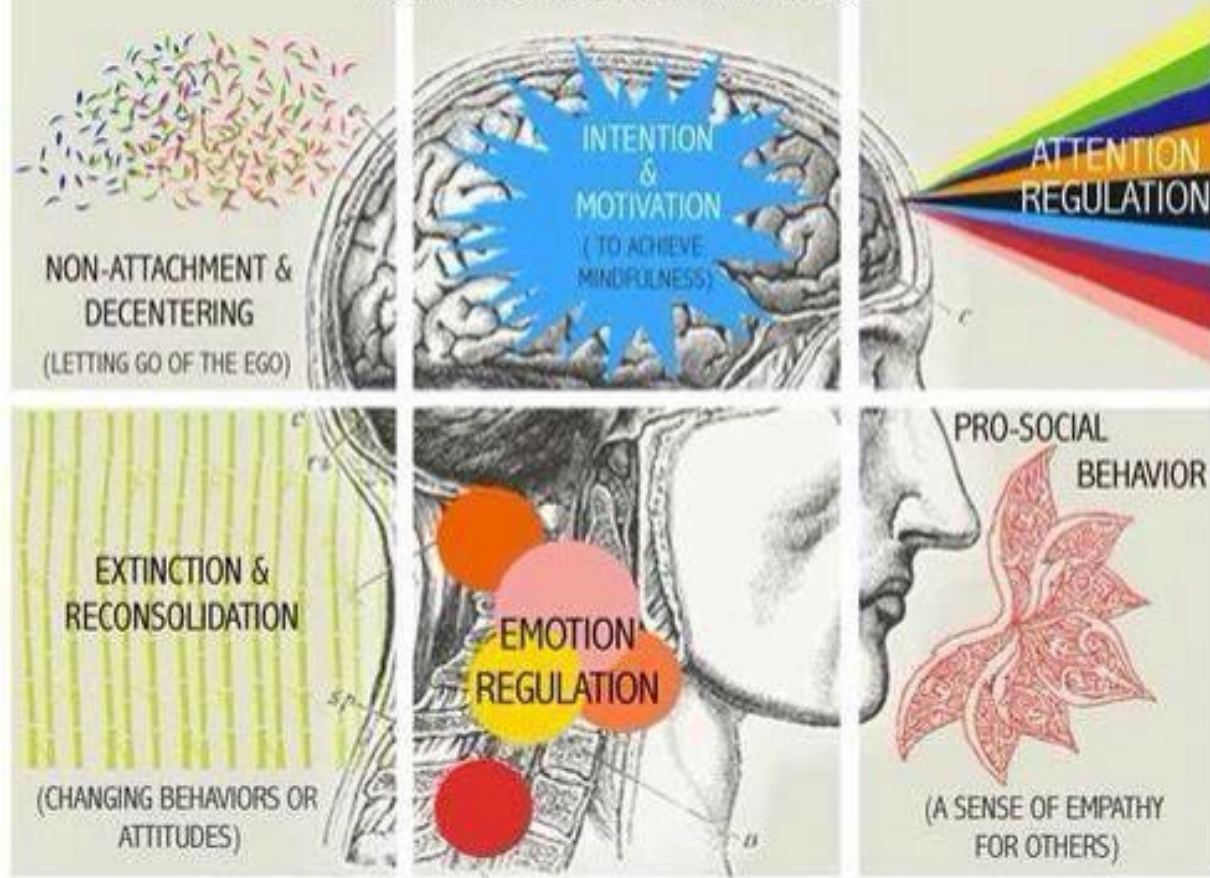
Our mind keeps us stuck



Mindfulness

HOW IT WORKS: THE SCIENCE OF MEDITATION

MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON'S MEDITATIVE STATE OF SELF-AWARENESS.



Our sense are in the present

www.mindfulnesscoach.com.au

YOUR BODY
IS PRESENT.



IS YOUR
MIND?



Be Mindful... Pause... Connect!

GROUNDING WITH YOUR FIVE SENSES

- | | | |
|---------------------------|---|---|
| 5
THINGS YOU CAN SEE |  | SUN
PICTURE ON THE WALL
PEOPLE WALKING |
| 4
THINGS YOU CAN FEEL |  | WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND |
| 3
THINGS YOU CAN HEAR |  | BIRDS CHIRPING
CLOCK TICKING
CAR HORNS |
| 2
THINGS YOU CAN SMELL |  | FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS |
| 1
THING YOU CAN TASTE |  | MINT
Breakfast
TOOTHPASTE |



We can try in any moment



Is it easy to be?



"DOING" MODE

Let's get everything done!

- Lysol home
- Buy toilet paper
- Stock pantry
- Wash hands

external things

That was great! Let's keep going!



- internal things
- Become master virtual teacher
- Meet needs of all ~~students~~ families
- Make world better



By Kelsey Corter for #TWTBlog



But we can
change the
focus....



There's no off switch to thinking

Thoughts are not facts



Stepping back

Thoughts: believe them, struggle with them, or simply notice them?

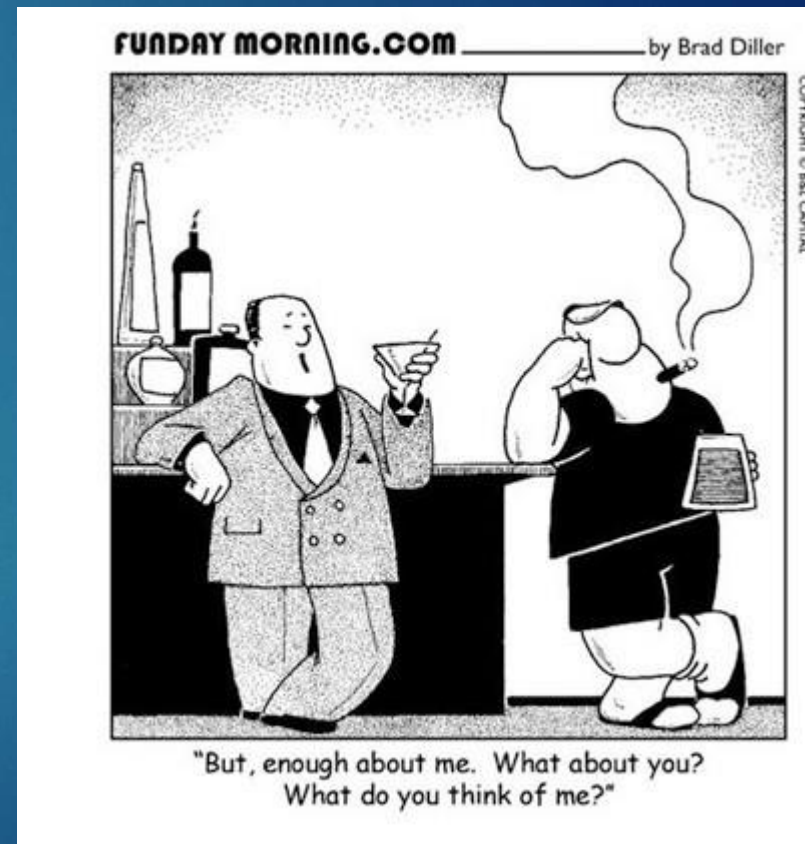
The diagram illustrates three levels of thought processing:

- Identification:** A sad face with a speech bubble saying "I'm Stupid". Below it, the text reads "I am Stupid".
- Experiencing:** A sad face with a thought bubble containing "I'm Stupid". Below it, the text reads "I'm having the thought 'I'm Stupid'".
- Defusion:** A happy face with an arrow pointing to a thought bubble containing "I'm Stupid" and a small sad face. Below it, the text reads "I'm noticing I'm having the thought 'I'm Stupid'".

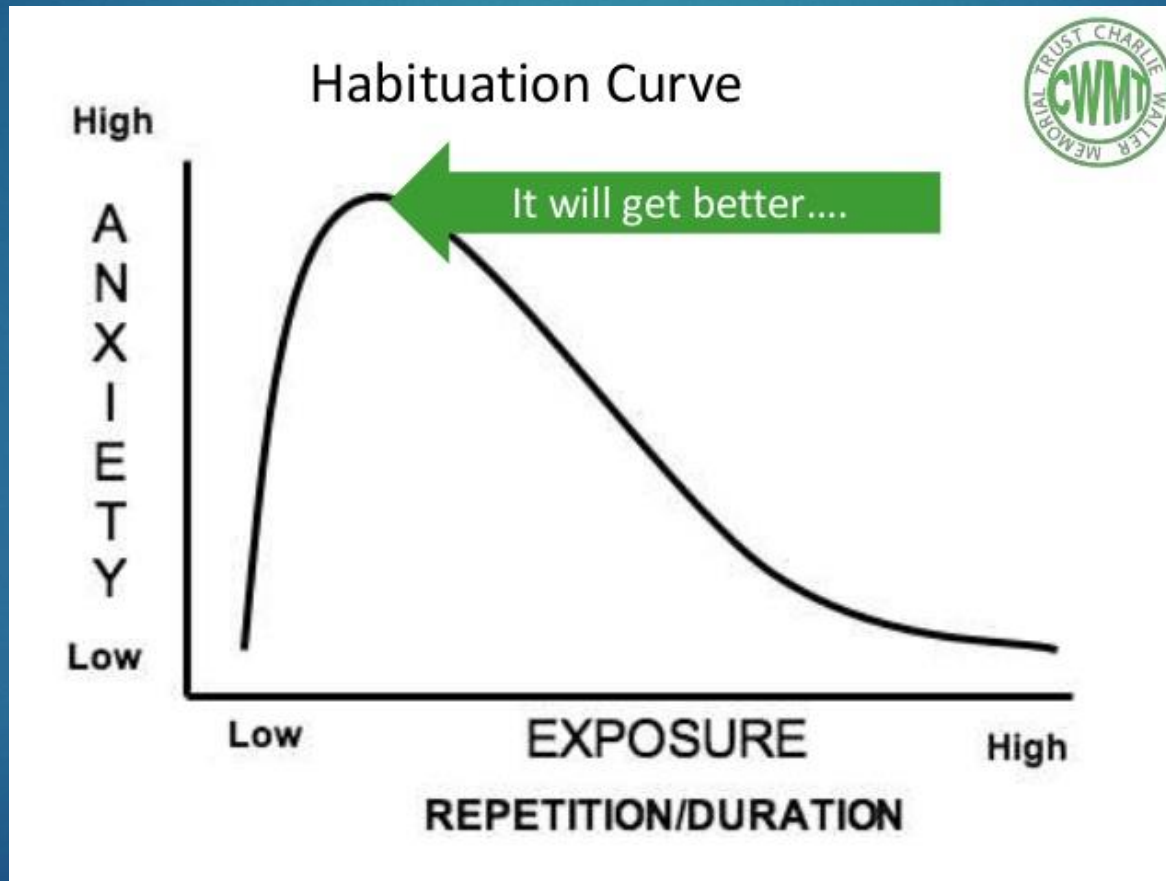
Defusion

Notice your thoughts while holding them lightly.

Taking the “I” out of things



Letting things be





Feeling Overwhelmed? Remember “RAIN”

Four steps to stop being so hard on ourselves.

R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not
identifying
with the
experience

Further Support

- ▶ Harrow Talking Therapies (IAPT)
- ▶ harrow.iapt@nhs.net
- ▶ <http://cnwltalkingtherapies.org.uk/referral-harrow>