

Ways to build resilience **-advancing despite adversity-**

Workbook created by the “Science of Safety” team within the
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(2022-2-HU01-KA210-ADU-000098600)

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Wellbeing is 'what', Resilience is 'how'

IS HOW YOU ACHIEVE

RESILIENCE

1. GOALS AND PURPOSE
2. BOUNCING BACK
3. STRESS MANAGEMENT, EMOTION REGULATION
4. HEALTH MANAGEMENT
5. PROBLEM SOLVING, CHANGE READY, RESOURCEFULNESS
6. SUPPORT NETWORKS, WORKING IN TEAMS

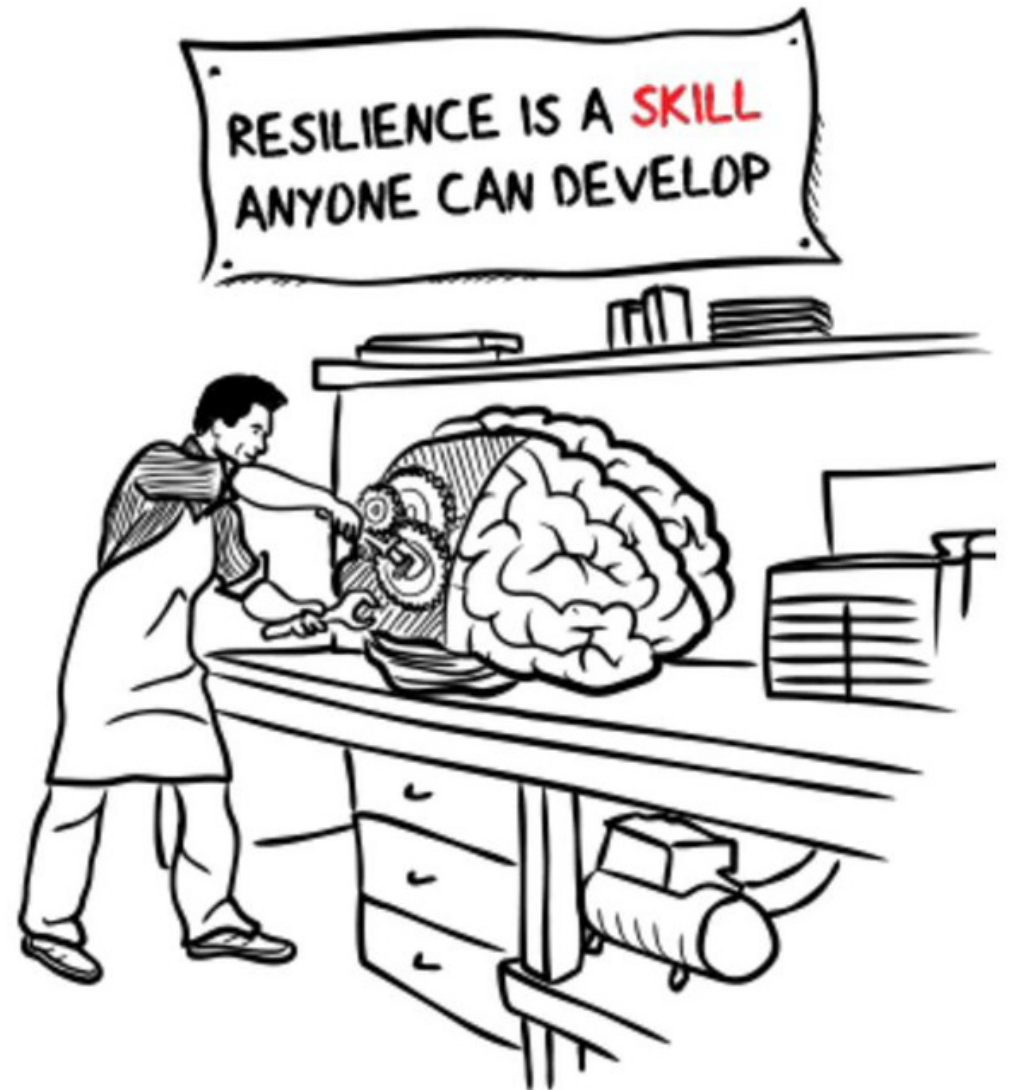
RESILIENCE
CONSISTS OF CRUCIAL
LIFE SKILLS NEEDED TO
IMPROVE WELLBEING

WELLBEING

- ABILITY TO STICK TO A HEALTHY LIFESTYLE
- CONFIDENT AND CENTERED
- POSITIVE AND CONSTRUCTIVE OUTLOOK
- HAPPINESS
- SENSE OF MOMENTUM TOWARDS GOALS

Important!

- Resilience is a skill anyone can learn and develop
- No matter your age and stage of life, you can always improve your resilience



**THE SIX
DOMAINS OF
RESILIENCE**

VISION

- PURPOSE, GOALS & CONGRUENCE

COMPOSURE

- REGULATE EMOTIONS
- INTERPRETATION BIAS
- CALM AND IN CONTROL

REASONING

- PROBLEM SOLVING
- RESOURCEFULNESS
- ANTICIPATE & PLAN

HEALTH

- NUTRITION, SLEEP & EXERCISE

TENACITY

- PERSISTENCE
- REALISTIC OPTIMISM
- BOUNCE BACK

COLLABORATION

- SUPPORT NETWORKS
- SOCIAL CONTEXT
- MANAGE PERCEPTIONS

We can summarise resilience as 'advancing despite adversity'

It means you have the ability to stay motivated and keep working towards what is important, regardless of all the challenges along the way.

This means you become
a strong, confident and motivated person!

Resilience is the essence of what powers you through life. No matter how tough life gets, resilience is what keeps you going day after day.

We all face challenges

After all, there are so many challenges we might face, such as:

- Relationship issues with family, friends and partners
- Financial issues and stress
- Projects going wrong and things breaking down
- Making big mistakes, and failing with important tasks
- Managing big responsibilities, including helping and caring for people
- Facing big tests, exams, and assignments
- Dealing with traumatic events and past experiences
- Major illnesses and death of people close to us
- Even minor everyday challenges, like getting stuck in traffic!
- Resilience is what helps you through all of these.



Turn to a companion and have a short discussion about areas where you face challenges.

Module content overview



Which domain
draws your attention?
Why?

Content for Each Domain

Vision



1. Explore the Basic Needs
2. Set a Resilient Vision
3. Identify Goals
4. Smarter Goals

Composure



1. Calm Breathing
2. Mindfulness
3. Label Emotions
4. Reappraisal

Reasoning



1. Visualisation
2. Resourcefulness
3. Explore Beliefs
4. Embracing Change

Tenacity



1. Realistic Optimism
2. Staying Motivated
3. Overcoming Mistakes
4. Time Management

Collaboration



1. Support Perceptions
2. Trust & Likeability
3. Mentor / Mirror
4. Better Communication

Health

1. Health Goals
2. Quality Sleep
3. Exercise
4. Nutrition

More ways resilience helps

Resilience is proven to be a protective factor for mental health.

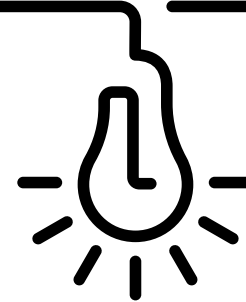
- Higher resilience protects against depression. Some studies show that people with low resilience are six times more likely to show symptoms of depression.
- Resilience also protects against anxiety, providing tools to manage the source of anxiousness and help in the moment
- Resilience helps to manage stress and avoid burnout.
- This comes through learning practical skills and techniques – a mental toolbox that helps you deal with everyday life and stay on top of everything going on.

All this adds up:

- 😊 It gives you the ability to enjoy experiences that your friends, family and colleagues may struggle with
- 🤖 It gives you a whole new perspective on life, one where you have a deep confidence in your abilities to face obstacles and even learn to enjoy challenges
- 🎯 It helps you create a sense of purpose in life – something meaningful that gives you hope for the future
- In short, it is the most important aspect of yourself that you can develop!

SELF-ASSESSMENT QUESTIONS TO RATE YOUR RESILIENCE

- I have clear goals that I am working towards.
- I struggle to calm myself at will.
- I struggle to think clearly when I am stressed.
- I stay determined through challenges.
- I invest in new relationships.
- I'm ready for big new challenges.
- I struggle to stay motivated.
- I keep my cool under stressful situations.
- I have confidence in my ability to define a problem before I try to solve it.
- I lose motivation when things get tough.
- It's hard for me to get to know new people.
- I sometimes avoid opportunities.
- Overall I'd rate my health as... (poor to excellent)
- I feel rested and ready when waking up in the morning.
- I tend to exercise..... times a week.
- I tend to eat a healthy diet low in processed foods and sugar.



*Remember!
This shows
a momentary state.
Be kind to yourself.*

1 Vision

First, let's have a look at Vision, the domain about meaning, purpose and goals.

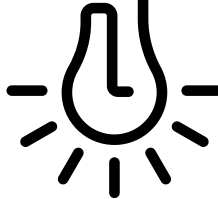
The most important of the domains, Vision is about your sense of purpose, goals, and personal vision for yourself. The reason this is the most important domain is that all other domains are guided by what it is you want to achieve. Having clarity in this domain allows you to be decisive when facing tough choices, and to maintain perspective when facing challenges. Whether your goals relate to family, to work, or a side project, what's important is being specific and clear.

Clarity keeps you focused. It's easy to get distracted by unimportant details and events if you don't have anything specific you're working towards. After all, it's not like you had anything else planned, so why not binge on the new season of House of Cards? Vision is about having clarity so that when things get tough, you know what's important and what isn't so you stay focused and achieve your goals.

Congruence is the name of the game. Congruence means all your actions are working together across your larger vision of yourself and sense of purpose, through medium and short terms goals. When you don't have clarity on these, it's likely that some of your goals may conflict with each other, resulting in frustration as moving towards one goal moves you further from the other. Instead, if your actions are aligned, everything you do slowly moves you towards your ultimate goals, helping you achieve feats that others deemed impossible.

Movement Medicine Alchemy of Healing

Calling in the new



*the Alchemy of Healing
meditation helps you to
strengthen
your vision.*

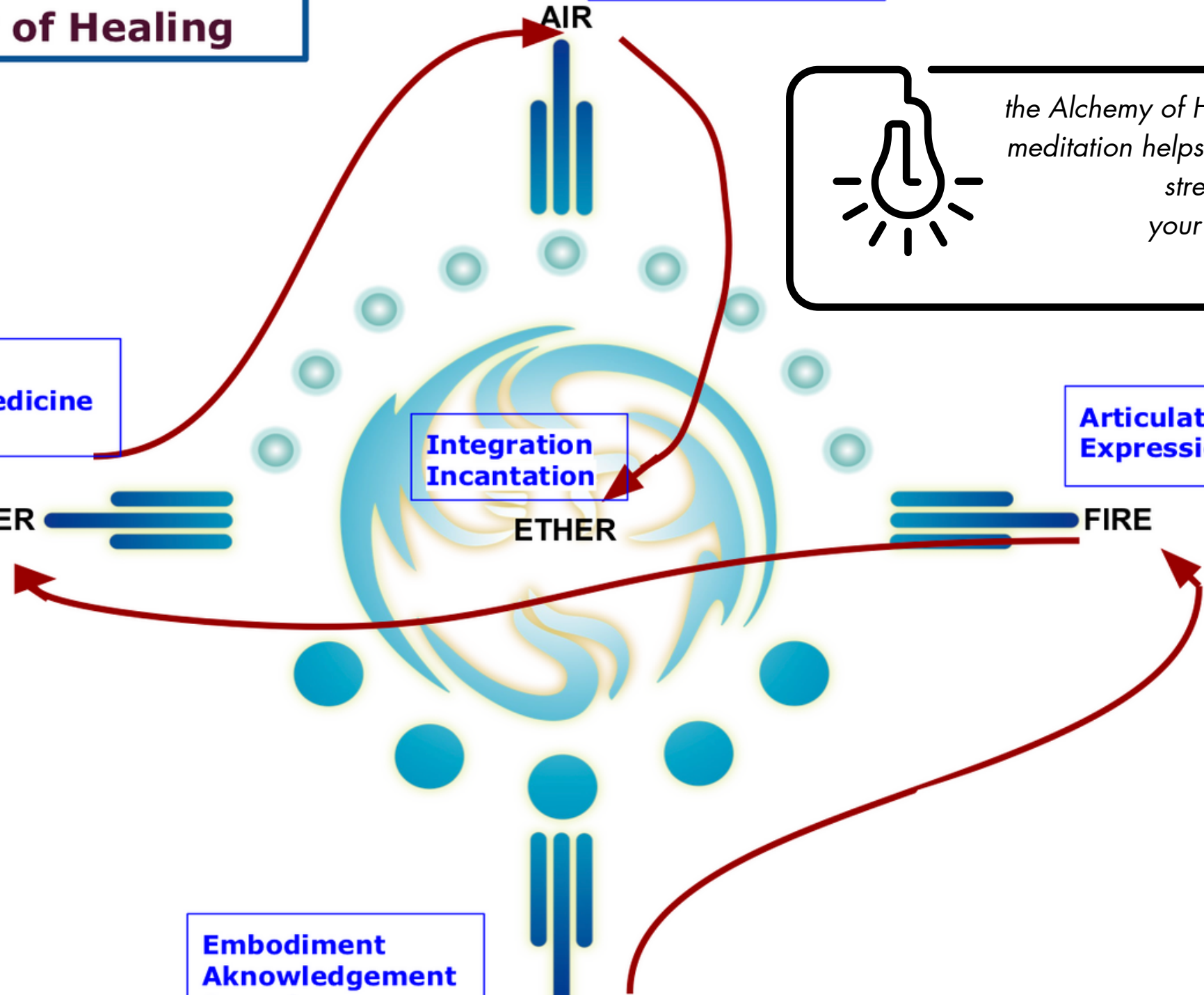
Letting go
Shaking Medicine
Surrender

Articulation
Expression

Integration
Incantation



Embodiment
Acknowledgement
Acceptance



2 Composure

Composure is mainly about regulating the limbic brain, and includes many important strategies. It's about regulating emotions. The fight-or-flight response of the brain loves to flare up when facing conflict or hearing about a sudden change at work. But being able to overcome that instinctive emotional response and maintain your composure often means being able to recognise hidden opportunities and solve problems in novel ways. This is because becoming emotional prevents you from properly accessing your ability to think critically.

It's also the little things. Composure is not just the big crises that we face, but also the little everyday things. Getting emotional in a traffic jam is never useful, so why bother getting worked up? Maintaining composure means keeping calm so you can save your energy for what is important.

Interpretation bias is important.

You also need to be proactive. Composure is not just about being able to return to a state of poise, but also about considering your own beliefs and expectations that produce emotions in the first place. For example, if you expect that nothing will ever go wrong with your project, then you're likely in for a big shock. Compare that with a healthier belief that, most likely, something will go wrong, and when it does, you'll manage it. It's easy – just expect that everything will be harder than you expect!



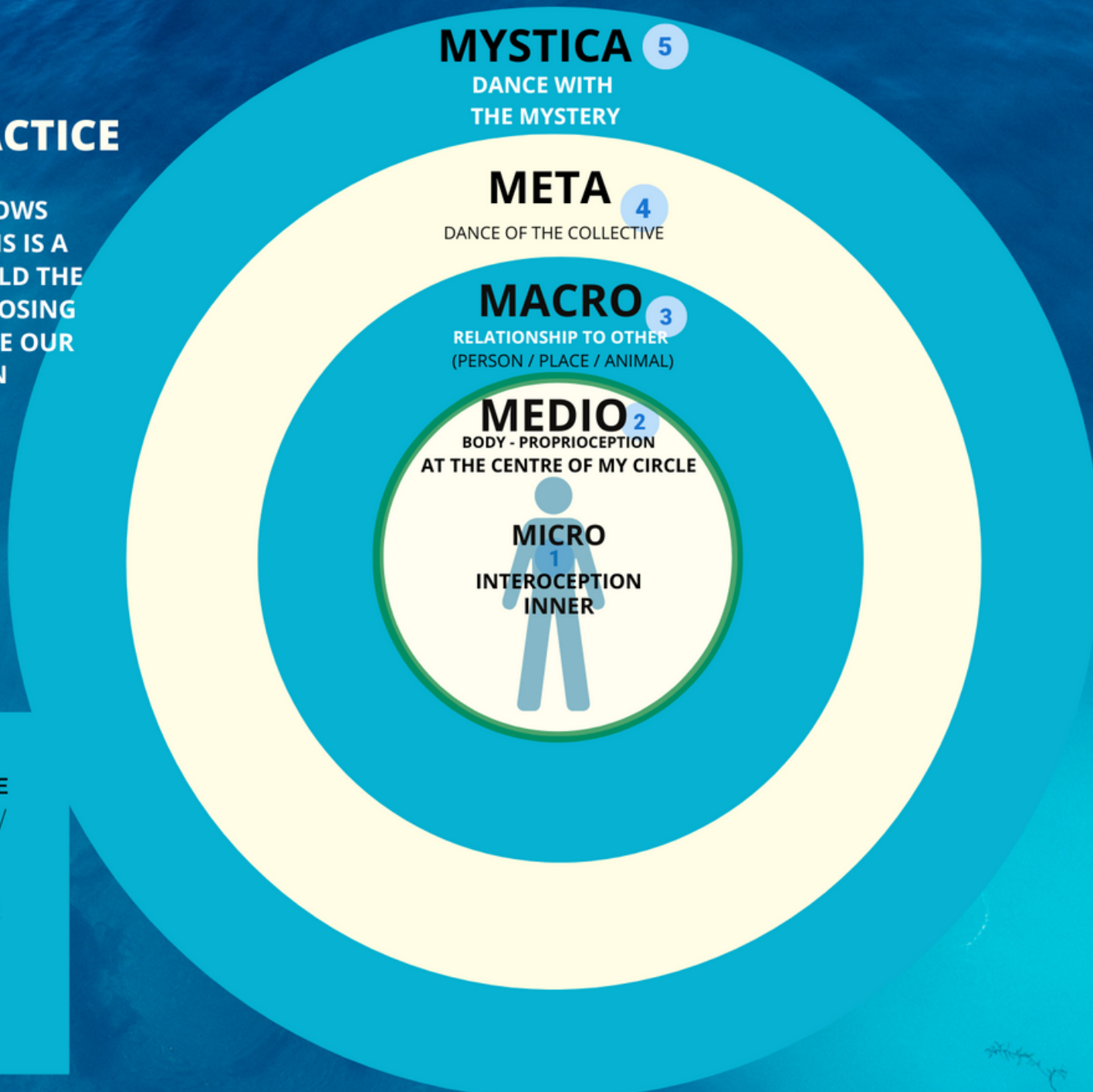
You can use the MESA -practice to build healthy boundaries and regulate emotions.

MESA PRACTICE

ENERGY FOLLOWS
ATTENTION, THIS IS A
PRACTICE TO BUILD THE
MUSCLE OF CHOOSING
WHERE WE PLACE OUR
ATTENTION

AWARENESS IS LIKE
THE LIGHT / WAVE /
OCEAN

ATTENTION IS LIKE
THE BEAM /
PARTICLE / DROP



YOU CAN DANCE
FROM MICRO TO
MEDIO TO MACRO TO
META TO MYSTICA
YOU CAN ALSO
DANCE
MICRO WITH
MYSTICA DIRECTLY
OR INDEED ANY
COMBINATION OR
PATHWAY

MYSTICA IS
ACCESSIBLE WITHIN
AND THROUGH ALL
LEVELS OF MESA

3 Reasoning

Reasoning is about solving problems, anticipating challenges, being resourceful, and more! Creativity and innovative problem solving is incredibly useful when facing challenges along the way. This is what the Reasoning domain is all about. This domain needs Composure for you to keep your cool, as well as Vision so you know what goals to direct your actions toward.

Anticipate and plan. Like Composure, it's not just about applying critical thinking during a crisis, but also about taking action ahead of time to prevent things from going wrong in the first place. In fact, it's mostly about proactive action. This is like going to the dentist regularly so you won't need a root canal later. Think proactively through how things may go wrong and take action ahead of time to prevent or minimise impact, and think through how you'll deal with different scenarios.

Be resourceful. Having the right information, tools, techniques and people available to you will help you solve problems more effectively and find more efficient ways to reach your goals. Resourcefulness is a skill we need to actively build, and the more resourceful we are, the easier it becomes to make unusual connections and find innovative ways forward.

See opportunity in change. A high Reasoning ability means that a changing environment is welcome since it always brings hidden opportunities. By maintaining your composure and knowing what you want to achieve, change is no longer a threat and you can look for things that others might have missed, helping you to succeed.

"Study showed that if heart doctors tell their seriously at-risk heart patients they will literally die if they don't change their lifestyle, only one in seven, on average, is actually able to make the changes..."

Reconsidering the context of personal change

The inherent assumption in most training and work-related attempts at encouraging personal change is that it is skills based, in other words people can be taught to change. They can be taught, but generally they won't change. They can't change because of their inbuilt and invisible immunity to change.

Hidden and conflicting commitments can be revealed and gently transformed through thought with the Phoenix model



You can use the following worksheets to prepare the Phoenix process and start to gently transform your conflicting commitments. You can bring this into the 'Dance of the understudy' meditation.

Ellentétes Elköteleződések

gyakorlat : lépésről lépésre



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1) Minőség, képesség

Mi az, ami iránt szenvedélyesen elkötelezted magad, de nem sikerül megvalósítanod?

2) Szabotázs

Írd le mindazt, amit azért teszel vagy nem teszel, hogy szabotáld az (1)-es pont megvalósulását.

Írd le a (2)-es pontban felsoroltak tökéletes ellentétét! Figyeld, hogy mit érzel: mi ijeszti meg, mi hoz zavarba, mi nyugtalanít ezekkel a cselekvésekkel kapcsolatban? Mi a legrosszabb, ami történhet, ha mégis a (2)-es pont ellentétét teszed?

3) A3 ellenkezőjét

Írd le ezeket a félelmeket. Ha kényelmetlenül érzed magad, az természetes. Legyél őszinte!

Nézd meg, miként kapcsolódnak a 2'-es és 3'-as pont választásai.



4) Elköteleződés

Milyen megfontolás működteti a 3-as pont válaszait, milyen előny, haszon jár velük?

A 2-es és 3-as pont választásainak összefeszülést nevezünk konfliktusos elköteleződésnek.

5) Feltételezések, berögződések. A beugró színes története.

Az élet:
Az emberek:
Én:

Az 5'-ös pontban meglelt tükörképet beviheted a Főnix-folyamatba, hogy tudatosítsd az ellentmondásos elköteleződések működését, és apró lépésekben "visszaellenőrizd" a feltételezések valóságtartalmát. Aztán, amikor készen állsz az "új információ" befogadására, akkor éber és irányított fókusszal megkérheted a pszichédet, hogy "frissítse" a régi feltételezéseket, adjon teret az új megértésnek.



Conflicting Commitments

exercices - key steps



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1) Quality

Name one quality you are passionately committed to developing, yet not fully manifest.

2) Sabotage

Write down all the ways you act, or do not act, which sabotage this.

Now imagine yourself doing the opposite of all of these (you wrote down in step 2) and notice the very worst thing, the most frightening or embarrassing thing about this. Write these fears down. Prepare to be embarrassed. Be honest.



3) opposite



Now see how the answers to '2' are related to the answers to '3'.

4) Commitment

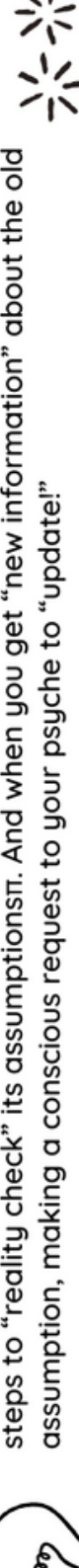
What commitment is operating in '2' that protects you from '3'? This is called a conflicting commitment.

5) Assumptions - Story about life, people, yourself. The understudy.

Life is:
People are:
I am:



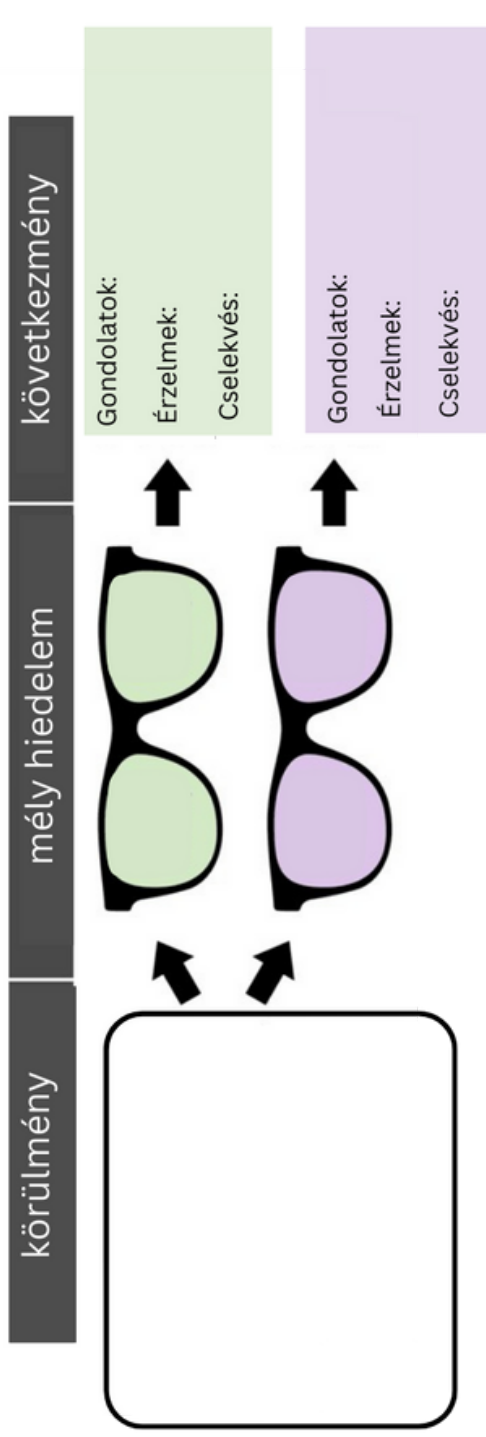
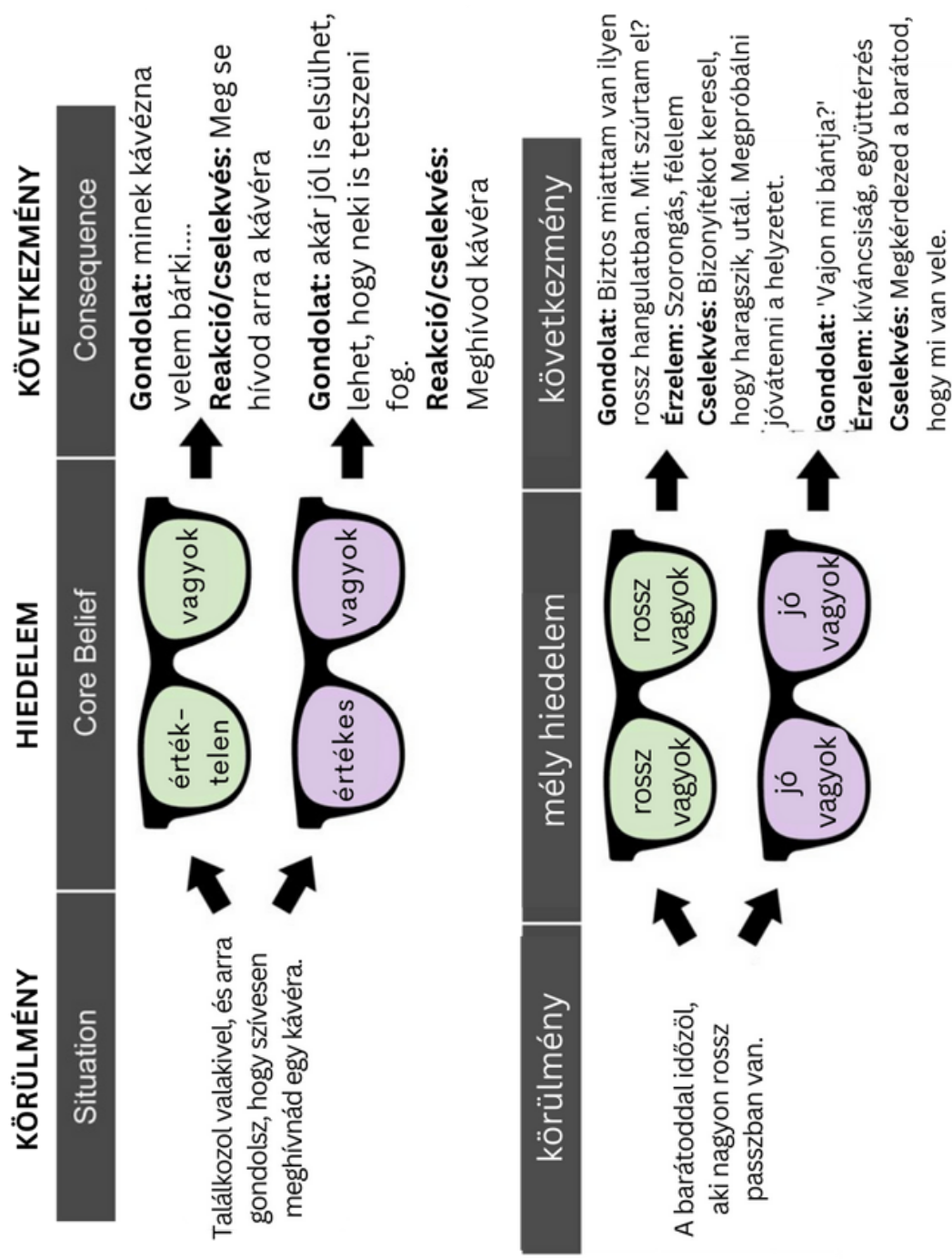
You can take this into the Phoenix Process. And you can simply become conscious of how and when the conflicting commitment is in operation, and begin, when you are ready, to take small steps to "reality check" its assumptions. And when you get "new information" about the old assumption, making a conscious request to your psyche to "update!"



Alapvető hiedelmek

Ahányan vagyunk, annyiféleképpen látjuk a világot. Két személynek teljesen azonos élményt követően is lehet teljesen eltérő értelmezése az átéltekről.

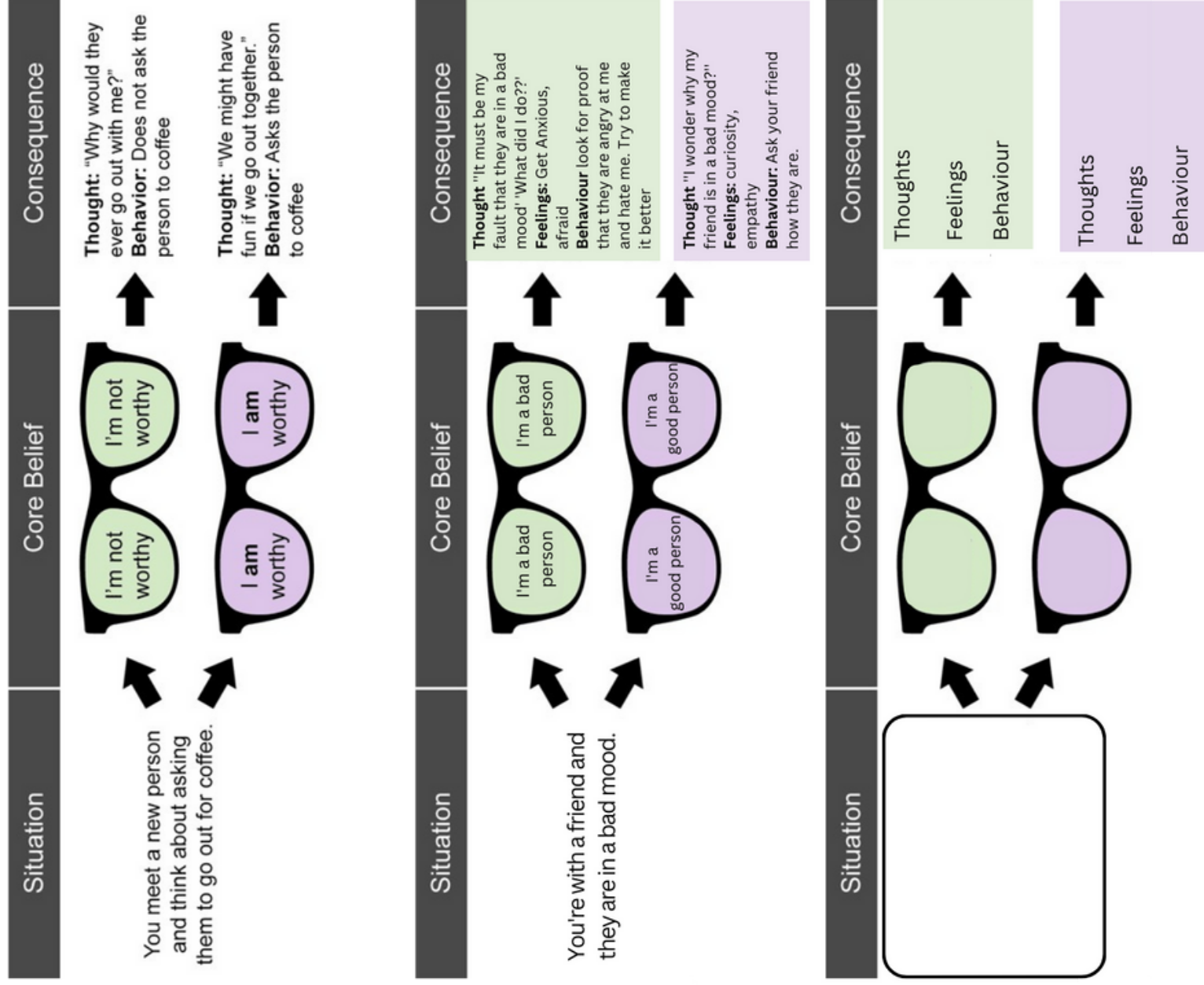
Az alapvető hiedelmek azok a mélyen őrzött meggyőződések, amelyek befolyásolják, irányítják, hogy miként értelmezzük a világot, a tapasztalatainkat. Alapvető hiedelmekre gondolhatunk szűrőként vagy napszemüveggént. Mindenki egy kicsit más "árnyalatú szűrőt vagy lensét" visel, ezért más színben látja a dolgokat.



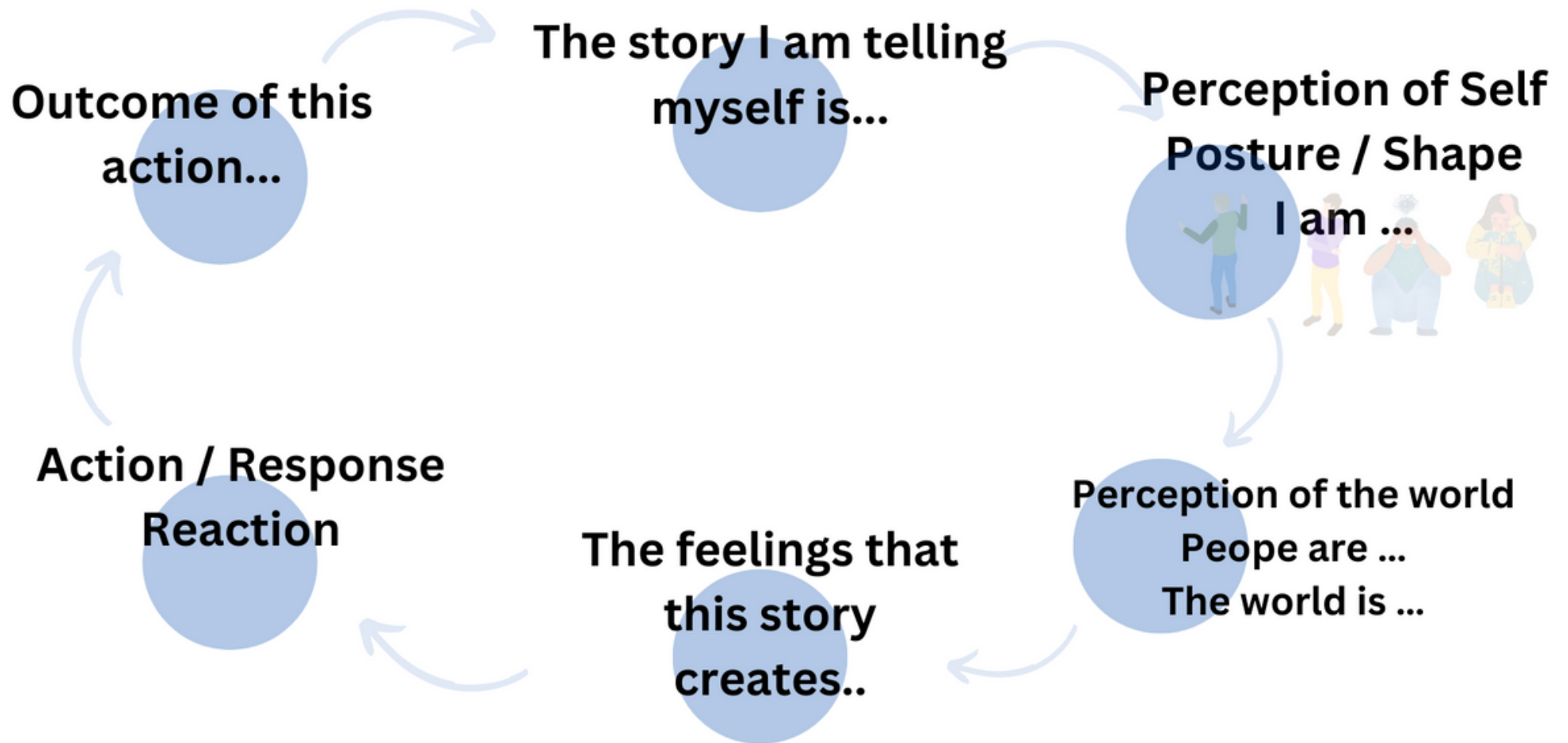
Core Beliefs

Everyone looks at the world differently. Two people can have the same experience, yet have very different interpretations of what happened. Core beliefs are the deeply held beliefs that influence how we interpret our experiences.

Think of core beliefs like a pair of sunglasses. Everyone has a different “shade” that causes them to see things differently.



UNDERSTUDY DANCE



Dance of Understudy

Posture - Shape



Dance of Understudy

perception of world

the world is...

life is...

people are...

men are...

women are...

Dance of Understudy

**feelings that
this story creates**



Dance of Understudy

action
response
reaction
behaviour

Dance of Understudy

**outcome of this
action**

Dance of Understudy

Re-confirms Story



4 Tenacity

Bouncing back and staying persistent is what tenacity is all about, including some optimism. Persistence is the key. Einstein pointed out the importance of persistence for success when he said that "It's not that I'm so smart, it's just that I stay with problems longer". In a globalised world, success is no longer a given. We need to be willing to work hard and smart and stay with a problem if we hope to achieve something, especially if you want to achieve something that no one else has.

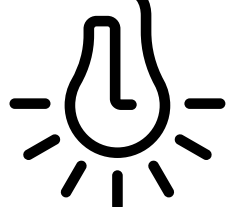
Learn from mistakes. Rarely will we do things right the first time. And even when doing something we know well, eventually we will make mistakes. At home, with friends, at work. Mistakes creep in everywhere, so what is important is how we react to mistakes. Admonishing ourselves doesn't help. Instead, it's important to be able to objectively look at our mistakes, find lessons in them, and not define ourselves by them. The past is there learn from, not to dwell on.

Don't be naïve, have realistic optimism. Research shows that people who are overly optimistic about succeeding are less likely to, since they tend to give up at the first sign of trouble. What is more useful for success is to have a sense of 'realistic optimism', meaning that you are hopeful about your ability to succeed, but you realise that the road will be tough and full of challenges. This realisation combined with the willingness to be persistent is what ultimately leads to success for individuals, teams and organisations.

IT'S **OK** TO MAKE MISTAKES.



You've made a mistake?
RELAX.
You are NORMAL.
Plus, mistakes are a great way to
LEARN.



What baby-steps could you take to develop tenacity?



Tenacity is also about being resourced. You can use the 'Tree of Life' meditation to become more resourced.

TREE OF LIFE

Leaves (who are those people important to you?):



Fruits and flowers (what legacies do you want to leave to others and what have others left you?):

Branches (What are my hopes and dreams for the future?):

Ground (what things do I enjoy doing?
How do I spend most of my day?):

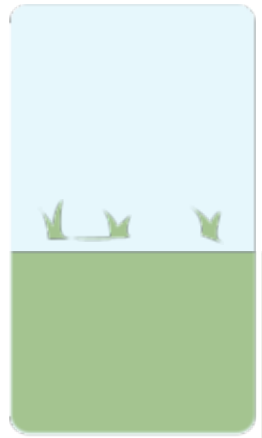
Trunk:

Roots (what is it like while I was growing up?):

Bugs (what challenges am I facing that I have to overcome?):



Roots - past



Ground - present



Branches - future

5 Collaboration

Connection with other people and meaningful relationships is what Collaboration is about. We are social beings. The brain has a deep fundamental need for connection with others to be able to thrive. The brain has dedicated neural structures to recognise facial expressions, while mirror neurons fire within the brain to help us empathise with others. We are, after all, in this together, so what we do and focus on is not just for us, but to help our communities together and improve our world. This connection is what the Collaboration domain is about. Support and be supported. In a complex world, few of us can achieve anything meaningful alone, so it's crucial for us to build support networks so we can both have a safety net and also be that safety net for others. Interestingly, research shows that when it comes to peace of mind, it's not actual available support that matters, but instead it is the perception of available support that's important. So even if you have 100 people ready to support you, if you don't realise this, you will not feel supported. Keep this in mind for others as well, and show the people you care for that you are there to support them whenever they need you. Get the context right. A key part of Collaboration is understanding the context of your interaction with people. Having a meeting with people at work and spending time with friends on the weekend are two very different contexts.



Revisit the 'Tree of Life' meditation to map out your connections.



LEAVES - SIGNIFICANT PEOPLE



FRUITS AND FLOWERS - LIFE'S GIFTS



BUGS - LIFE'S CHALLENGES

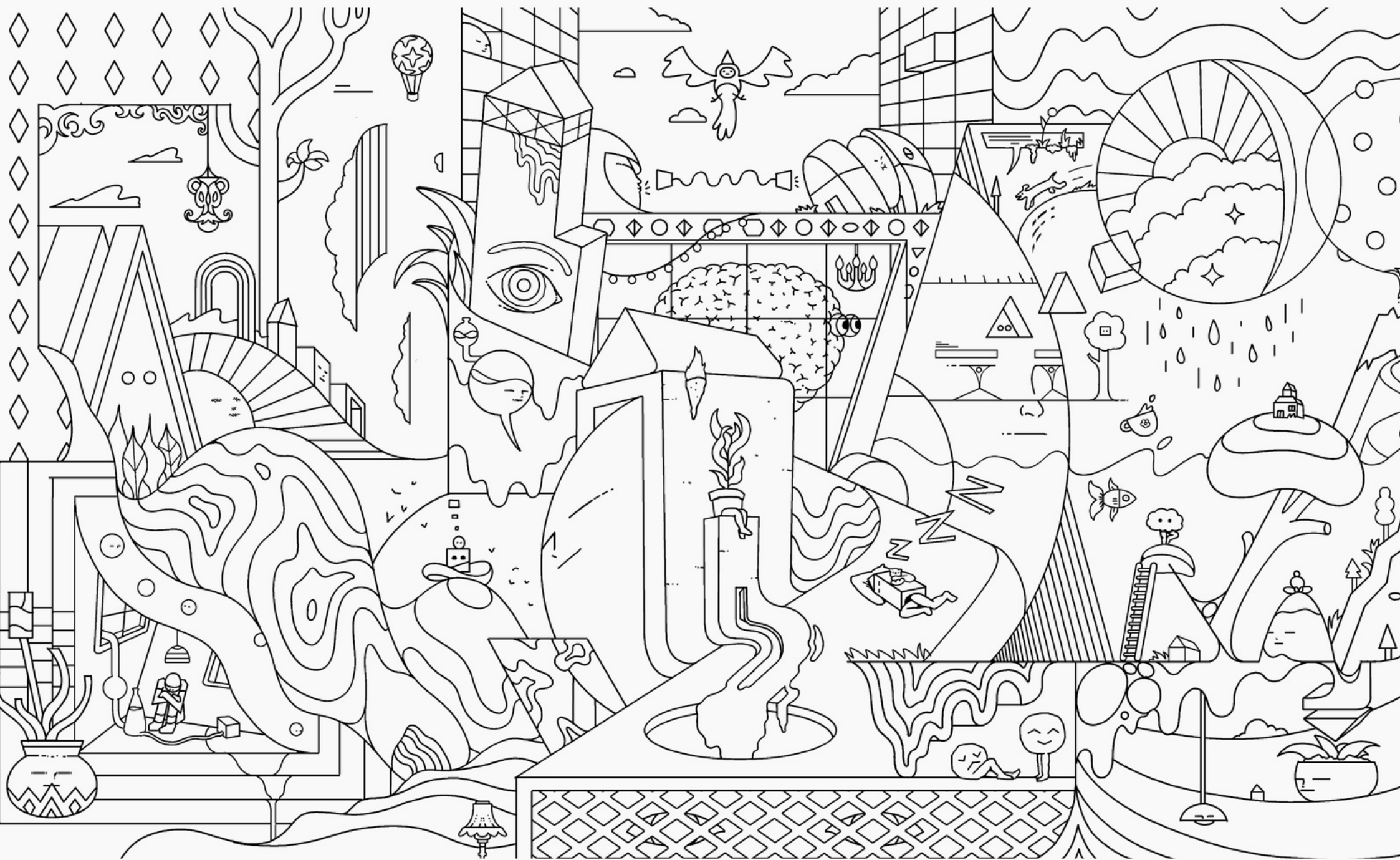


TRUNK - SKILLS AND STRENGTHS

MY TREE OF LIFE STORY

Use the below tree to write down any comments you have in each part of the tree. Color the tree and write your past, future goals, and strengths. You can use the main "My Tree of Life" page to remember what are the different parts of the tree and what each part represents.





6 Health

Your physical health is important too, this is where Health comes in.

The foundational domain. Good health means looking after your body through what you eat, doing exercise, and getting quality sleep. A healthy body provides a strong foundation for your own resilience so you can focus on your sense of purpose and goals. Good health is not the ultimate goal itself, but instead is an enabler to achieve your larger personal vision.

Healthy nutrition. It's not just about keeping lean, as nutrition also affects your brain health and mental performance. Regularly eating foods with a high combination of fats and sugars (like chocolate, ice cream, cookies, baked goods, burgers...) actually reduces the chemical in the brain that produces more brain cells. This makes the brain less plastic and reduces your mental adaptability.

Quality sleep. Lack of sleep results in more mistakes, reduced attention span, and a decreased ability to deal with stress. It also increases cortisol, the brain's stress hormone. The affects add up over time, compounding the toll on your body, brain, and performance. Sleep makes a big difference, but it's not just about quantity, it's about getting enough quality sleep.

Regular exercise. Also not just about being fit, regular exercise is proven to increase mental performance and increasing your ability to learn. It also protects against neurodegenerative diseases in the long term. So even if you are happy with your body, exercise is still crucial!

Pillar 1: Sleep

So the 1st fundamental is sleep, getting good quality and good quantity of sleep. We've been exposed to these natural triggers like the sun for our whole existence. So the two biggest things that we can do to get good sleep is to first of all starts in the morning get outside as soon as the sun is up and get light into your eyes. 5 minutes of sunlight or if it's cloudy half an hour to get enough light into the eyes and into the system to tell the circadian rhythm to tell your body that it is morning. This starts a hormonal cascade getting you awake, and then 12 hours later it's going to start the process of helping you to feel tired and sleepy. So come to the end of the day number one thing we can do is turn off our screens and dim our lights at least one hour before we go to bed. Let your system know that it's time to rest it's time to go to sleep.

Pillar 2: Nutrition

So nutrition, nourishment. We're not going to dive into the diet wars today, we're going to keep things broad, we're going to keep things open and just cover some points I think everyone can agree on:

#1 is drinking enough water and drinking enough clean water. So two to three litres every day of ideally filtered clean water.

#2 is to focus on the diversity of the type of food that we're eating and the diversity of the different fruits and vegetables that were eating. And there's been some research to show that trying to hit at least 30 different types of fruit and vegetable in a week really supports our gut, our microbiome. Keeps things interesting for everything that's going on there. So that's number two, diversity of plant food.

#3 is more about the state that we are in when we do eat. So here is just to take three or four slow nasal breathes before we eat to engage the parasympathetic, to get our bodies ready to receive the nourishment of the food. Because that old saying we are what we eat is more accurate to say that we are what we absorb. And the best way to absorb all the nourishment that's available to us is to be eating in a calm state.

Pillar 3: Movement

So movement is medicine, this we know. We evolved as these perpetual motion beings. We were in constant movement for our whole evolutionary history and then all of a sudden, in very, very recent times someone designed a chair, someone designed a very comfortable sofa, someone designed the car, all of a sudden we don't have to move so much. And we know that movement is medicine and we're going to zoom back from dance as that medicine to just look at our whole lives and how we can bring more movement into our lives. There is a minimum step count threshold which is 5650 steps. If you get below that number of steps a day you are quite a lot more likely to experience anxiety and depression and if you get over 5650 steps your quite a lot less likely to experience anxiety and depression. So getting enough steps, at least 5650 steps per day and then also not sitting down for too long.



*more pillars to health:
breath
community
mindset*

A type of exercise we can recommend: dance!



We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams."

— Albert Einstein

Chamber of Awakening

Unibeat - Nanigo All names -

Juan Mijake Womb Pulse -

Kevin Wrenn

Lebege kertek - Kobza Vajk

Hortari - Worakls Darkness -

Peter Gabriel

Orientations, Pt 3 - Huva

Network TranceTracker -

Dubtrak Astral Ancestral

Awakening -Ojolo

The Awakened Heart - Byron

Metcalf Primordial Recognition -

Byron Metcalf Tsubo Dance -

Takashi Kohgo

Gierran - Wimme - from Rough

Guide to World Music The Fear

Theme - Cinematic Orchestra

(written by Kenji Eno) Glowing

Desert - Noor (from Arabic

Chillout)

Chamber of Integrity

Tomorrow never comes - Rishi
and Harshil Lioness Eye - Xavier

Rudd Move it - Tempel Step
Project

Riptide - Jacob Haage and
Sarah Assbring La rage - Keny

Arkana Tourbillon - Julia Kent

Duality - Tumbara Ajna - Stan

Kolev Zion – Fluke

Yhuko Pappora - Ash Dargan

Strobe's - Nanafushi Shiva -

Ash Dargan

Beeito foi el dia - Micrologus

Ensemble (album Myth) Raqset

el Banat - Reda Darwish (on

Rough Guide to Bellydance)

Shadowman - Afro Celt Sound

System

Chamber of Surrender

Jamie Sieber Existence live -

Hafez Nazeri

Intuition - Dan Levy Sanctis -

Worakls Take Hold of Me - Ane

Brun

Adagio in G minor - Tomaso

Albinoni Orion - Fading Soul

Lacrimosa -Stafan Obermaier

Total Pulchra Es - Ola Gjeilo

Lost Soul - New Mix- Bliss The

Child Within - Seb Meets

Astropilot Ambient Version -

Kaya Project

Chamber of Gratitude

Nava - Nagwa Guanaje -

Madeleva Marea - Silvia

Kirchherr

Octopus Joy - Kevin Smuts Dance

Island - Mati Nala (Outro) –

TSHA

Take Five - Fave Brubeck Small

Flowered - Parra for Cuva Merci

- Beqa Zaqradze

Viusu - Cantoma Seve - Radio

Edit - Tez Cadey Obaa Y Ewa -

Pa Joe

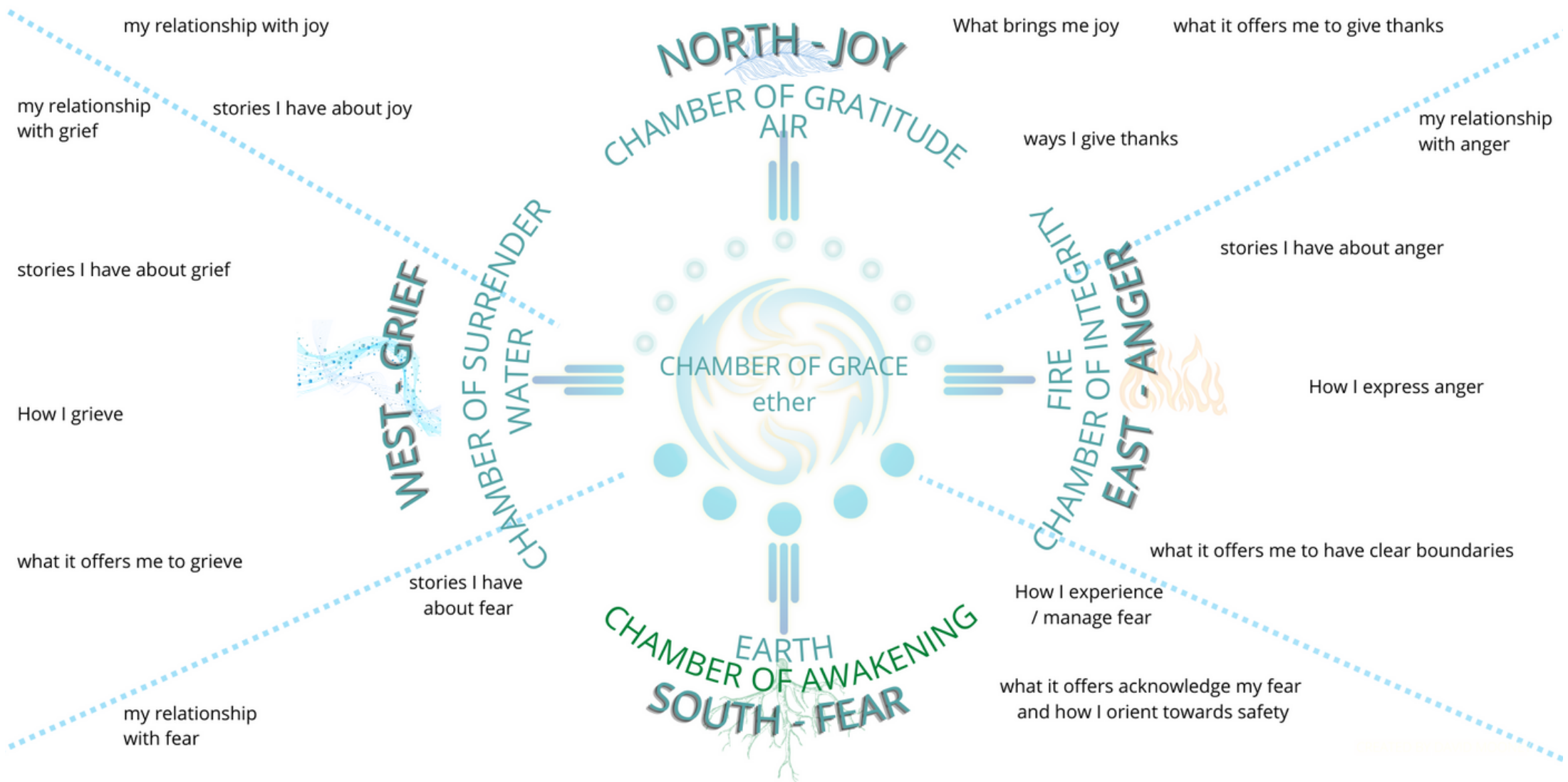
Sueño Conn Mexico - Pat

Metheny (from Cafe del Mar

album) So Flute - St Germain

Asaia - Mich Gerber (album

Tales of the Wind)



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