

Resilience

This handbook is to
compliment the live sessions.

Resilience

Resilience is the capacity to recover quickly from difficulties, toughness. (Oxford Dictionary)

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress. (American Psychological society)

Resilience is the capacity of a dynamic system to adapt successfully to disturbances that threaten the viability, the function, or the development of that system. (Masten, 2014) – British Psychology Society.

As we can see resilience is larger than its sum of parts. Developing it means encountering difficulty head on and learning attitudes and skills to navigate through with some success. Allowing ourselves to pass through difficult moments with more ease can be helped with more awareness of what we are doing, when are doing. Resilience is a trait effect created through active participation of life events and the development and awareness of personal wellbeing in the mind and body.



Exercise – What is the internal weather like? Learning to assess how we are in the moment can be difficult, using metaphor to help us understand and access our state of mind and body will build awareness of self.

Avoiding self-assessment is common for everyone, taking a good look in the mirror and judging how we are can be difficult and we can under or overestimate where we currently are with our state of resilience. Try and be honest with this questionnaire:

Resilience questionnaire:

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ). For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree.

Resilience Questionnaire Score

1. In a difficult spot, I turn at once to what can be done to put things right.
2. I influence where I can, rather than worrying about what I can't influence.
3. I don't take criticism personally.
4. I generally manage to keep things in perspective.
5. I am calm in a crisis.
6. I'm good at finding solutions to problems.
7. I wouldn't describe myself as an anxious person.
8. I don't tend to avoid conflict.
9. I try to control events rather than being a victim of circumstances.
10. I trust my intuition.
11. I manage my stress levels well.
12. I feel confident and secure in my position.

TOTAL

0-37 A developing level of resilience. Your score indicates that, although you may not always feel at the mercy of events, you would in fact benefit significantly from developing aspects of your behaviour.

38-43 An established level of resilience. Your score indicates that you may occasionally have tough days when you can't quite make things go your way, but you rarely feel ready to give up.

44-48 A strong level of resilience. Your above average score indicates that you are pretty good at rolling with the punches and you have an impressive track record of turning setbacks into opportunities.

49-60 An exceptional level of resilience. Your score indicates that you are very resilient most of the time and rarely fail to bounce back – whatever life throws at you. You believe in making your own luck.

We live in a body and brain that is hard wired for survival, a place that will feel stress and anxiety as part of its survival instinct, so that it avoids danger. It is so fine-tuned that the slightest thing can set it off – it is not our fault.

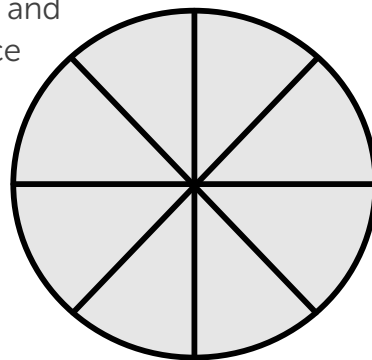
In the distant past of our evolutionary roots, these instincts served us well, helping us to avoid danger at all cost. However in this modern world in which we find ourselves, with a distinct lack of wild animals to attack us on a daily basis, our instincts not only react to outside threats but have now turned inward and react to our internal landscape as well. A landscape which is driven by our own thinking patterns and thoughts. And we have all experienced negative thoughts!

Science tells us that we can change the way we think and therefore change the types of hormones that effect our body, from negative to more positive. Our brains have plasticity or the ability to grow and change according to how we behave.



To build our resilience we can actively change many areas of our life which will affect our thought patterns, positive hormones, boost our immune systems and generally improve all round health. Over the next few weeks, we will focus on areas which can build the traits of resilience in our minds and help you to weather the storms that lie ahead.

To help make changes we need to see how we are spending our time and use that information to help us plan an effective approach for our own benefit. Remembering that only when we help ourselves and develop our resilience can we then truly help others.



Thinking Patterns

Exercise: What is the ocean of your mind like today? Can you describe it without analysis, just noticing how it is?

Thinking about last week and how we have evolved over time, our thinking patterns too have evolved and have a natural negative bias, most people do not realise this and hence we can become trapped inside our own way of thinking. We take things personally but that is a part of our evolution of survival.

Negative thinking served its purpose in our evolution, it helped to keep us alive by making us more cautious and seeing potential danger when it might not be there. It is safer to run away at any sign of threat than to hang around and wait to be attacked.

Over time this type of thinking can become quite habitual and we all know people who always react in certain ways. This eats away at our resilience and reinforces negative emotions which cause havoc in our bodies and brains. We can think our way into ill health, without even realising.

Remembering that the body is designed to experience feelings of threat occasionally and then quickly react. In this modern life we can perceive constant threat and not have enough time to respond positively. This overloads the whole body system in a negative hijack which tends to spiral.

Increased stress hormones can and do reduce the effectiveness of the immune system. Stress hormones are produced when we feel under threat, our own language patterns and that of others can disrupt our positivity and create threat within our brains.

These patterns are called 'thinking errors' in CBT and there are many different types, here are just 6.

- Catastrophising- Always expecting the worst.
 - o This is where we think of the worst-case scenario and expand on it. We cannot think logically in panic mode.
- Overgeneralising- "Painting everything with the same brush".
 - o This is where we apply one experience to all experiences. "Im bad at doing everything.", "You lot are all the same." It is a cognitive distortion.
- Personalising- Taking on more responsibility than necessary.
 - o Blaming yourself, or someone else, for a situation that involved many

factors that were out of your control.

- o Less confident people tend to think it was their fault. Or people eager to please and wanting recognition.

- Labelling- Judging ourselves or others harshly

- o "She made a mistake.... She is such an idiot!" Labelling is limiting, can change our opinions of others or damage our own self esteem.

- Negative Selective thinking- discounting the positive

- o Failing to see the positive experiences in our lives while focusing on the negative.

- Black and White thinking- All or nothing thinking, no options.

- o "If he won't do it, why should I?", "

The point is that we all do it at some point, being more aware of this can help us to reframe our experience and the words we use and also to politely challenge another person's words when we hear something negative. Is it our duty at work to help someone see a more positive perspective?

Here are some simple ways to challenge that thought

Thinking error Re-frame or suggested reply

Catastrophising? Work through the logical consequences.

What?

Personalising? Look at the sequence of events.

Who?

Overgeneralising? Be more specific, challenge the statement.

How?



Labelling? Be kinder to yourself, wish people well. Re name them.

What?

Negative selective thinking? Look for the positives or the opposites.

Where?

Black and white thinking? Explore the options available.

What if?

Using humour to counter this type of thinking is a great way to stop it in its tracks without upsetting anyone. Another way is to explore an opposite perspective or re-frame.

Limiting beliefs

We also carry with us beliefs that do not serve us in the present moment. Beliefs are unconscious and in the background of our thinking that help to drive an answer or an outlook on something. In times of change beliefs that are limiting can prevent us from exploring new ways of doing things.

We have all had beliefs in the past that we know now are not true, E. G For some of us we believed in Santa when we were young. This kind of belief would only give us disappointment at Christmas time, if we continued to hold that belief. Belief in a supreme being may help or hinder in making good life choices.

Most limiting beliefs are more subtle, we can hold ourselves back from making changes and this usually starts in the mind and our belief system.

I do not believe I'm good enough.

That is not who I am.

I do not deserve to do that.

I'm not management material.

I can't cope with this type of situation.

I'm not good at that.

Maybe you can think of your own versions that you constantly use and that get in the way of positive progress. Looking in these dark places helps to loosen their grip, because we become more aware of their existence.

We can challenge beliefs in the same way as thinking errors, we can reframe in a more positive way or at the very least stop verbalising in public as other people can start to believe your beliefs about you. Words are powerful and unconsciously effective.



Exercise: Here are some guided questions to loosen your thinking up:

What do people believe about you that you believe about yourself?

Which beliefs have held you back in the past?

What would have happened if you had a different belief?

Was the limiting belief true?

What new beliefs do you need to build your resilience?

Can you imagine yourself in the future with this new belief?

The point is to disrupt our habitual patterns and to loosen their grip on our perception of things. We always have the possibility of having a wider view, it's just that our minds close down on the threat and we fail to see it. Not our fault.

The challenge: Listen to other people's language, how they use. Can you spot their beliefs? Can you catch yourself using negative language and or beliefs?

Exercise, movement, and the body

Building our understanding from the previous weeks we can start to think about how we can generate more resilient response when we are under threat. Being able to do that takes strength of mind and strength in the body.

Stress causes tension within the body and our lack of movement in the day helps to keep this tension locked in. When the body and mind are under threat the initial reaction will be in the body – the fight or flight response, we act and do not think. Once in the body this then activates our thinking patterns and we all know about that.

We need to help the body to release tension which also helps to release negative thoughts which we also hold on to. When we have low resilience and a negative mind set, sometimes it is best to work with the body first. We must avoid trying to fix anything with our thoughts, that just gets messy.

As humans we are designed to move more than we sit, it has helped us to evolve and be successful as a race, yet now we have created an environment where most of us have sedentary jobs, with little movement and little understanding just how important movement is for our wellbeing and resilience.

Exercise recommendations can vary from person to person but in general for adults it is 150 minutes of moderate exercise a week. That is 5 x 30-minute sessions in the week. In addition to that it is recommended that some muscle strengthening is added to your routine. Taking small movement breaks every hour will prevent your body from stiffening up. (Public Health England)

Consider the consequence of not doing this kind of activity over a lifetime. In the worst-case scenario, some exercise is better than none. Walking is the easiest and most accessible thing to do for able bodied people. Start simple and easy, make it enjoyable and avoid expensive gear at first.

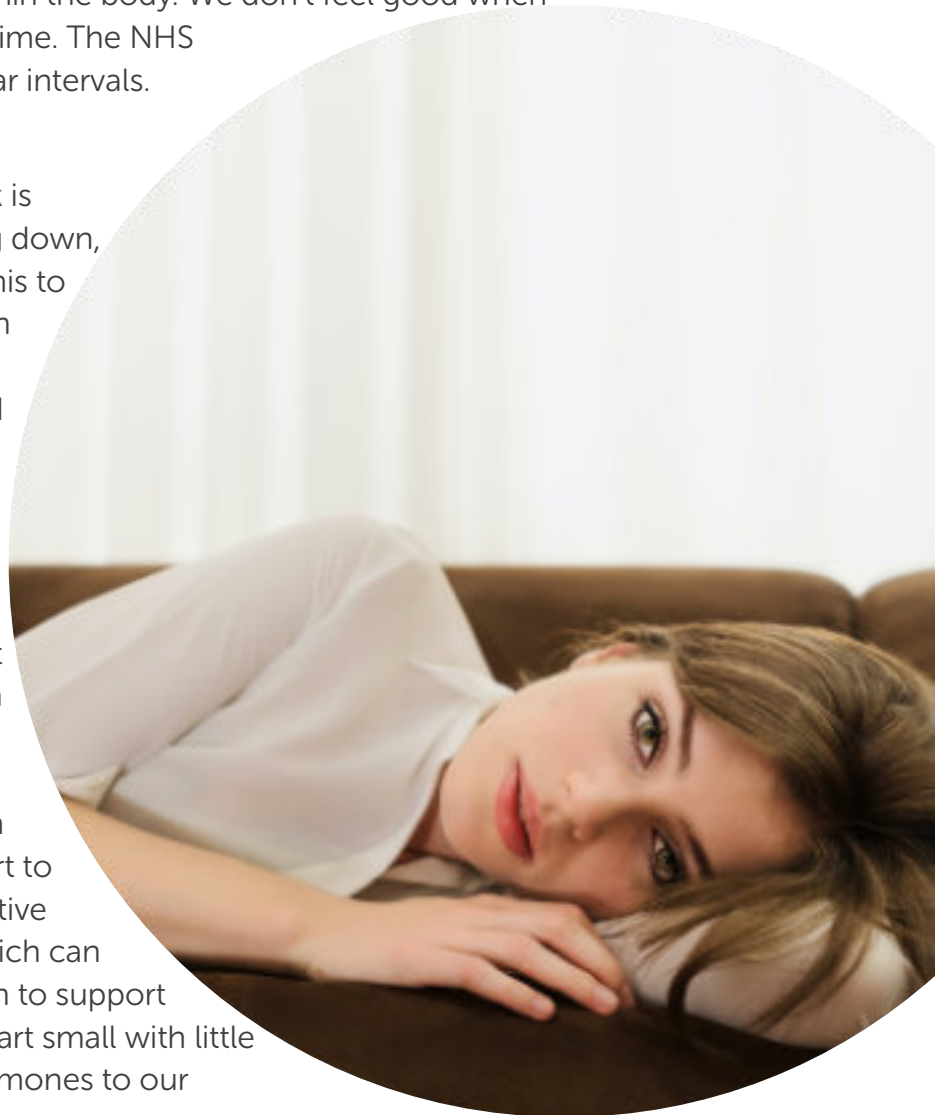
A resilient body helps to support a resilient mind. Think of your body as a container that holds everything, including your thoughts and emotions. When the journey gets tough a strong and safe container can help to hold everything together when the ride gets bumpy. Think of our immune system as the lid that keeps everything inside, the stronger it is the safer the contents of the vessel.

When we exercise the body produces dopamine which makes us feel good after completing things, serotonin helps to stabilise our moods and endorphins help to reduce pain within the body. We don't feel good when we are inactive for long periods of time. The NHS recommend that we move at regular intervals.

A typical prescription for a bad back is movement and stretching, not lying down, and doing nothing. Can we relate this to how we feel when we finish a tough day at work? We may feel tired, lethargic, and fed up, ready for food and drink and some TV, when the best thing to do for body and mind would be movement and fresh air.

We do not need to feel despondent about our levels of exercise, we can include extra movement wherever we are. There are opportunities everywhere to do a little more. With every little bit of movement, we start to create the conditions for more positive hormones and those chemicals which can make us feel a little better and begin to support our motivation for doing it again. Start small with little wins. Use what we know about hormones to our advantage.

Staircases, bags of shopping, walls, and chairs to use as supports for different forms of exercise. We can access free classes online and learn new skills.



Perhaps considering buying suitable outdoor clothing as essential items to support your movement. A good waterproof jacket maybe the same cost as 7 bottles of good quality wine. Walking shoes or trainers can cost the equivalent of a month's supply of chocolate, biscuits and crisps or a weeks' worth of cigarettes for a smoker.

What are you investing in for your resilience, how do you spend your time and money? Are you supporting your long-term health and wellbeing?

We could think about last weeks session on thinking patterns, notice how you have been thinking about this exercise and movement subject. Are your thoughts getting in the way of acting? Are your thoughts supportive of yourself? Everything is connected. How can you be kind to your body right now?

Start to notice the effects on purpose and soak them up, get to know what they feel like and where in the body you feel them, learning to be more in the body than in the mind. Can we find pleasure in movement and learn to relish that?

Remember that resilience is the ability to bounce back and recover, how can you bounce back when your body is tense, stiff, sore or in pain? Sometimes we need to work with the body even when our minds are telling us otherwise.

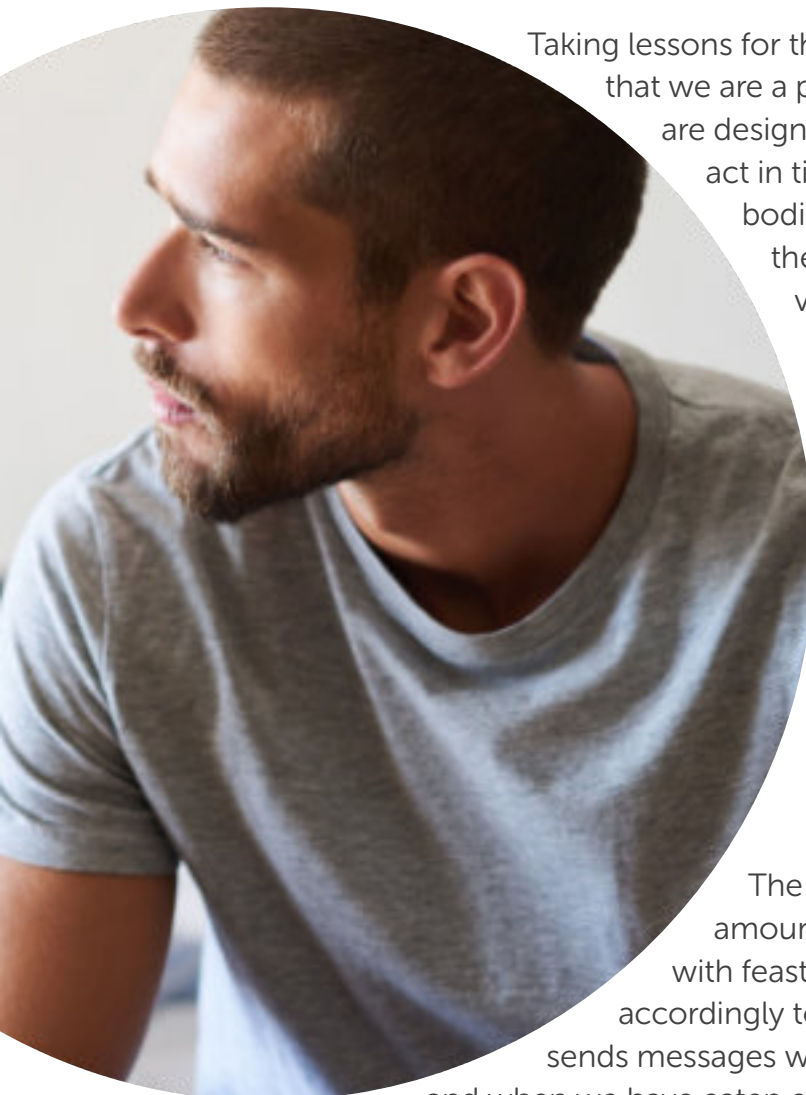
The key to building resilience is to set a very small achievable goal for your movement practice and actual make it happen. Then congratulate yourself and enjoy the feeling, then plan in the next session. Practicing completing and finishing a goal helps the mind understand and generalise this attitude with other challenges that will come.

If you can feel tension in your body, do not ignore it. Most of our reactions to stress are held in the body, if we are too much in our heads, we fail to spot the early signs. Common examples in the body are tight chest, tense stomach, headaches, sweating. They do not happen for no reason; don't

assume they will go away on their own. You need to participate and move the body, help the emotion pass through.

The challenge: Decide what you can do every day that helps you move more, do it and mentally praise yourself. If you don't do it, be kind to yourself. Or notice when you feel a little tense and teach yourself how to soften those areas.

Diet and Nutrition



Taking lessons for the previous weeks we know that we are a product of evolution, humans are designed to move, think quickly and act in times threat or need. Our bodies function at their best when they have plenty of water, lots of vegetables, some protein and complex carbohydrate. The classic cave person did not have three meals a day, instead our bodies are more adapted to grazing throughout the day in small amounts that helps to manage all the biological functions needed to get the best out of our diet and keep everything in balance.

The body does have a certain amount of natural resilience to cope with feast or famine and it reacts accordingly to keep itself alive. The body sends messages when we are hungry or thirsty and when we have eaten enough, if everything is in balance the body will look after itself.

Too much stress and poor sleep can adversely effect the hormones that regulate our feelings of hunger and when we feel full.

Eating high-carb food and stimulant-loaded drinks create the perfect storm of fuel highs and lows, so adding to your body's stress burden and making you feel more stressed, tired and hungry.

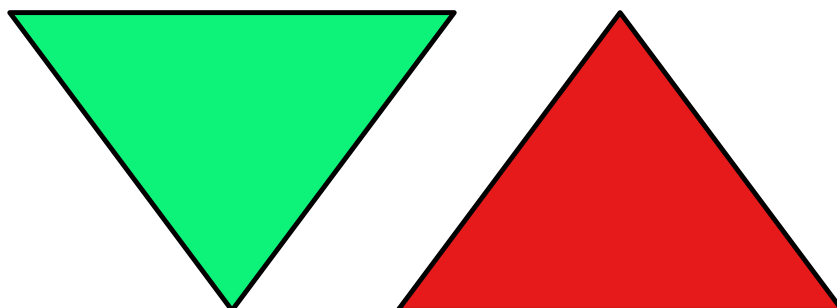
Having a well-balanced diet with good nutrition can support our vulnerability to stress and depression. (Flórez,. 2014)

We find ourselves in a society that does not have the necessary conditions for us to eat as we were designed to eat. We have designated times to eat during the day and at home we tend to eat later in the evening when our bodies are starting to slow down and prepare for resting. Bombarded with food advertising and convenience food that saves precious time, but loads our bodies with sugar, salt and other additives. This in turn clogs arteries, and induces insulin spikes in the blood, leading to excess weight gain, diabetes, aging and disease.

Making the correct food choices takes mental effort and noticing our thinking and decision-making patterns. It takes an awareness of what we are doing to enable us to break unhelpful routines and habit. If we can change our eating patterns, we are changing our minds.

We are designed to eat more in the morning and gradually eat less through the day

AM



What most people do is the reverse.

In the morning our bodies produce chemicals that are ready to digest lots of nutrients for the day ahead, in the evening our digestive system is preparing to slow down and therefore does not burn off fat or absorb as many nutrients. Just imagine what happens over a lifetime.

Our bodies can only deal with 7 teaspoons of sugar per day – 35g, anything more and it starts to effect our insulin levels and also rapidly puts on fat because the body thinks this is a feast and it had better store excess sugar as fat for a rainy day. Sugar has addictive qualities, and this can hijack your thinking patterns, we become slaves to our impulses.

- Eat three meals a day and never skip breakfast
- Eat protein with every meal
- Choose slow-releasing carbohydrates rather than refined foods
- Reduce your dependence on stimulants
- Snack pre-emptively

The fresher the food is the better it is for our body. We need the antioxidants in fresh vegetables to counteract the free radicals in the environment which come in the form of pollution, smoking, alcohol and fried foods. Antioxidants protect our cells but only work for a short time, therefore we need to eat plenty of fruit and veg in the day.

Poll: How many fruits and veg on a normal workday?

The more processed our food is the less nutritional content it has. Eating ready meals and package food daily and over a lifetime with deplete your body of nutrients and leave with high levels of salt and sugar in your system, again this clogs arteries and causes weight gain and diabetes.

We need to find ways to shop, cook and eat that can support our health and build a foundation for resilience.

High levels of salt and sugar in the diet have been shown to negatively effect gut bacteria which intern can influence our mental health.



In the future medication will be more personal and based on food-based products that can help to change the type and levels of positive gut bacteria.

Your stomach is like a separate living organism, full of millions of bacteria which support your body and the immune system, if you kill them, you are killing yourself. Treat your body with kindness.

We can always supplement our diet with various vitamins and minerals, again if our diets are healthy then this will not be necessary, however, as we can see not many of us have a perfect diet.

Vitamin C – Antioxidant and promotes healthy cells, supports the immune system.

Vitamin D – Help the body convert calcium into the bones and teeth, supports mood. Sciences tell us that vitamin D is essential for strong bones, studies also tell us that this vitamin also promotes a sense of wellbeing. (Carlsson et al., 2016)

Vitamin Zinc – Supports the immune system. Studies also show zinc supplements help to support the recovery of traumatic brain injury as well as resilience to traumatic brain injury. (Cope2012)

Omega 3 – Supports brain function: Lots of studies show links with how omega 3 supports brain function and mental resilience, especially for the brain to be able to change and adapt to circumstances. (Agrawal et al., 2014)

B-Complex – Supports brain function and fights against infections. (Prof David Smith, Oxford Uni)

Ensuring we have enough water in our system is essential for smooth running of the body and mind, if we are dehydrated we don't think straight, this can cause us to reach out for more snacks, thinking we are hungry, when really we need to be drinking regularly through the day. 7-8 large cups. 1.5 – 2litres of water per day. Dehydration slows down cognitive function.

Avoiding too much caffeine is also good for us. Too much caffeine may keep us awake and alert, but it does nothing for our ability to focus. Caffeine also dehydrates the system. One cup of coffee a day is a WHO recommendation as it supports the 'wake up' hormones in the morning. However coffee does include anti depressant qualities, just be wary of drinking too much and also caffeine in other products like fizzy drinks and chocolate.

We can also fail to see the connection with our evolution and how we eat. In the distant past food would have been eaten in a safe place, in a group and probably in silence so they could listen out for any threats.

We tend to eat alone or in small groups surrounded by noise and distraction. All this inhibits the ability of the body to relax and digest its food as it was designed to do. Even eating in front of any screen can inhibit the body's ability to digest food, it is more concerned with looking. Eating in groups is social and promotes the hormone oxytocin which makes us feel safe, relaxed, and loving. The seeds of resilience can begin to grow.

Do not try everything at once, be kind and gentle make changes that you can commit to and enjoy noticing the effects within your body and mind. One step at a time. If you feel you have failed, that is OK, we all feel like this sometimes. The key to resilience is to practice picking yourself up and starting again with small achievable changes that turn into positive habits and routines.

The challenge: Can you plan with others to eat lunch together in silence for 10 minutes. Feeling safe enough to have a go without judgement?

Stress and pressure

Exercise/ Poll: On a scale of 1-5 how much pressure do I feel in my job?

Stress is what we feel when the pressures of life build up. Depending on our levels of resilience we can tolerate pressure for so long before we encounter the effects of stress. Remembering our evolutionary traits, our bodies are built to respond to pressure and react for survival. We get rewarded with dopamine when we are successful in adapting to change, we feel the rush of endorphins when we move and are active and we get the soothing rewards of oxytocin when we look after others. All these positive rewards usually come after we have been triggered by a burst of adrenaline and other stress indicating hormones like cortisol driving us to act.

In today's world the pressures we experience can be constant and come from different directions, no one can

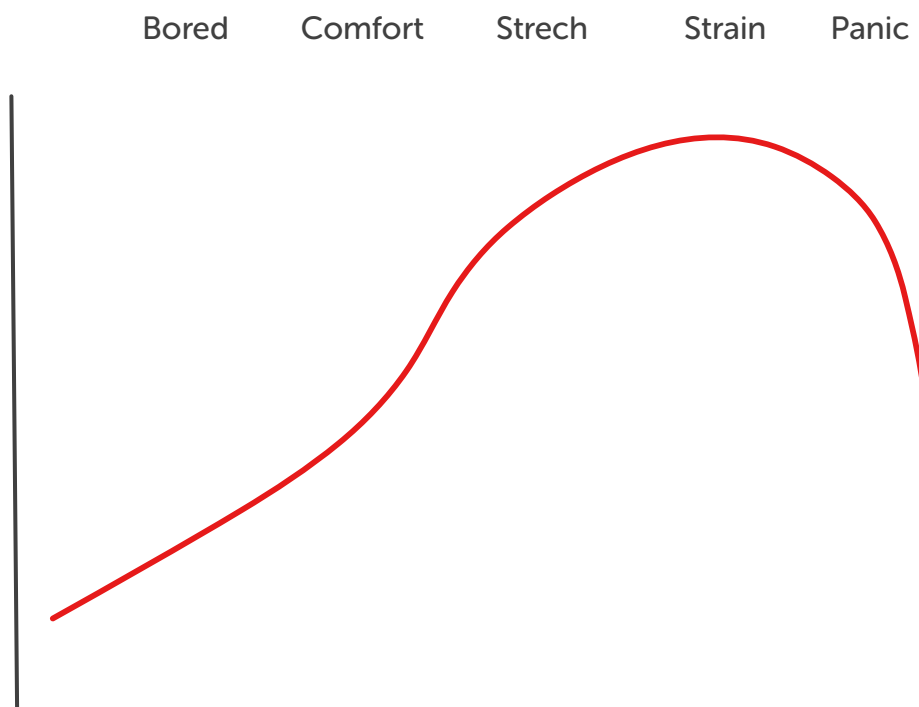


escape this truth. We can and do deal with this day after day without too much of a detrimental effect. However, when the big life changing events also come on top of what we are already dealing with, this begins to place excess pressure on our resilience to cope.

Consider your mind and body fitness in this too, as well as the food you are eating. It all combines and contributes to your resilience. One minute you might be OK and the next you begin to move into another section on the graph below.

All good sports people will train to their pinnacle and beyond, but after the race they will stop, rest, and recover. Unfortunately, in the working world there is no stopping. Where on the graph are you this week?

You might want to consider the different days or months where you will experience more pressure to perform. Looking ahead this way may support our personal resilience planning.



Source: Yerkes-Dodson Human Performance Curve

If we try and work it all out it can add more pain and suffering to our situation, we have a natural tendency to try and analyse and fix the problem. Stephen Coveys book '7 Habits of effective people' mentions the 'circle of concern'. We can spend many unproductive mental moments trying to fix all the

influences that are putting the pressure on, yet we have little or no control over any of them. We need to focus on the 'circle of control' what is within our capability to change. Therefore, our thinking patterns, exercise and diet can be so important in times of excess pressure. If we neglect ourselves, we will fall into 'the red zone'.

Relaxation, rest, and a sense of safety play a big role in our ability to deal with pressure. Using a model created by Prof Paul Gilbert and his evolutionary development of emotional regulation systems, we have 3 emotional systems - drive, threat, and soothing systems.

Drive: Goal orientated, completing tasks, serotonin, and dopamine rewards.

Threat: Fight, flight or freeze response triggered by cortisol, adrenaline, epinephrine.

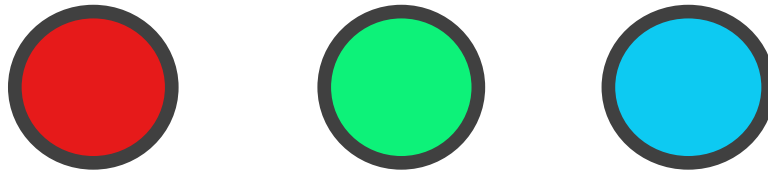
Soothing system: Group bonding and self-care, safe place, rewarded by oxytocin and endorphins.



The modern world places importance on achieving and doing with little time for anything else, eventually our minds and bodies begin to react with this pressure, and we can fall into the red zone of fight, flight or freeze. We hang around here until we do not like it anymore and try even harder to get back into the driving seat and go again. A perpetual cycle or 'hamster wheel' which only cause more pressure and stress. What many people fail to do is after a period of 'drive' we must come back to a more soothing state – the 'green zone'. A place of rest, self-care and compassion, a place where we tend to others and nurture a safe place for us to be able to relax, before

engaging with our jobs and life once again. Oxytocin is the natural antidote to the stress hormones. Feeling safe and cared for is a natural state which promotes calm and healing.

Look at these 3 circles, draw your own versions of how big each circle is in your life right now.



Most people will have different size circles. You can draw your own conclusions but finding your version of a healthy balance is key.

Poll: Which circle is the smallest?

Rick Hanson is a neuroscientist with a similar view to Paul Gilbert, he promotes ways for us to get more out of positive experiences and enable us to get back into the 'green zone' more easily.

Learning to take in the good experiences and relishing them sound simples, it takes effort and mindfulness to notice them while they are happening and then to tune into the body and notice more feeling and sensations in the body. This activates oxytocin and relaxes the body and makes it feel safe. It can help us to work with our natural negative bias and begin to notice more good than bad.

Even when things are bad, if we are aware in the moment we can stop ourselves and do a short exercise to help our minds and bodies get lesson focused on 'red zone' detail and little more focused on the 'green zone'

Exercise: The compassionate break

This is a moment of difficulty right now

Other people around me and in the world in general are experiences the same at me right now

How can I be more kind to myself right now?

Challenge: Can we find our 'green zone' by learning to soften and sooth the body in our own ways?

Making Plans / Finding meaning

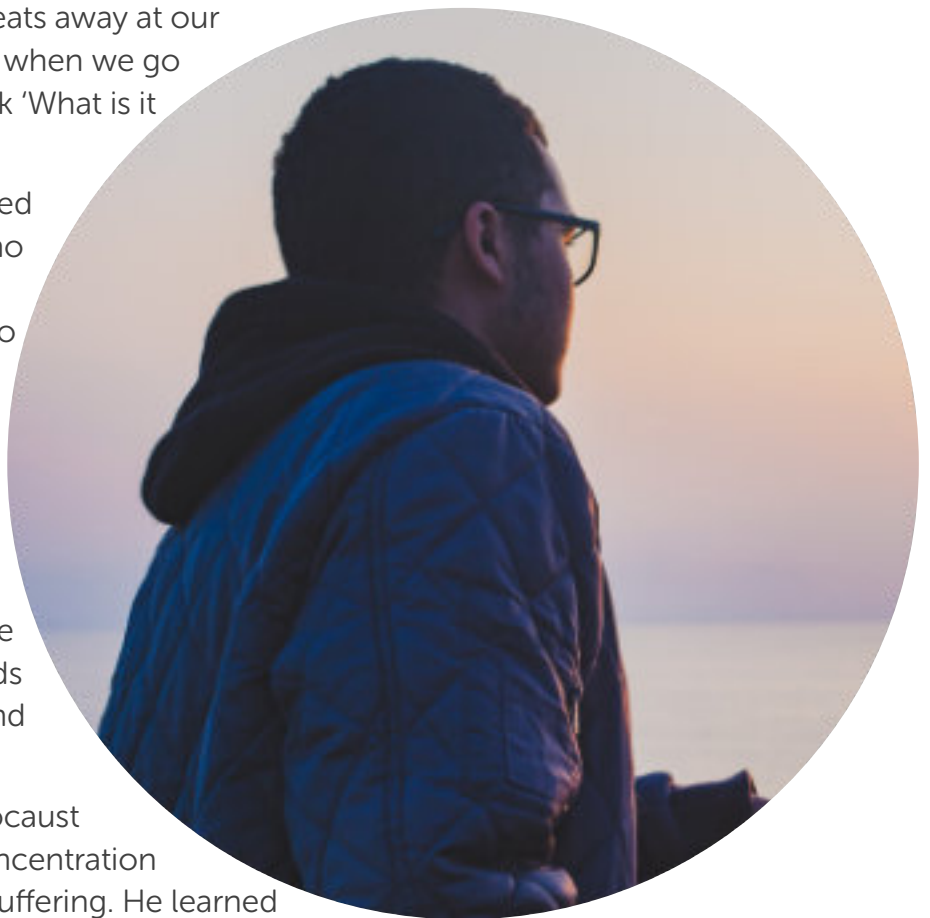
Repetition and reward are great ways for the mind to learn new routines, keeping to small achievable steps helps to stay on track. Making bold ego centric plans can set us up for failure, keep everything simple. The biggest challenge for many is the balance between home and work.

One of the themes of this course is how to break the patterns that keep us locked into ways of being that eats away at our resilience, we can lose our way when we go into 'heads down' mode and ask 'What is it all about?'

In worst case scenarios in the 'red zone' we may feel like there is no point, the mind and body in a downward spiral with nothing to stop it from reaching rock bottom. The previous weeks can build in support, but we need something that holds them all together. What is our reason for doing what you do? What is our motivation? Can we believe in it so much that it holds everything together? Can we find meaning?

Victor Frankl was a Jewish Holocaust survivor and lived through a concentration camp surrounded by extreme suffering. He learned to find the smallest thing to be grateful for and to find meaning to keep going for himself and support others. "the meaning of life is to be discovered in the world rather than within man or his own psyche, as though it were a closed system."

If we can make this reason less selfish and more to help others, this has the effect of promoting the soothing system, a calming force for good, rather than making it personal and short sighted. We have evolved to help others



because that help us. Society pushes a more individualist/consumer approach, which does not serve anything other than economics and the bottom line.

If we go to work just to pay the bills and pay for nice things, this pattern can trap us into the 'hamster wheel' scenario. Can we create a wider view of why we come to work, a view that opens up to other people, or that recognises that we do have something to offer and belong to a something bigger than ourselves.

In what ways do you help people?

How does your job support others?

What is it that I get out of my job (other than money)?

Who relies on you to complete your work?

How do you want to be seen by others at work?

Can we create a short and snappy 'mission statement' our motivation for ourselves? Something that we can remember and use in times when we need a little more resilience in the situation. Something that will brings us back down to earth safely. Something that is broad enough for our thinking not to be restrictive, something we can live by and be happy doing. Something that gives us meaning.

My mission/motivation at work is to

My mission/motivation in life is to

My mission/motivation at home is to

Does our 'mission/motivation statement' reflect this post Covid reality where many plans must change. Can this statement be used in the short and long term, especially when everything appears to so uncertain? Remember what you can control, it is yourself and your actions that create your resilience to deal with reality. Not fancy dreams, assumption and expectations - keep it real and workable.

"Help and support people to reach their potential, while remaining calm and open to change"

"Helping others to help themselves"

"Support people by solving their problems in a relaxed and helpful way."

"To have fun and be with people"

Now ask what do you need to make this new mission/motivation work?

Recap on your coaching wheel and notice areas that need some attention, what is it that that area needs?

Gratefulness and Gratitude

Developing and practicing our felt sense of gratefulness can support our resilience in difficult times, various studies our the world show how areas of the brain can be grown to experience more gratefulness and gratitude, while at the same time reducing other areas of the brain which are responsible for our stress reactions. We can actively dampen the stress response with gratefulness, just as we can with compassion and kindness.

This can tap into people's spiritual and religious beliefs, but in more secular ways we can focus on what we are thankful for, in the moment and life in general. If you ask a teenager if they are grateful for their parents or carers paying for their mobile phone and bills, they will struggle for a quick answer. Gratefulness does not easily come to mind unless it is used to thinking in that way.

In this uncertain world where progress and forward movement may have slowed down, our resilience is even more important. Being able to stand tall and hold our place surrounded by some much change, uncertainty is a trait of resilience.

If you are going to be more resilient in the future what is it that you will need for your journey?

How do you spend your time?

