

5 tips to build your resilience

1

Experience more positive emotions

Start to notice positive events

We know from neuroscience that experience rewires the brain. Emotions like joy, interest and delight help us feel and function better and rewire our brain for increased resilience.

Seek new experiences

TIP Choosing to savour positive experiences helps antidote the negativity bias of the brain and open to the bigger picture.

2

Gratitude exercise

Write down for two minutes everything that you are grateful for.

While doing it allow your body to open up and notice what it feels like.

This will help you see the positive, even when things go wrong.

TIP Try to do this for 30 days

3

Hand on heart/serenity exercise



Place your hand on your heart for one minute or massage yourself at the base of your skull or hug yourself for 20 seconds.

Hand on heart calms stressed neurons around the heart. Massaging skull/hugging self leads brain to release oxytocin, a natural antidote to stress

TIP For more powerful effect, pair with warm thoughts, feelings or images.

4

Emotion exercise

1. Assume posture of emotion that is difficult (i.e. anger), hold for 30 seconds.



3. Let the body find a posture somewhere in the middle; hold for 30 seconds.



2. Let body move to opposite posture, hold for 30 seconds.



TIP This is a way of letting your body lead you via movement into shifting an emotion you have struggled with to a more positive open emotion; in so doing, you build up your resilience.

5

Do 1 scary thing per day

Whenever we do something new our brain sees this as a mistake.



Disrupts dopamine

When we feel anxious, we choose to do the new thing anyway



Dopamine is retored

As soon as we experience success in crossing the threshold

TIP When we do one scary thing/day, we are teaching ourselves to use anxiety as a cue to do new (never tried before) things.