

Things don't always go the way we planned it



Resilience



*Life is not
about how fast you run
or how high you climb,
but about how well you
Bounce*

Resilience

- What is resilience?
- How can you help it grow?



Theories and your own organismic wisdom

- Focusing
- Positive Psychology
- Trauma work



A few definitions

- the power of body and mind to recover
- the ability to broach possibilities to handle with problems
- the ability to refind the original form



Different dimensions of Resilience

- Body – health
- Mind – thinking patterns
- Soul – (old) pain

- Emotional “management”
- Environment – (un) safety
- Relations – with yourself and others
- Story of your life – upbringing, education, models
- Special occasions / events – beautiful / difficult
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Personal Mix



Pause

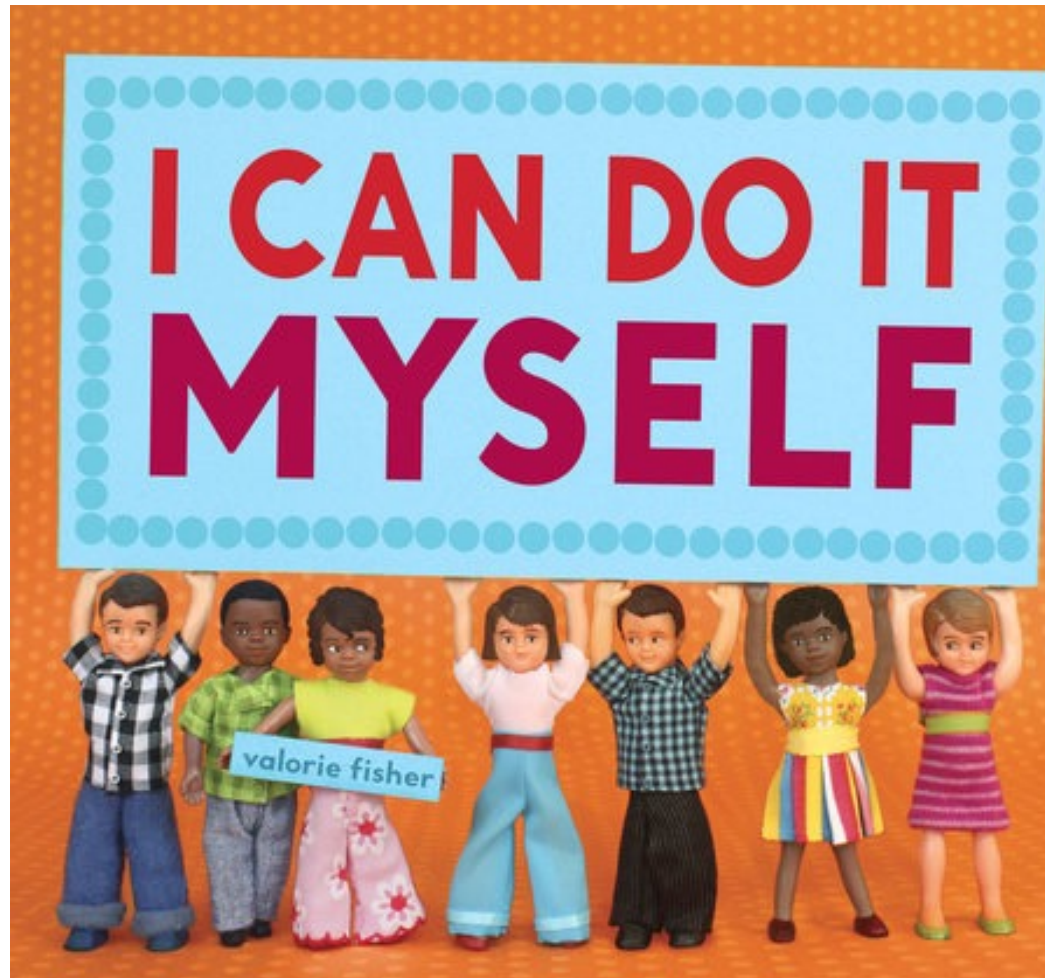


Resilience and a feeling of inner safety



Inner Safety =

trust you can handle the situation



Stress →

the feeling you can't handle the situation



I can't do it

Feeling unsafe => survival mode

- Brain and creative abilities locked
- Falling back into old patterns

=> No wonder!

How to unlock?

- Consciousness of body and senses
- Consciousness of thoughts
- Consciousness of feelings
- Focusing – felt sensing (relating to what is felt inside)
 - Me and something in me
 - I notice and pay attention to this something that ...

Focusing - Relation = distance and connection



Too close // too much distance // I and a Something in me

Recourses to develop resilience

- Quiet Place, a place to relax and find peace
- What inspires you?
- What makes you grow? What are challenges?
- Creation of a safe place inside you.
- Attention to beauty, good things
- Attention for what is going right in your life.
- Reinforce the relation with yourself
- Exercise compassion and connection
- Exercise in gratefulness
- Becoming aware of your talents
- Becoming aware of post traumatic growth

Excercise



"I have never
tried that before,
so I think I
should definitely
be able to do
that."

- Pippi Longstocking



What is your quote ?

Fan of listening is available at:

<https://www.focuscentrumadv.nl/product/the-listening-fan/>