

Mindfulness, well-being, and resilience

“We build resilience by allowing ourselves to experience what we are feeling in any given situation, whether it’s good or bad.” Frank Ostaseski

Developing Resilience: Seven attitudes and practices commonly mentioned

Resilience is the ability to recover quickly from difficult situations

Note: each person finds and develops what works for them

1. Making connections: to self, others, nature, etc.
2. Taking care of yourself
(rest, exercise, nutrition, connection)
3. Avoiding seeing crises as insurmountable problems
“Most of the worst experiences of my life never actually happened.” Mark Twain
4. Accepting that change is a part of living
 (“this too shall pass”)
5. Looking for opportunities for self-discovery, growth
 (“know thyself”)
6. Nurturing a positive but realistic view of yourself
(less self-judgment)
7. Keeping things in perspective
(6 months from now how big will this really be?)
8. Practicing mindfulness regularly
(mindfulness is not the same thing as meditation)

Five of the most common factors of resilient people (from Brene Brown’s research)

1. They are resourceful and have good problem-solving skills.
2. They are more likely to seek help.
3. They believe they can do something that will help them to manage their feelings and to cope.
4. They have social support available to them.
5. They are connected with others, such as family or friends.

Additional articles

Building Your Resilience

<https://www.apa.org/topics/resilience>

Building Resilience in Children: 20 Practical, Powerful Strategies

<https://www.heysigmund.com/building-resilience-children/>