RESILIENCE

LESSONS FROM THE WORLD’S MOST RESILIENT PEOPLE
WHAT IS RESILIENCE?

LET'S LOOK AT OUR RESPONSE TO A TRAUMATIC EVENT
DISCOVERING THE BENEFITS OF G.E.M

Gratitude
Empathy/kindness
Mindfulness
TAKING CONTROL OF EMOTIONS

What three activities influence the strength of your emotions?

(Music) 7 SECONDS
(Exercise) 30 SECONDS
(Laughter) Instant
Positive emotion shows cognitive change!

- broader attention span
- increased working memory
- enhanced verbal fluency
- increased openness to new information
- increased creativity
- increased engagement

Fredrickson, B. 2005
HOW TO PRACTICE GRATITUDE

Write down three things that **went well** for you during the day.

**OR**

1. What was the best thing that happened to me today?

2. Who am I most grateful for today and why?

3. What am I looking forward to most about tomorrow?
IN ONLY 21 DAYS...

You rewire your brain to start scanning the world for the positive
AND IN 42 DAYS...

- are less likely to get sick
- have higher levels of energy
- feel happier
- are more enthusiastic
- are more attentive
- are more determined
- are more optimistic
- have a better quality of sleep
- have lower levels of depression and anxiety
Every time you do something kind for someone else, your brain releases oxytocin.

OXYTOCIN leads to:

- increase self esteem/confidence
- increase energy
- increase levels of happiness
- increase levels of positivity
EMOTIONAL LITERACY

A-lexi-thymia

a = without
lex = words
thyme = emotions/feelings

An inability to put emotions and feelings into words
MINDFULNESS

- The ability to be completely present in the moment
- To remain focused on one task
- To be completely engaged in a topic, task or conversation
- To raise self awareness
- To increase appreciation of surroundings and of others
- To become more connected
SOCIAL MEDIA

Replacing face to face contact with family and friends with messages on social media, emails or text messages could **double our risk of depression.**

People who make contact with family and friends at least **3 times a week** had the lowest level of depressive symptoms.

*University of Michigan*
MINDFULNESS COLOURING

FROM THE CREATOR OF HIP HOP EVOLUTION OF THE B-BOY

HIP HOP COLORING BOOK

MARK 963
MINDFULNESS COLOURING
THE RESILIENCE PROJECT APP

Building thriving communities together

australianunity.com.au/resilience
THE RESILIENCE PROJECT APP

Day 4

What emotion are you feeling?

Can you tell us why you feel like this?

Amazing people in Clermont, legendary kids, great teachers. Grant and family really nice - they shouted me lunch.

What were three things that went well for you today?

Text: Helping Grant setup and seeing his farm. Doing community gig. Going for run.

Image: Choose an image
Audio: Take a picture
MINDFULNESS

The benefits of meditation:

MENTAL
- reduces depression
- reduces anxiety
- improves decision making
- improves ability to focus
- reduces drug/alcohol abuse

PHYSICAL
- relieves stress
- prevents heart disease
- lowers blood pressure
- reduces chronic pain
- improves sleep
- makes you less nervous
World Health Organisation predicts by **2030**, depression will be the highest level of disability of any mental or physical disorder (WHO, 2011)
1 in 4 Australian primary school students is losing sleep through worry.
1 in 3 Australian secondary school students is losing sleep through worry.
PRIMARY
24% have a mental health issue
SECONDARY

40% have a mental health issue
MENTAL HEALTH STATISTICS - AUSTRALIA

1 in 7 primary school kids have a mental illness
MENTAL HEALTH STATISTICS - AUSTRALIA

1 in 4 adolescents have a mental illness

1 in 3 girls & 1 in 5 boys suffer from an anxiety disorder
MENTAL HEALTH STATISTICS - AUSTRALIA

1 in 5 adults will experience mental health problems throughout a year.
MENTAL HEALTH STATISTICS - AUSTRALIA

65% of adolescents do not seek help for mental illness
THREE KEYS TO RESILIENCE

Gratitude
Empathy
Mindfulness

Feeling good involves living a life with frequent positive emotions. Feeling good also involves giving oneself the permission to experience negative emotions without trying to deny or suppress them. Functioning well involves the ability to overcome difficulties, to take risks, and to connect to other people. If children and adolescents feel included and accepted, particularly by a larger peer group, they are more likely to feel positive about themselves.

(Berndt, 1992; Hartup, 2000)
THREE KEYS TO RESILIENCE

Gratitude
Empathy/kindness
Mindfulness
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