



Presented by Hugh van Cuylenburg

Where it began...



gratITUDE

empathy

mindfulness



gratITUDE

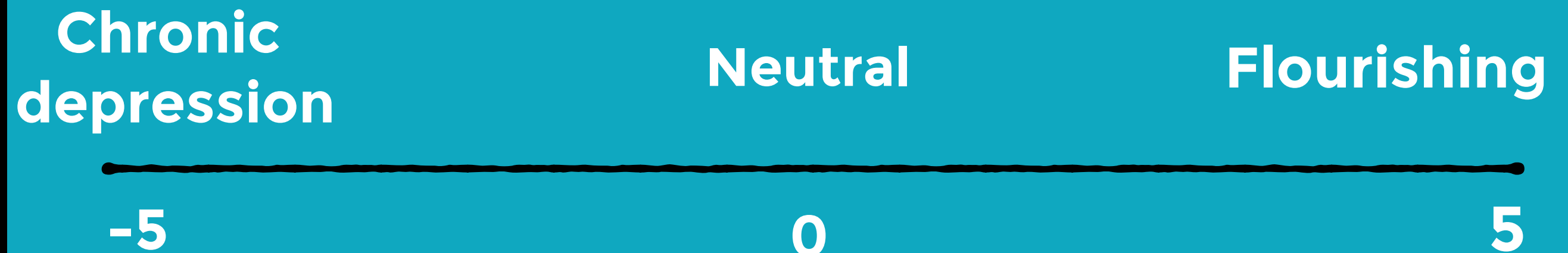


mindfulness



empathy

Gratitude
Empathy
Mindfulness



Mental Health Statistics

1 in 5 adults
will experience mental health
problems throughout a year

Mental Health Statistics



1 in 4
adolescents have
a mental illness

1 in 3 girls
suffer from an
anxiety disorder,
and
1 in 5 boys

Mental Health Statistics



1 in 7
primary school
kids have a
mental illness

✓ all notifications off

✓ rearrange home screen



Music



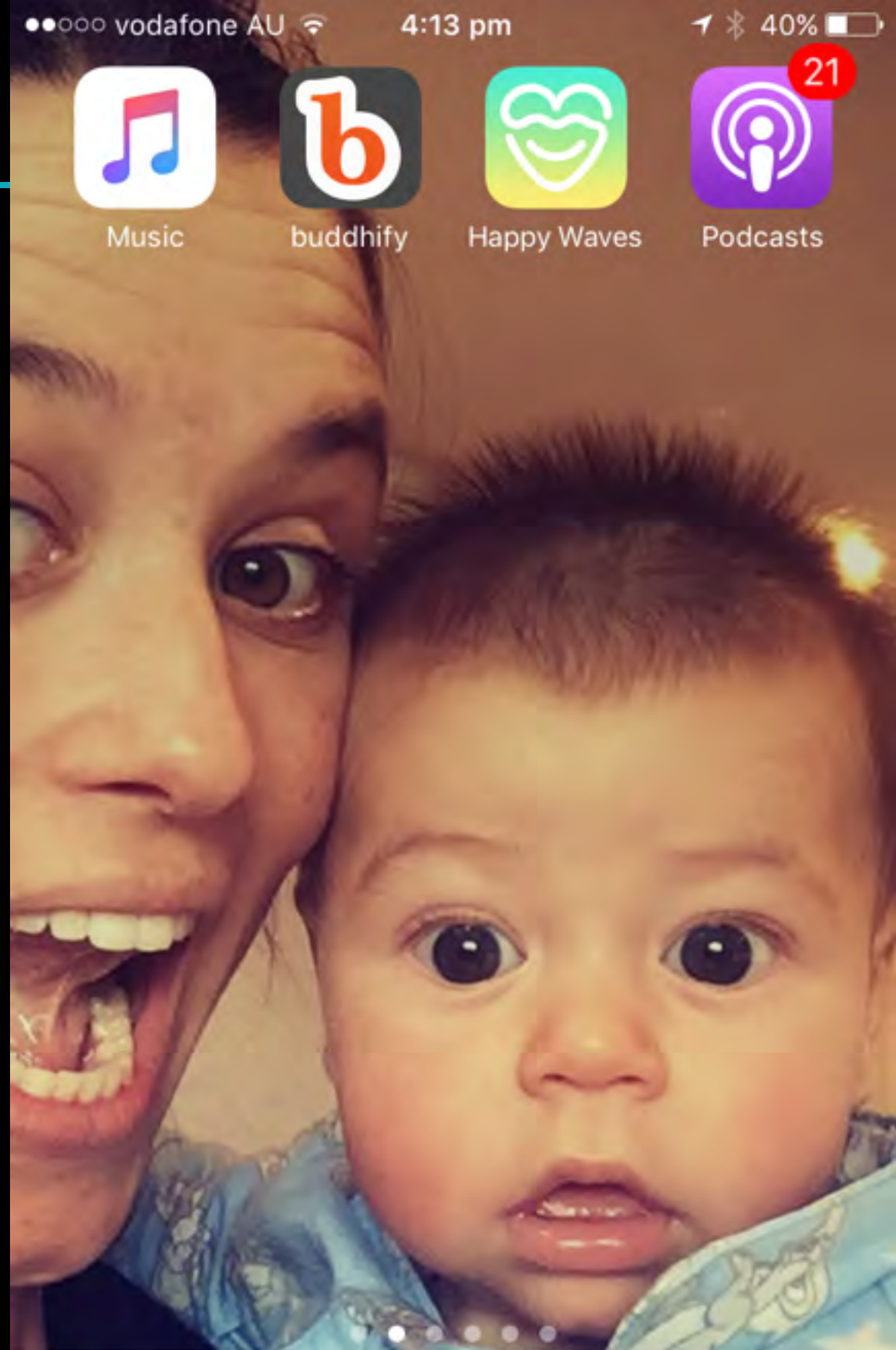
buddhify



Happy Waves



Podcasts



Messages



Phone



Calendar



Google Maps

gratitude













positive risk taking

adversity

happo potamust





sp_10



♥ 5,032 likes

sp_10 Dis moment #gratitude

#dismoment



How to Practise Gratitude

What are three things that
went well for you today?

How to Practise Gratitude

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?

The Evidence Behind a Gratitude Journal

University of Massachusetts

In only 21 days...

You rewire your brain to start scanning the world for the **positive**

You become **3 times more likely to notice a positive**



...and in 42 days, you...

- **are less likely to get sick**
- **have higher levels of energy**
- **feel happier**
- **are more enthusiastic**
- **are more focused**
- **are more determined**
- **are more optimistic**
- **have a better quality of sleep**
- **have lower levels of depression and anxiety**

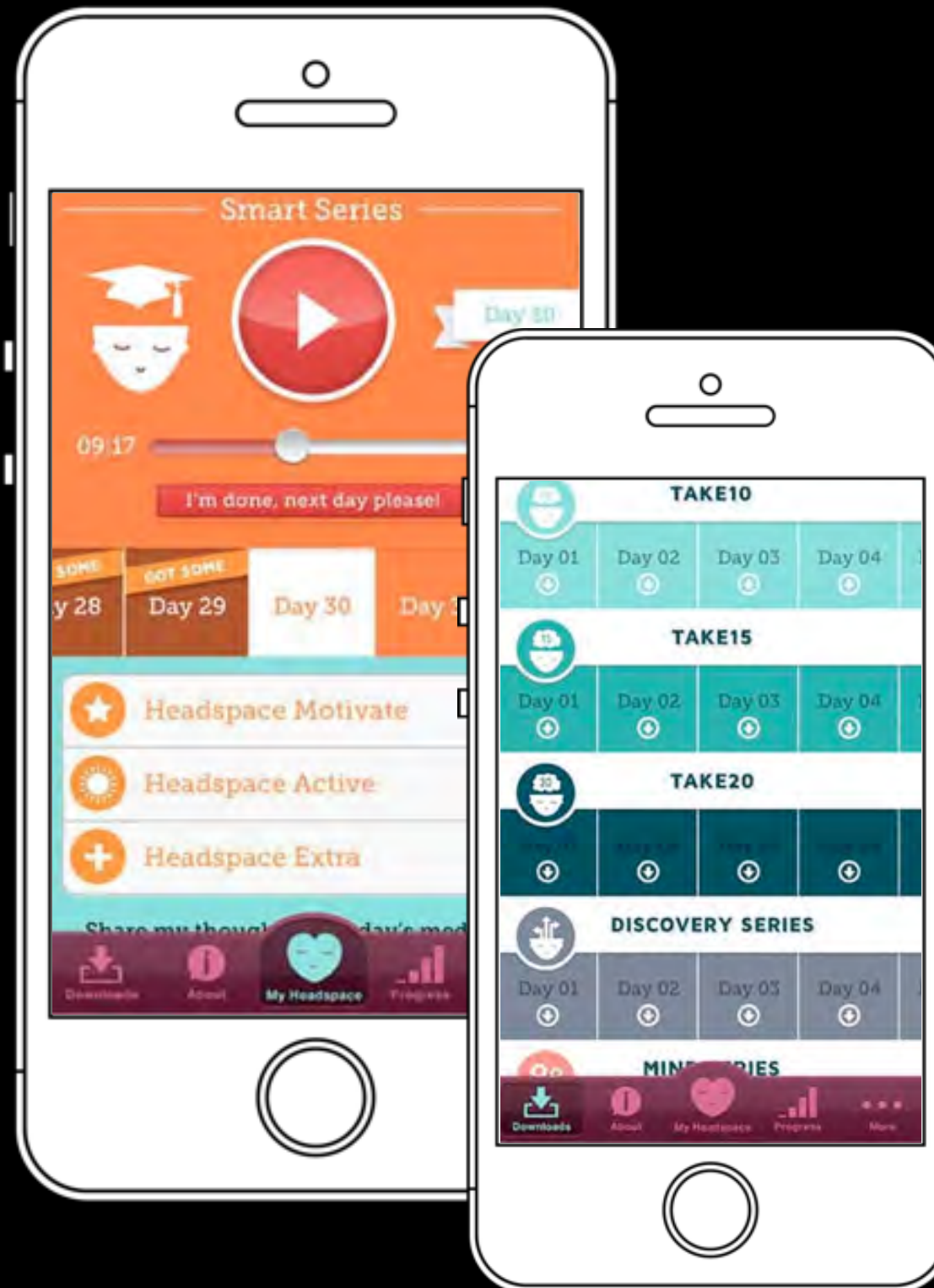
mindfulness



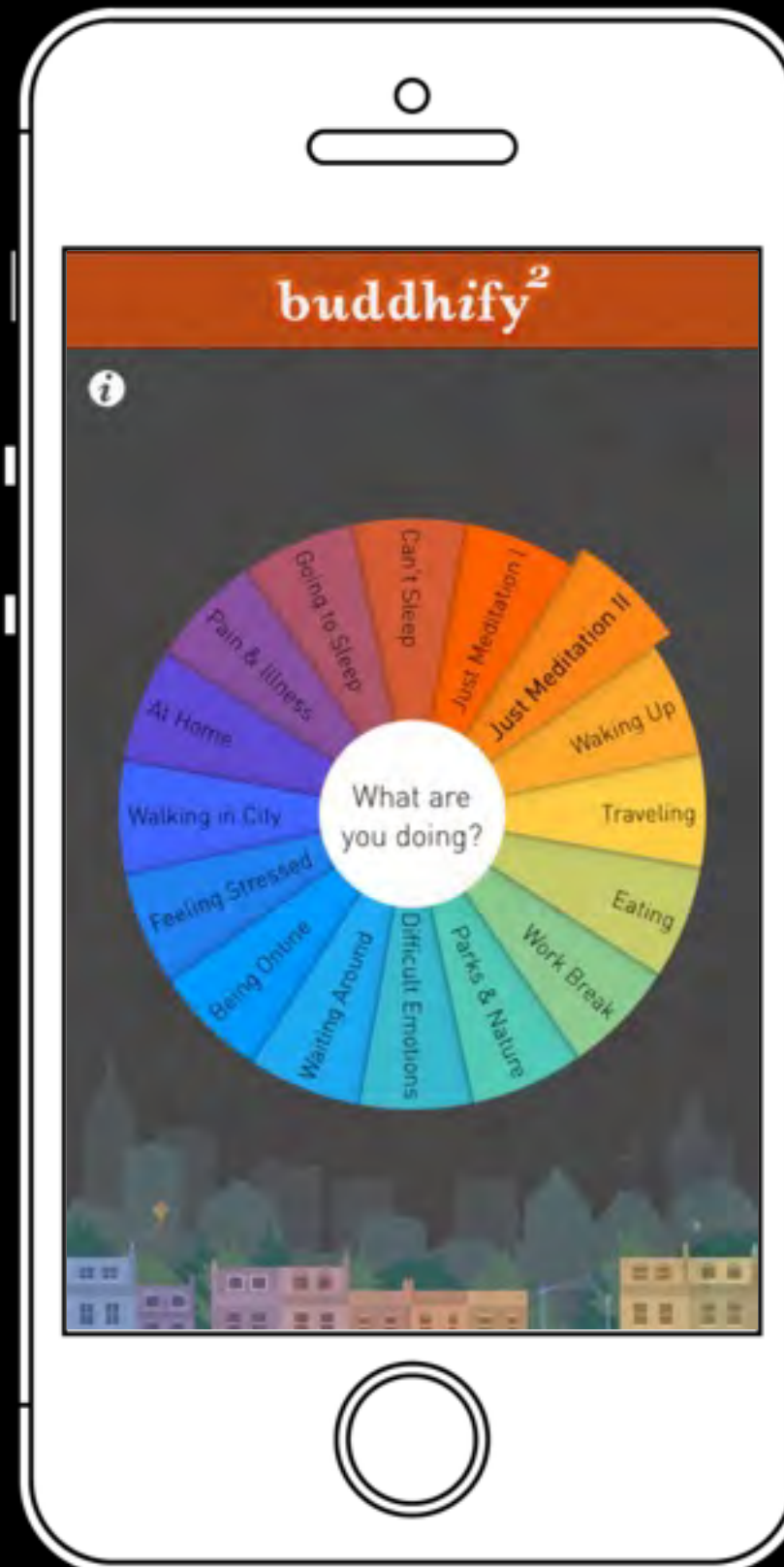
Mindfulness



Headspace



Buddhify



The Resilience Project



**Building thriving
communities together**

australianunity.com.au/resilience

Benefits of Meditation

MENTAL

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

PHYSICAL

- **relieves stress**
- **prevents heart disease**
- **lower blood pressure**
- **reduce chronic pain**
- **improve sleep**
- **makes you less nervous**

empathy



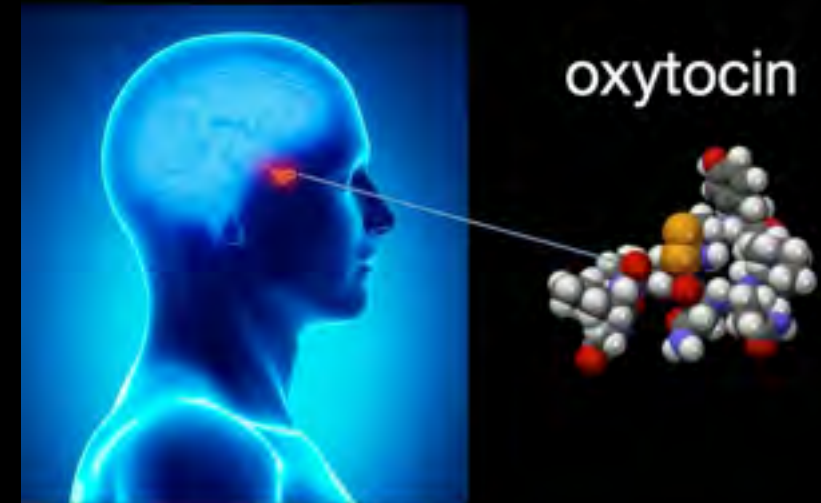


Oxytocin

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**



Discovering the benefits of G.E.M







WAKING UP



SAM HARRIS

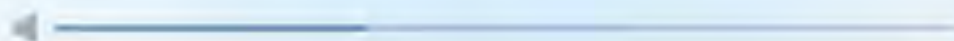
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-1:48:28

#71 — What Is Technology Doing to Us?

Waking Up with Sam Harris — 14 Apr 2017

1x



21 Day or Six Month Journal





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bookings@theresilienceproject.com.au