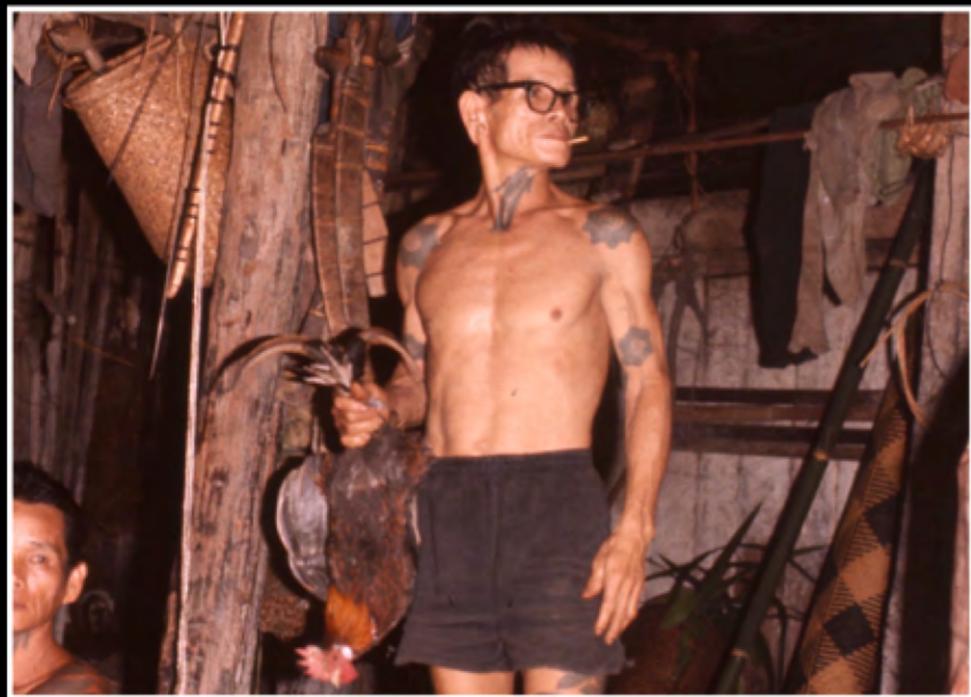


THE
RESILIENCE
PROJECT TM

PRESENTED BY MARTIN HEPPELL

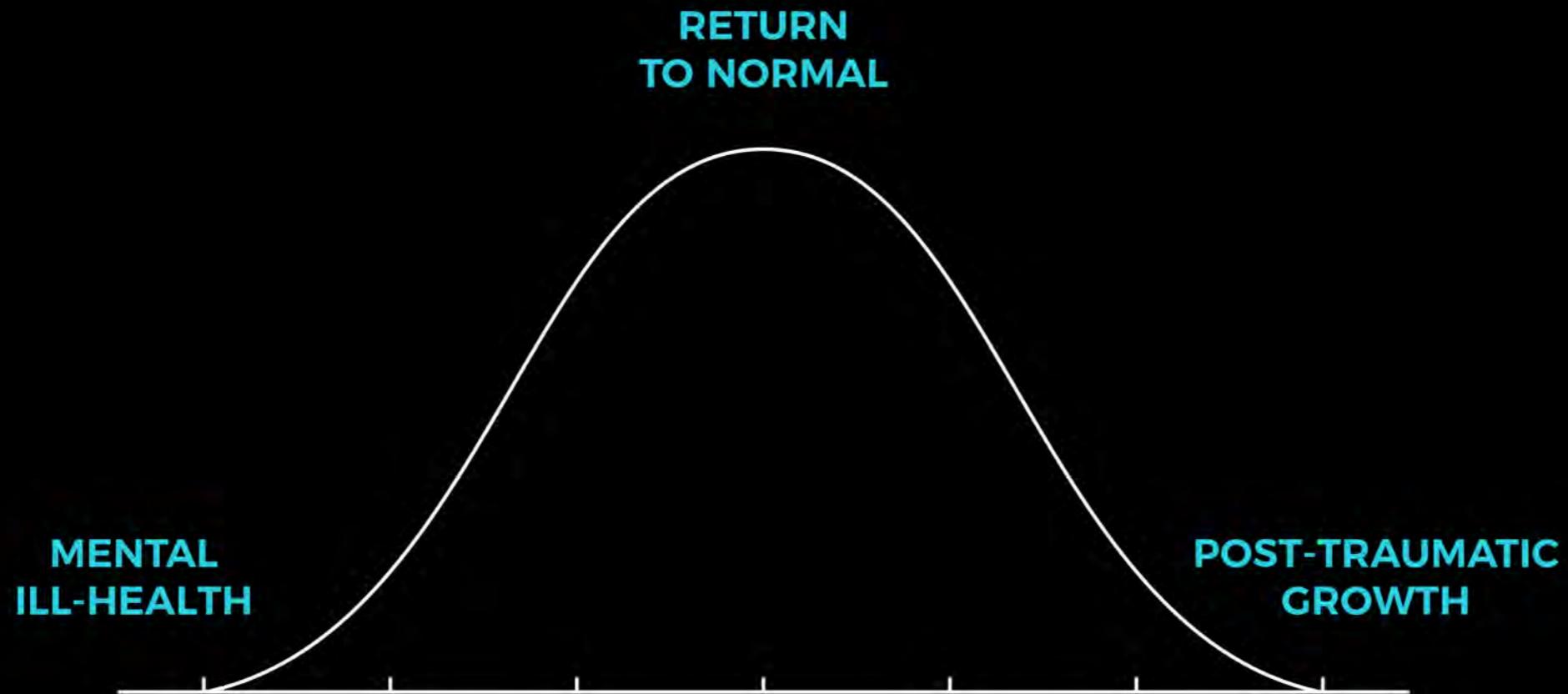
RESILIENCE



LESSONS FROM THE WORLD'S MOST RESILIENT PEOPLE

WHAT IS RESILIENCE?

LET'S LOOK AT OUR RESPONSE TO A TRAUMATIC EVENT

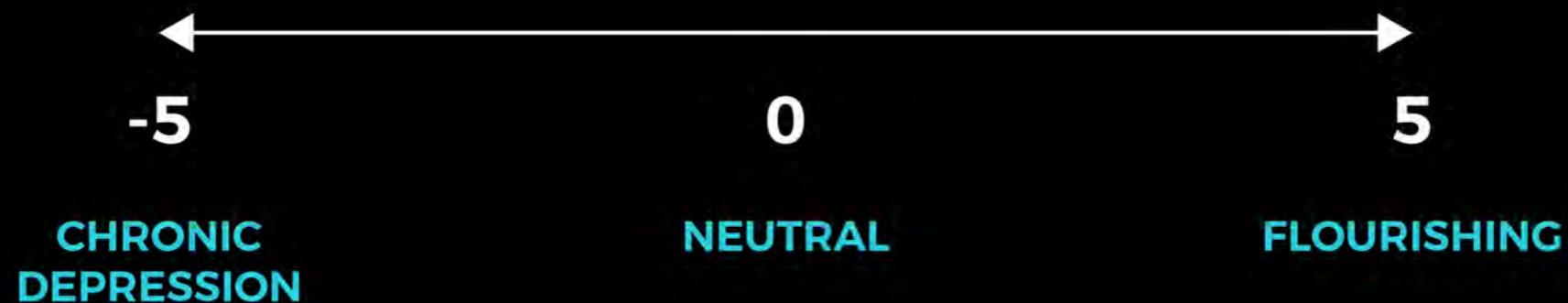


DISCOVERING THE BENEFITS OF G.E.M

GratITUDE

Empathy/kindness

Mindfulness



TAKING CONTROL OF EMOTIONS

What three activities influence the strength of your emotions?

(University of Maryland, Baltimore County)

MUSIC

7 SECONDS

EXERCISE

30 SECONDS

LAUGHTER

INSTANT

POSITIVE EMOTION BUILDS COGNITIVE CAPACITY?

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.

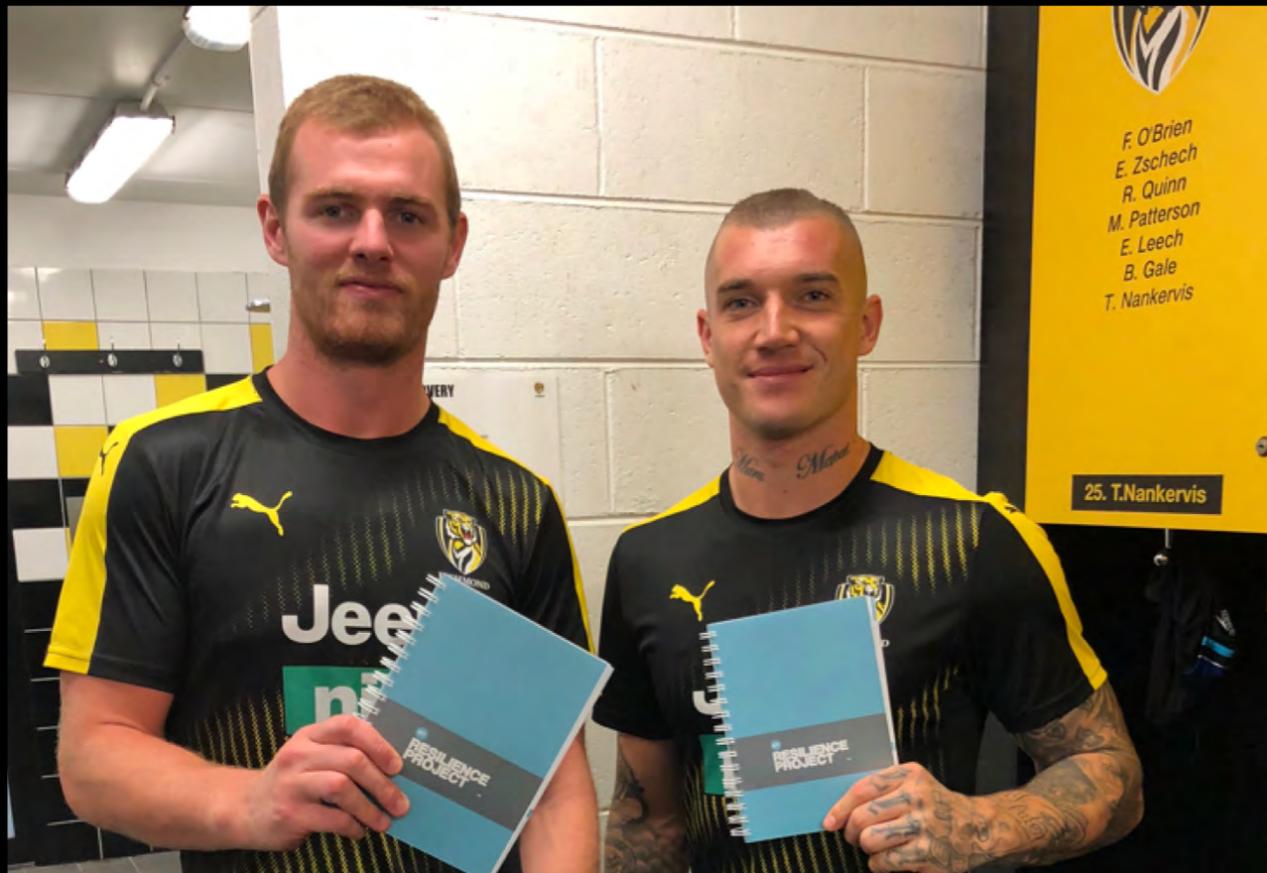
Who am I most grateful for today and why?

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**



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**

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**

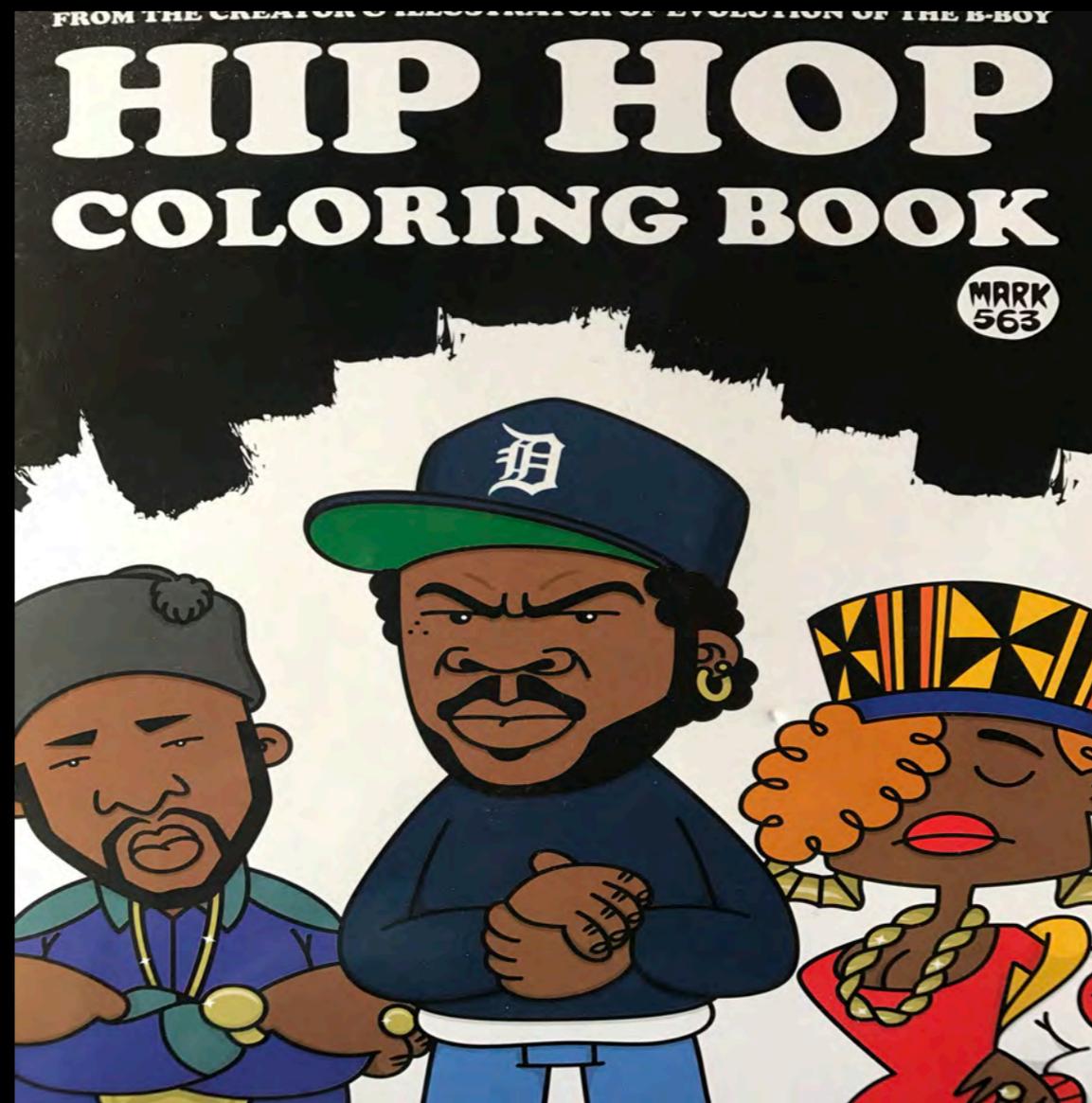
SOCIAL MEDIA

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



MINDFULNESS COLOURING



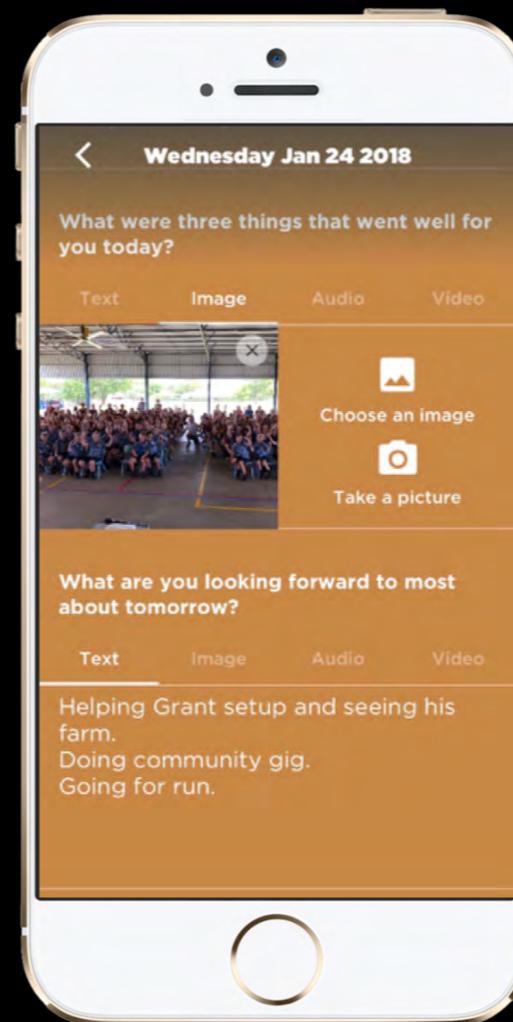
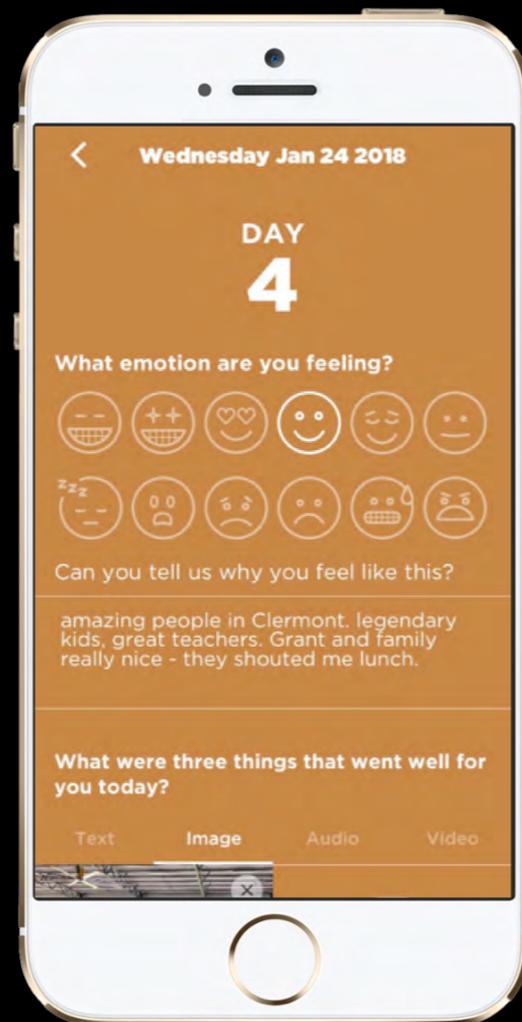
THE RESILIENCE PROJECT APP



**Building thriving
communities together**

australianunity.com.au/resilience

THE RESILIENCE PROJECT APP



MINDFULNESS

The **benefits** of meditation:

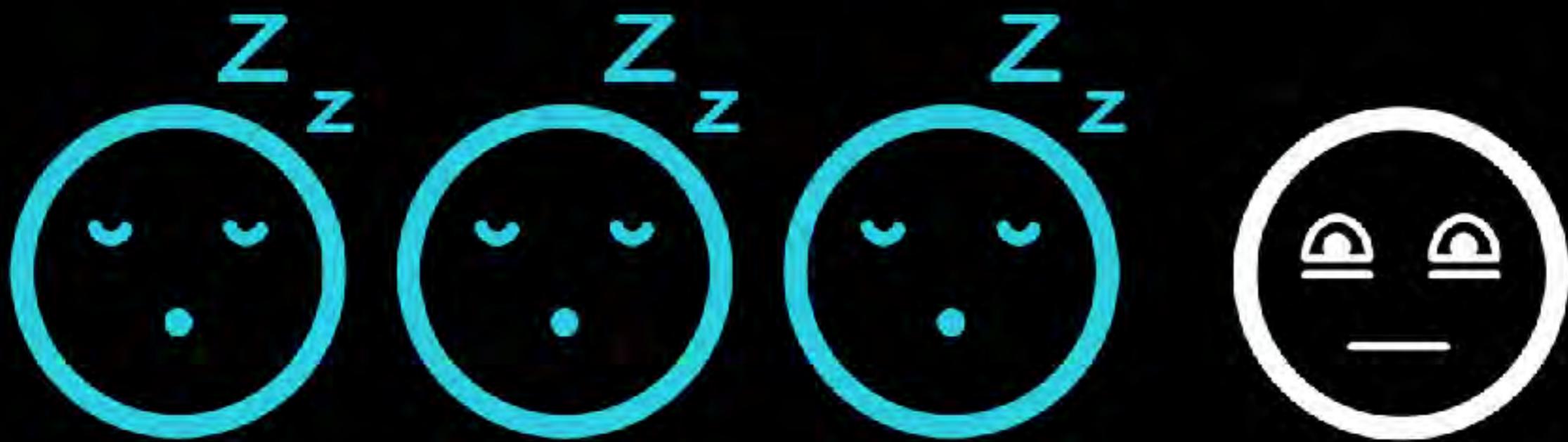
MENTAL

- **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

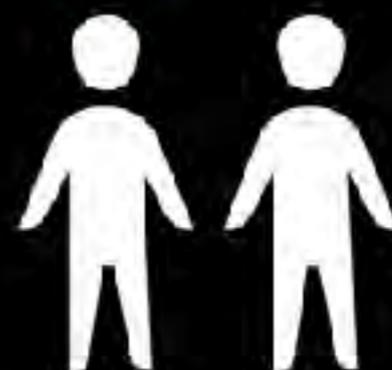
is losing sleep through worry.

PRIMARY

24%



have a mental
health issue

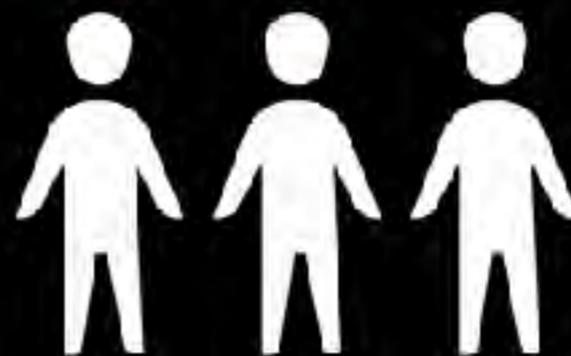


SECONDARY

40%



have a mental
health issue

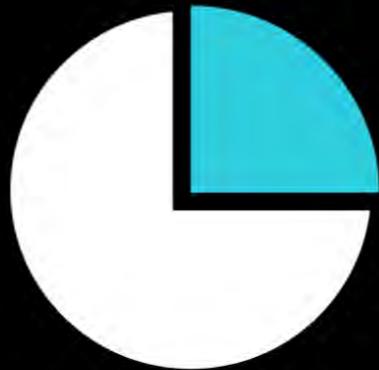


MENTAL HEALTH STATISTICS - AUSTRALIA



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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enquiries@theresilienceproject.com.au



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