

HOW TO BE RESILIENT WHEN EVERYTHING IS NOT OK

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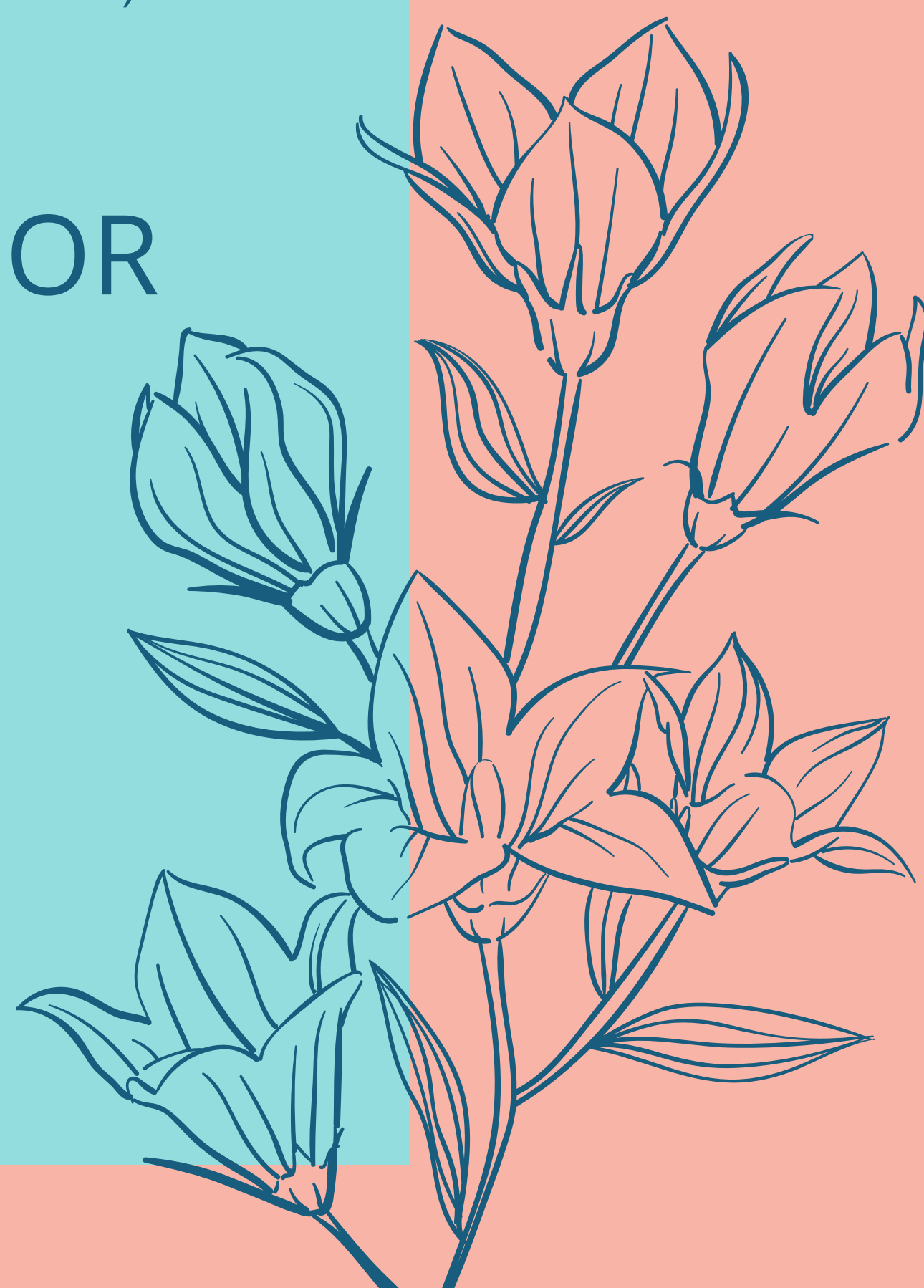
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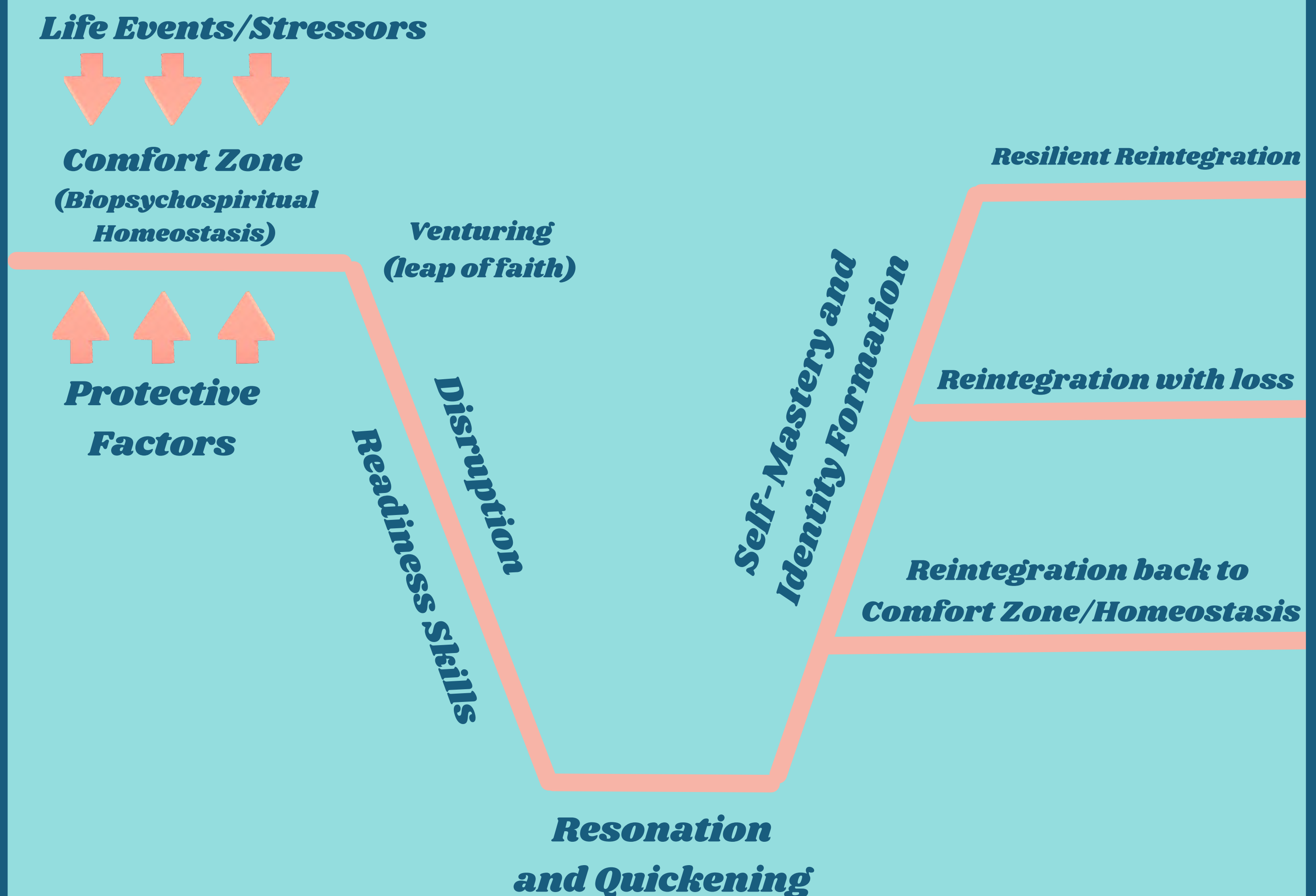
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WHAT IS RESILIENCY?

THE RESILIENCY CURVE:

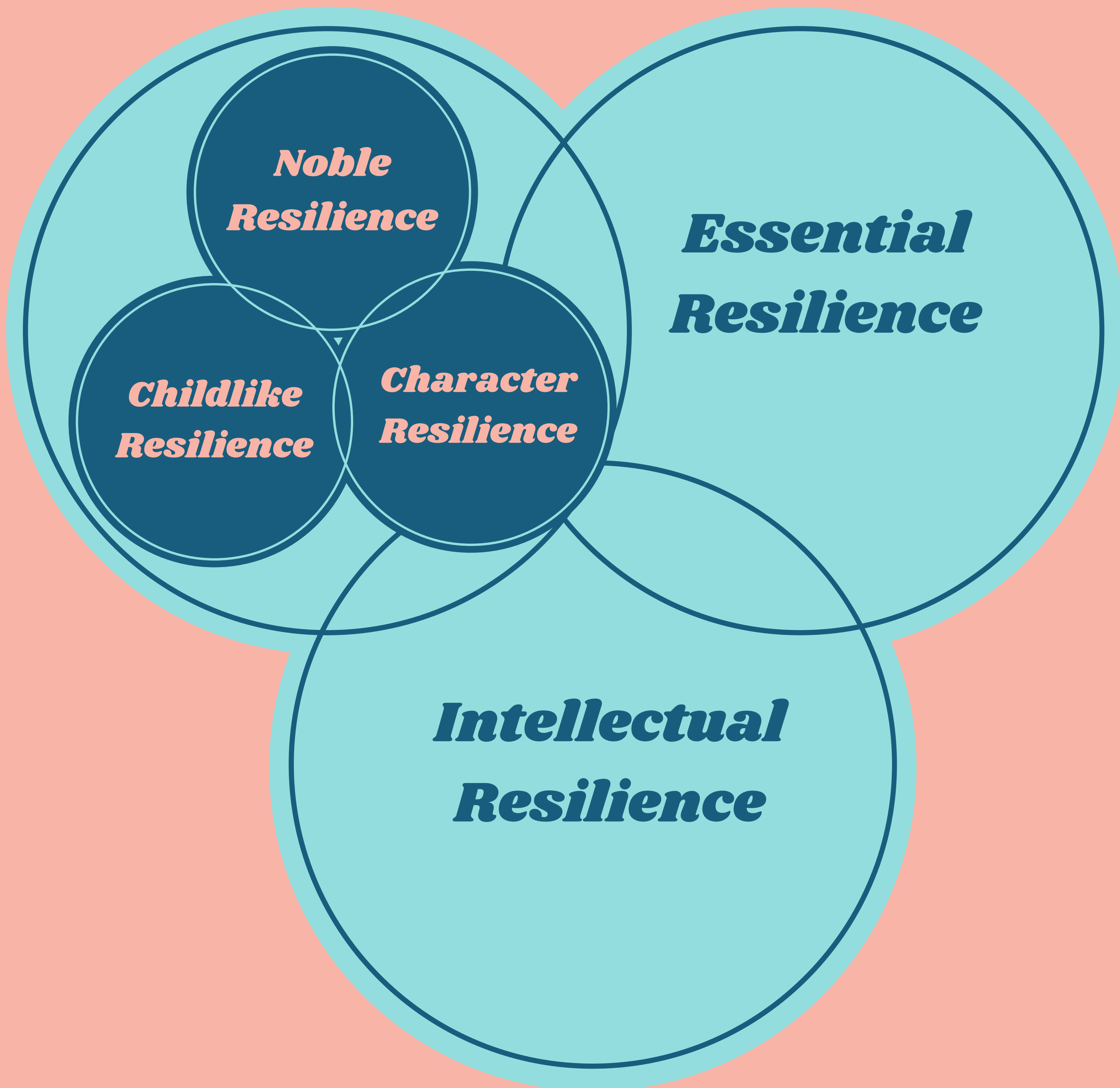


RESILIENCY **VS.** RESILIENCE

Resiliency refers to the process in which you build the skillset and strength towards the ability to deal with hardship or stressors in your life. In this, you go on a journey to experience the stages of the resiliency curve.

Resilience is the actual ability to recover from the stressors that you face. It is something that you gain as a result of your resilience journey. This is also innate within all of us, but it is just a matter of tapping into the skills. .

THE RESILIENCY TYPES



Universal Resilience

Ecological Resilience

CHARACTERISTICS OF CHILDLIKE RESILIENCE

- to be playful
- to be genuine
- to be adventurous
- to have fun
- to be spontaneous
- to laugh
- to be teachable

- to be loved
- to be curious
- to take risks
- to be open
- to be creative
- to be energetic

Using These Qualities to our Advantage:

The nice thing about these characteristics of our childlike resiliency is that we can use these in our everyday life. By doing this, we apply new tools to strengthen our resiliency journey.

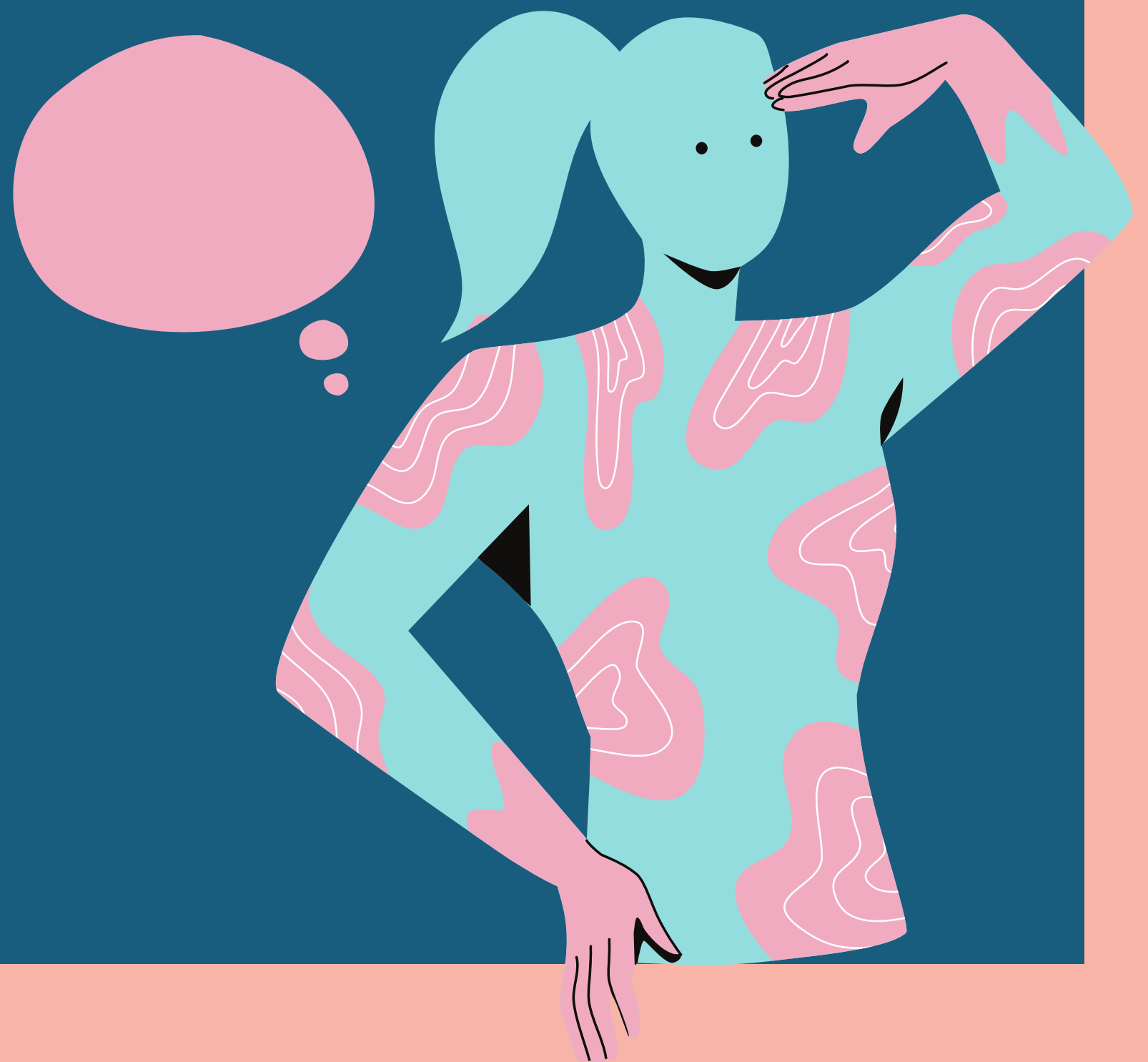
For example, we can be playful and creative to think of doing homework as a game. Instead of working on our assignments, we can see it as "speedrunning side quests."



CHARACTERISTICS OF NOBLE RESILIENCE

- to have self esteem
- to have self worth
- to feel important
- to feel valued
- to be respected
- to have freedom
- to have autonomy
- to be independent
- to have purpose
- to find meaning
- to leave a legacy

- to have control
- to be competent
- to have intrinsic power or strength



To have noble resilience is to be determined to find your purpose and meaning in life. Being noble entails the multiple characteristics that become part of your resiliency journey, whether you use them as tools or are trying to find them in the end. The primary means to your nobility is thorough personal victories. With these, you understand what it is like to feel accomplished and experience character development.

CHARACTERISTICS OF ECOLOGICAL RESILIENCE

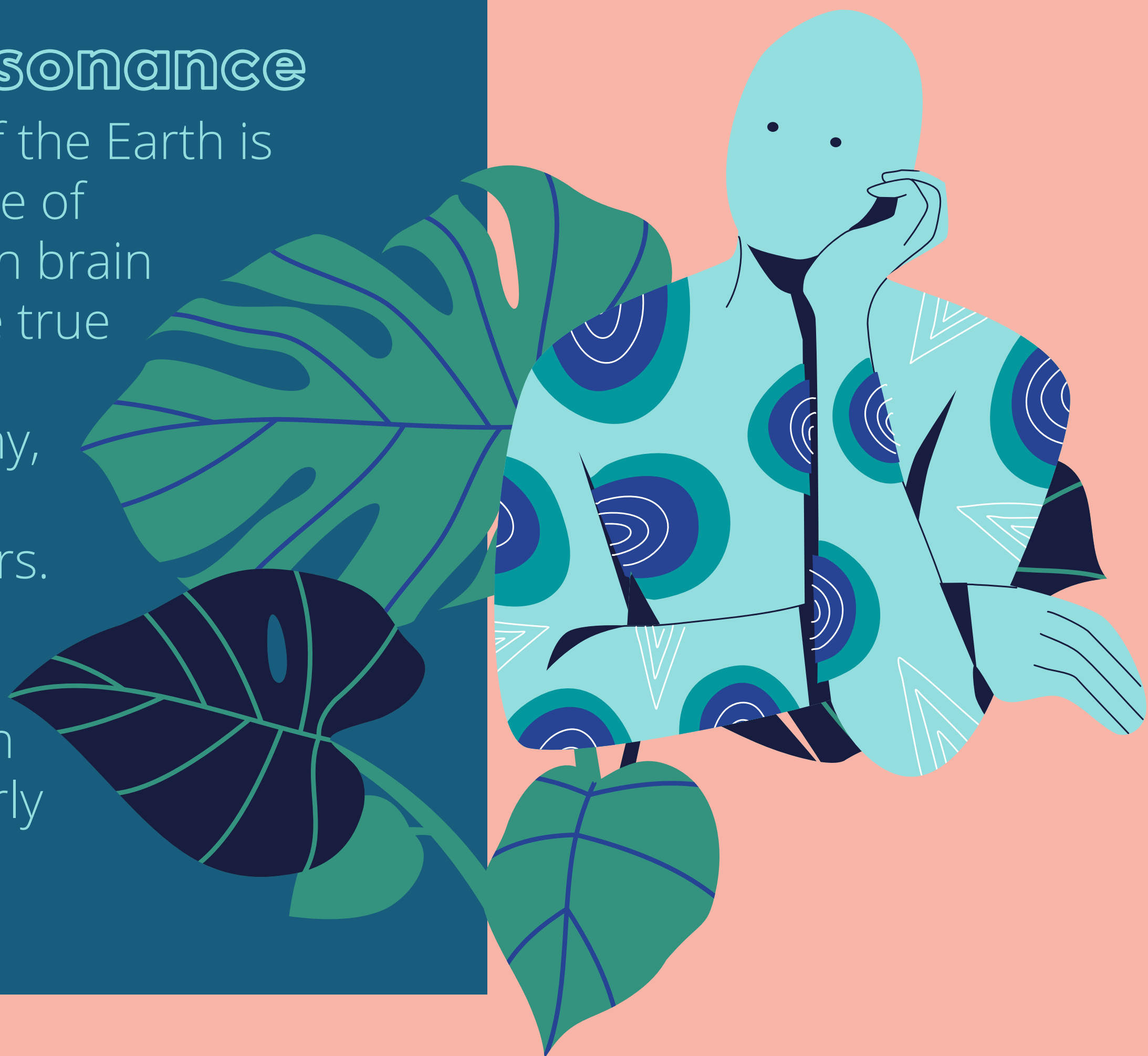
This is the idea that our environment affects us and our daily lives. It is up to us to determine what we can and can't control. However, we must make peace with the things that we can't control, and build strength to change the things we can.

Ecological resilience can also involve looking to nature when trying to find ways to resonate with hardship and stressors. Our natural environments provide us with an opportunity to be enriched and grounded. For instance, hiking, walks in the park, and even things as small as appreciating the sunset and stars in the sky are all natural settings for us.

Schumann Resonance

The natural vibration of the Earth is 7.83 Hertz. This is a type of frequency of the human brain in which we experience true relaxation. In this state, we experience a dreamy, sleepy state where cell regeneration also occurs.

There are many ways to reach this state, such as meditation, particularly in nature.



CHARACTERISTICS OF UNIVERSAL RESILIENCE

To have universal resilience is to draw from certain sources of energy that may or may not have to do with some form of divination. Each culture has managed to come up with a way to explain a power that is beyond them, whether it is chi, the holy spirit, physics, the collective sub-conscious, and more. We can use these universal sources of energy to fuel our ability to be resilient.

Within and surrounding each person is the collective unconscious. Everything is connected by a common unit.

Universal Energy Synonyms:

- chi or qi
- human spirit
- soul
- heart
- love
- truth
- light
- force
- core
- vitality
- vital energy
- glory



What we seek from these sources:

- healing
- enlightenment
- inspiration
- love in relationships
- confirmation of truth
- happiness
- peace
- hope
- comfort
- understanding
- wisdom

CHARACTERISTICS OF ESSENTIAL RESILIENCE

- to live
- to have energy (air, food, shelter, safety)
- to have strength and endurance
- to eat nutritiously
- to be active
- to sleep and feel rested
- to fulfil resilient drives
- to feel safe (fight or flight)
- to stimulate the senses
- to heal (to be free from pain and fix injuries)



This type of resilience involves the yearning and drive to live. Not only does this include the means to survive, such as eating and resting but also to heal from pain and adversities in life. This type of resilience is a pleasant reminder that our bodies are capable of so much. If we physically have the natural ability to bounce back and heal from pain, we must realize that so too do our minds.

YOUR INNATE ABILITIES

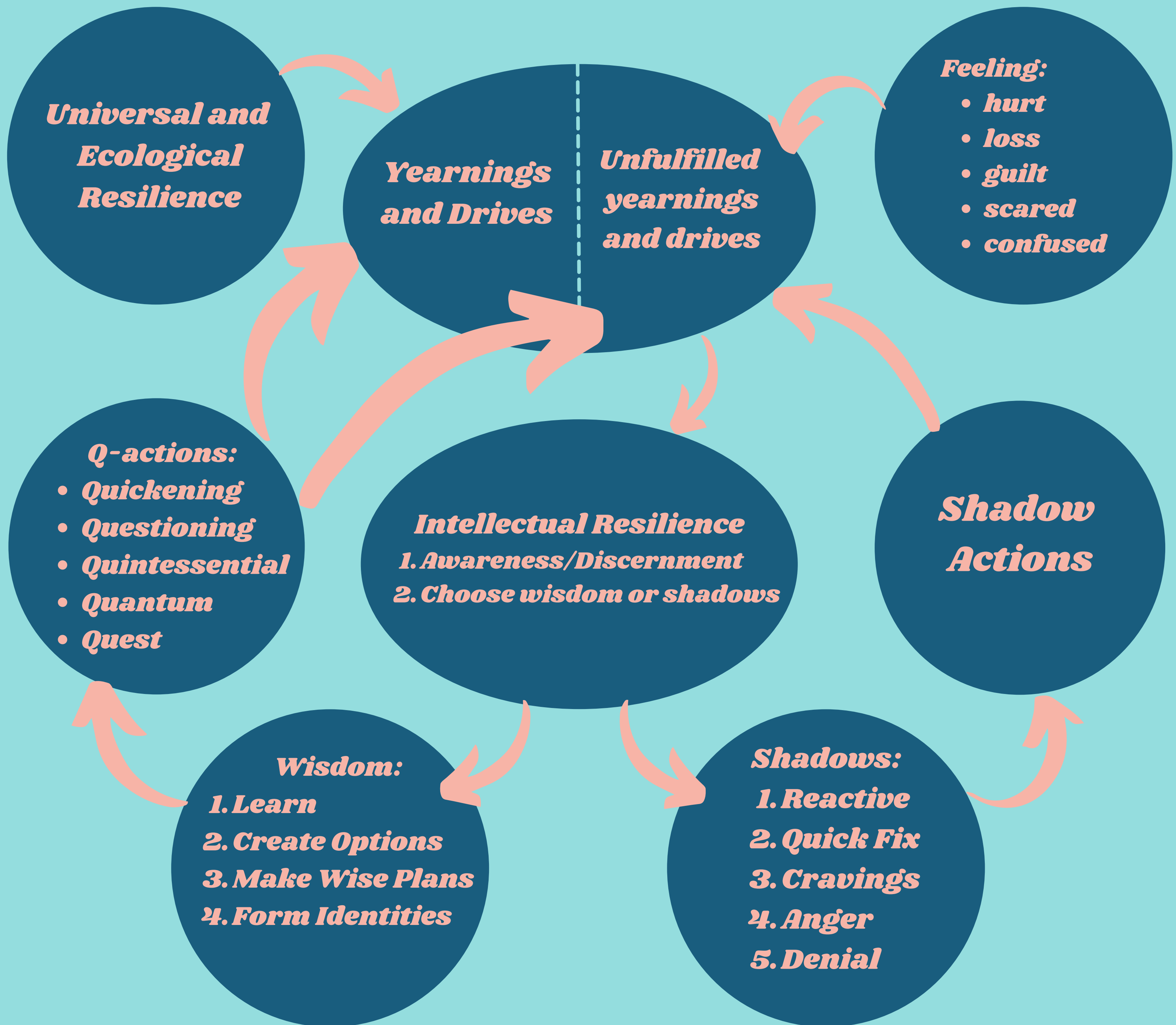
Q-Nexus: This refers to the quickening, quantum, quintessential, questioning, and quest that we experience during the "Ah-ha" moments that are part of realizing our resilient abilities. In this, we figure out what to do, how to do it, and when to do our ideas for dealing with things. It also confirms our sense of righteousness by doing things that feel "right." Since we can't measure or grab intangible virtues like love or wisdom, this helps us grasp those concepts.

Venturing is the act of taking the leap of faith out of our comfort zones. With this, we go on an adventure to explore and experience the sea of chaos that can eventually lead us to our dreams and goals. It can be intimidating to jump off the deep end and take risks, but this is also where we can evaluate the benefits of our fears and overcoming them. First off, fear is good in that it provides caution and wise decisions, but if we constantly cower beneath our fears, we'll forever be stuck in the same place, paralyzing our progress to venture out.

Resonation refers to the process of us of coming to terms with our stressors in different ways to cope. In this stage of our resiliency journey, our sensitivity to change decreases, and we no longer feel threatened or have fear of situations that cause substantial stress. However, this is different from feeling numb to a stressful situation. When we resonate, we can develop skills, such as journaling, prayer, and self-hypnosis in order to react and reflect to our stressors.

Self-Efficacy is a popular term in the world of psychology, and it is just as useful when it comes to building on your resilient journey. To have this quality is to have the innate belief in yourself that you are able to accomplish anything you put your mind to. Without it, doubt would overcome your senses whenever you are faced with a task or stressor at hand. This concept is also paired with internal and external locusts of control. If we focus on the things that we have the power to change rather than things we can't, we strengthen our self efficacy.

PATH OF HEART OR SHADOW



This graphic may seem intimidating and complicated, but upon looking closer at the arrows, you will realize that each bubble either results in or is the product of another. There is no true way in which these stages can be experienced, as everyone's experiences with the path of the shadow and heart are different.

To apply this chart, let's use procrastination as an example of a shadow action. This action may be caused by certain shadows including wanting a "quick fix" or "reacting" to an assignment that we simply don't want to do at the moment. However, procrastinating will eventually result in an "unfulfilled yearning or drive" that is your unfinished assignment. From there, you want to develop the "intellectual resilience" in order to prevent yourself from doing this again and becoming stressed.

Everything Is Awful and I'm Not Okay: questions to ask before giving up

Are you hydrated?

If not, have a glass of water.

Have you eaten in the past three hours?

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

Have you showered in the past day?

If not, take a shower right now.

Have you stretched your legs in the past day?

If not, do so right now. If you don't have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?

If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn't settle down.

If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something special, whether it's a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?

Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you're still awake after that, you can get up again; no pressure.

Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?

Take a goddamn selfie. Your friends will remind you how great you look, and you'll help fight society's restrictions on what beauty can look like.

Do you feel paralyzed by indecision?

Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

Have you over-exerted yourself lately — physically, emotionally, socially, or intellectually?

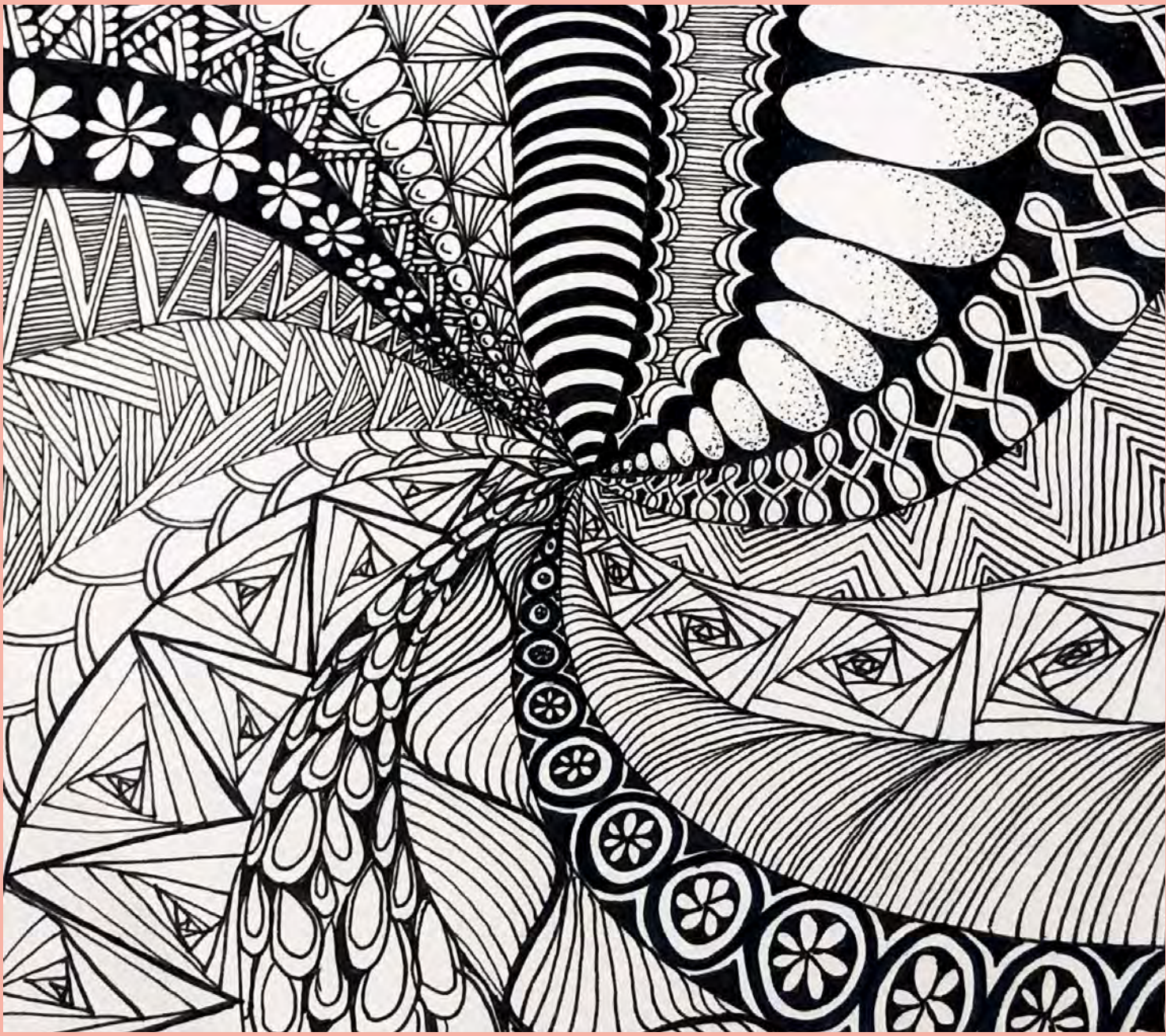
That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

Have you waited a week?

Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You've made it this far, and you will make it through. You are stronger than you think.

ZENTANGLE ART THERAPY



Zentangle art is a form of art therapy. It is meditative, relaxing, and allows you to tap into your stream of consciousness. Your art skill does not matter when it comes to creating your "tangles" or patterns. What matters is your process, instead. All you have to do is think of random shapes on the fly; you don't have to worry about making it look "good."

This type of art is made by creating repetitive simple images and shapes that make up each tangle of your drawing. You can draw as many sections as you'd like within each image. You also have the option of drawing your tangles within an outline of another image, such as an animal or other object.



The goal of this is to show how you can accomplish anything so long as you enter the "zone." With this, you will find yourself in a flow state that allows you to concentrate on anything you put your mind on. It also becomes incredibly hard to break your focus once you are in this state. Just remember that if you are able to get lost in concentrating on finishing this art, you can do the same for any homework assignment or other task.



CREATE YOUR OWN
ZENTANGLE!

