

Mindful Resilience in Challenging Times

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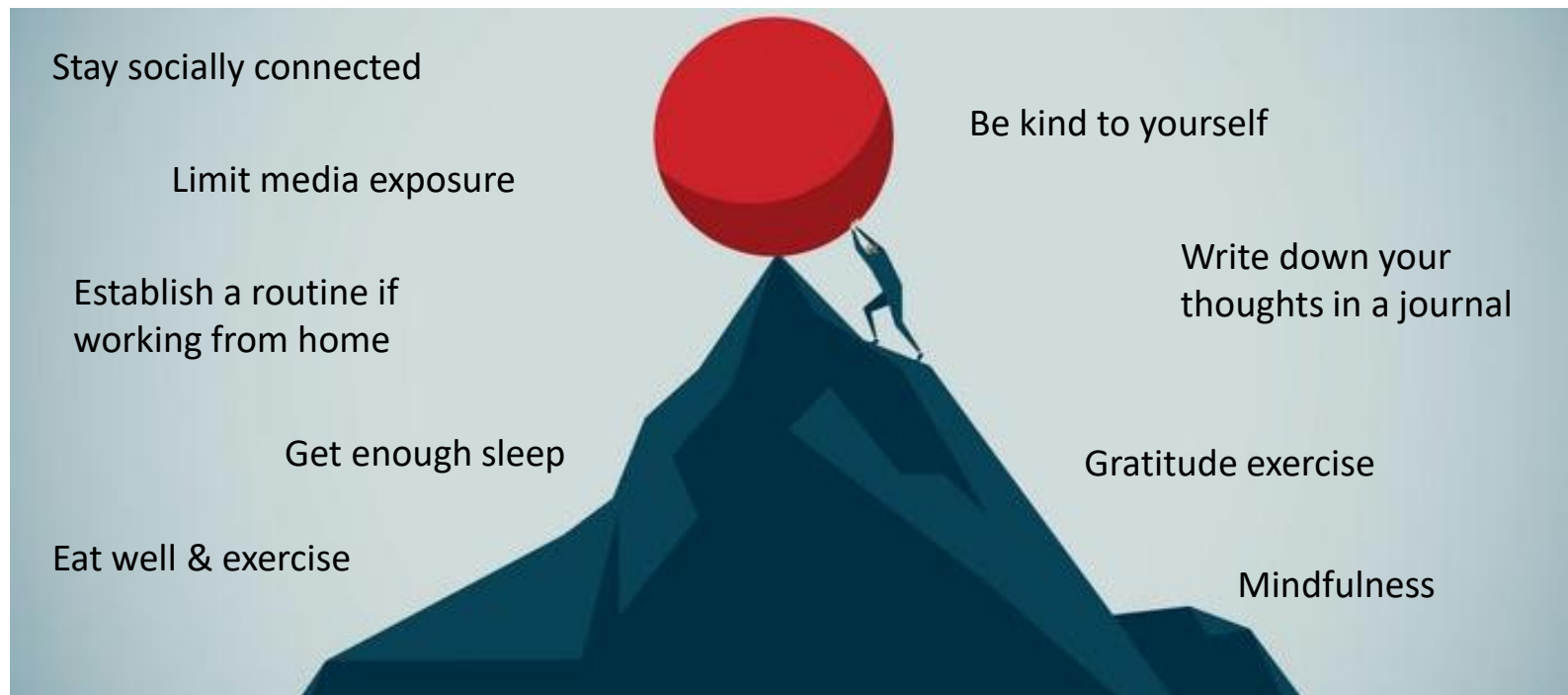
*Compassion Institute/ Stanford
University/CCARE*



Resilience

The ability to recover, adapt, and grow in response to threat or challenge.

Resilience Building Tools

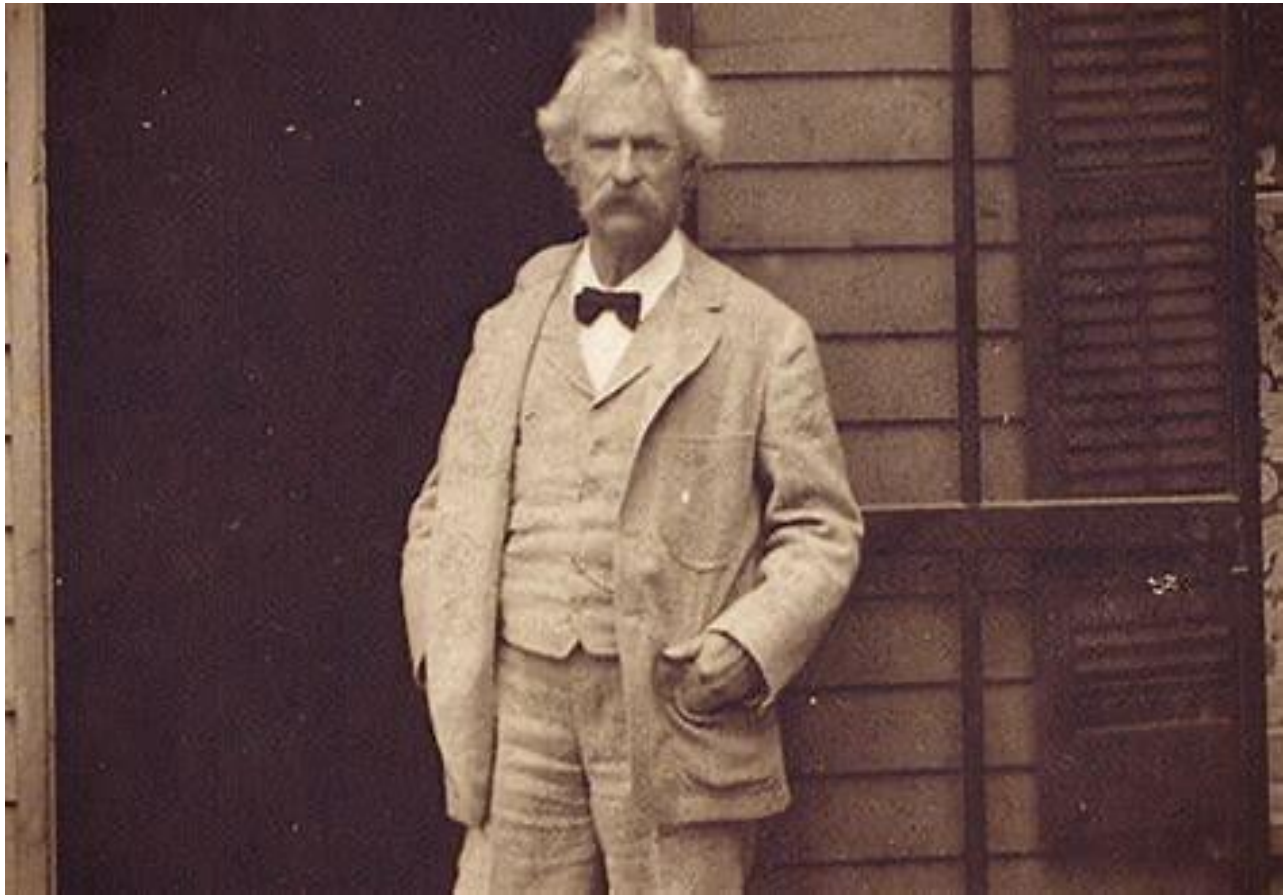


The Mind

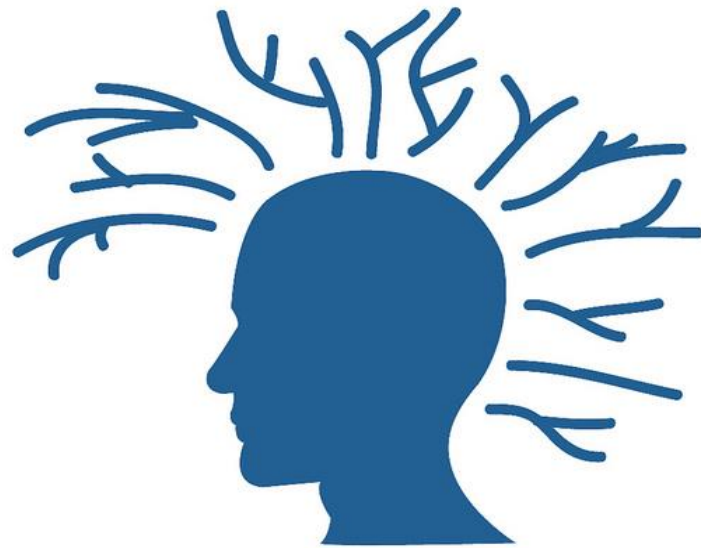
What you choose to pay
attention to is what you
experience.

Normal emotions during crisis





Wandering Mind

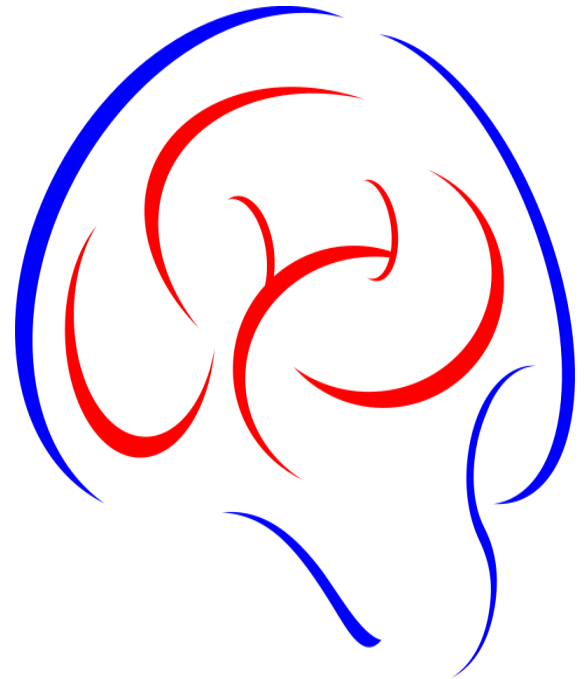


Brain Networks

Default



Direct Attention



Mindfulness



Paying attention to present
moment experiences with
openness and curiosity.

Three Attention Skills:

- Concentration
- Sensory Clarity
- Equanimity

See, Hear, Feel
in the present
moment.



Bicep
Curl for Your
Brain

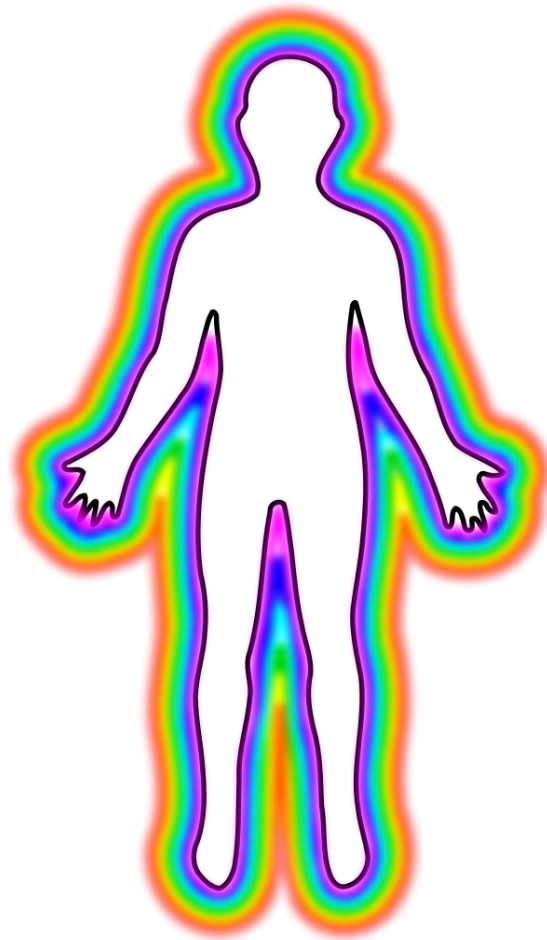
Try it?





Three Deep
Breaths

Body Scan





- Stop
- Take a few deep breaths
- Observe
- Proceed

See Hear Feel



touch



hear



smell



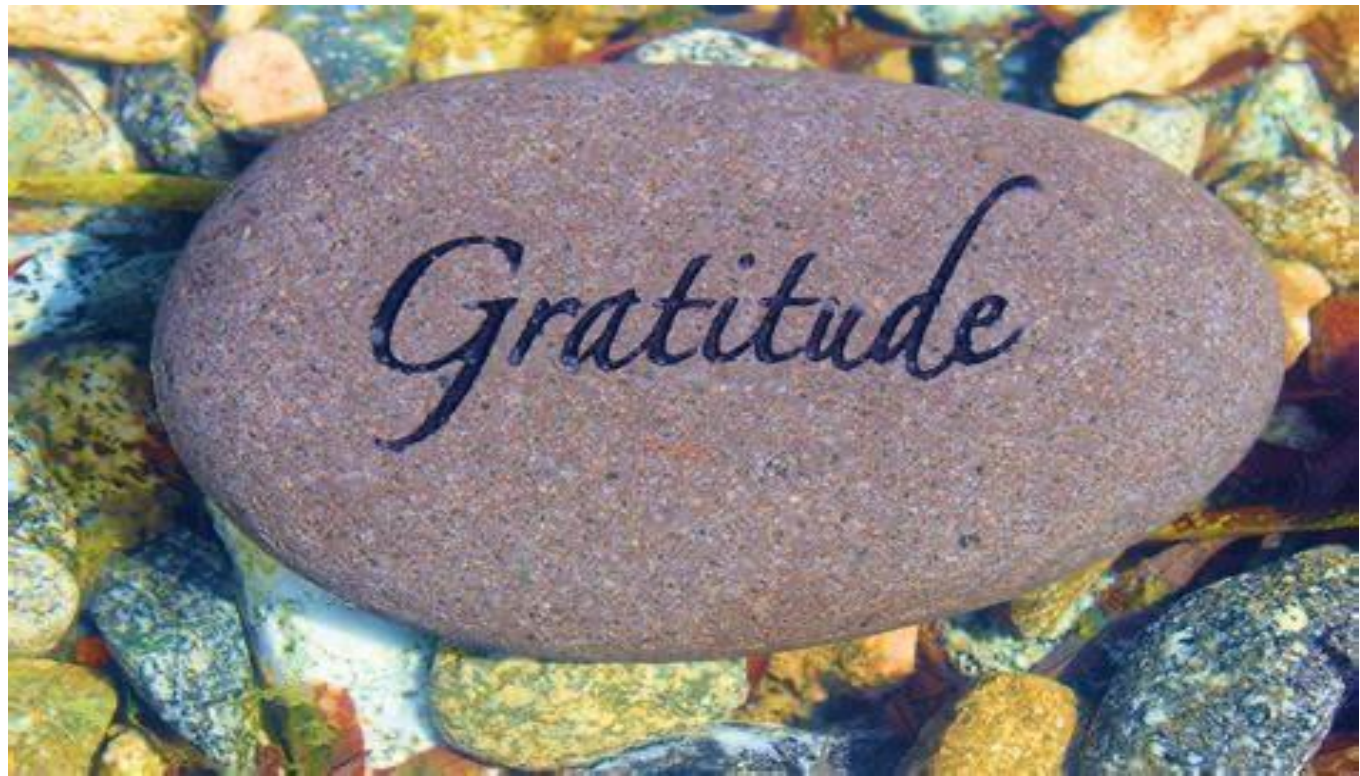
see



taste



Feel Rest

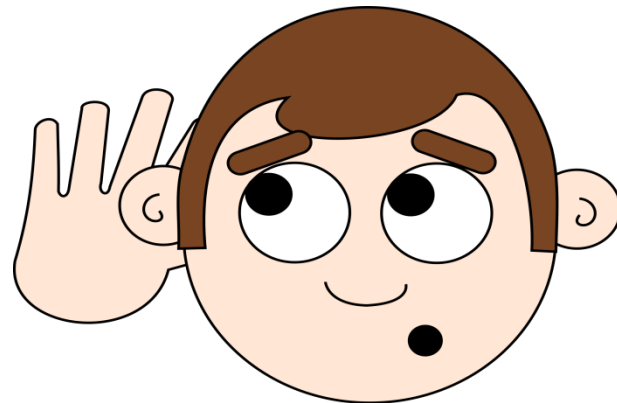
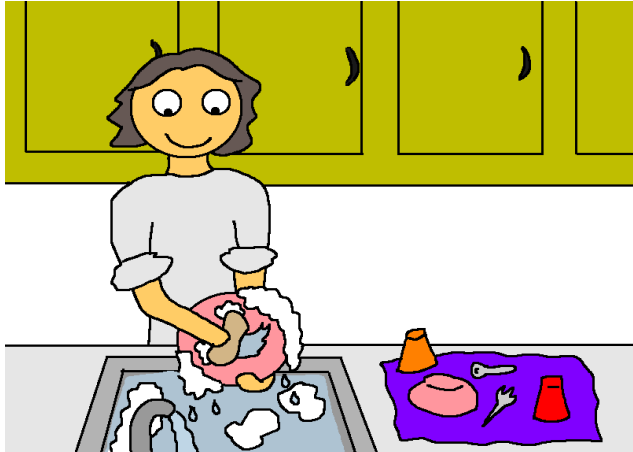


Mindful Resilience
skills require
practice:

Sitting meditation –
5 -10 minutes daily
Daily life activities



Mindful Daily Activities



SHARP

Mindfulness Resources

SHARPNet
SHARP Best Health
whil

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Thanks!

