Mindful Resilience in Challenging Times

Robert McClure
Sharp HR Consultant
UCLA Mindful Awareness Research Center
Compassion Institute/ Stanford University/CCARE
Resilience

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

- Stay socially connected
- Limit media exposure
- Establish a routine if working from home
- Get enough sleep
- Eat well & exercise
- Be kind to yourself
- Write down your thoughts in a journal
- Gratitude exercise
- Mindfulness
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 Breath
Body Scan
• **Stop**

• **Take a few deep breaths**

• **Observe**

• **Proceed**
See Hear Feel

touch  hear  smell

see  taste
Feel Rest
Gratitude
Mindful Resilience skills require practice:

Sitting meditation – 5 -10 minutes daily
Daily life activities
Mindful Daily Activities
SHARP
Mindfulness Resources

SHARPNet
SHARP Best Health

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Bob McClure

Robert.McClure@Sharp.com
Thanks!