



Presented by Ebony Neil

 facebook.com/resiliencep

 [@ResilienceP](https://twitter.com/ResilienceP)

 [@theresilienceproject](https://www.instagram.com/theresilienceproject)

 bookings@theresilienceproject.com.au

Nauru from the air



Privacy and Censorship

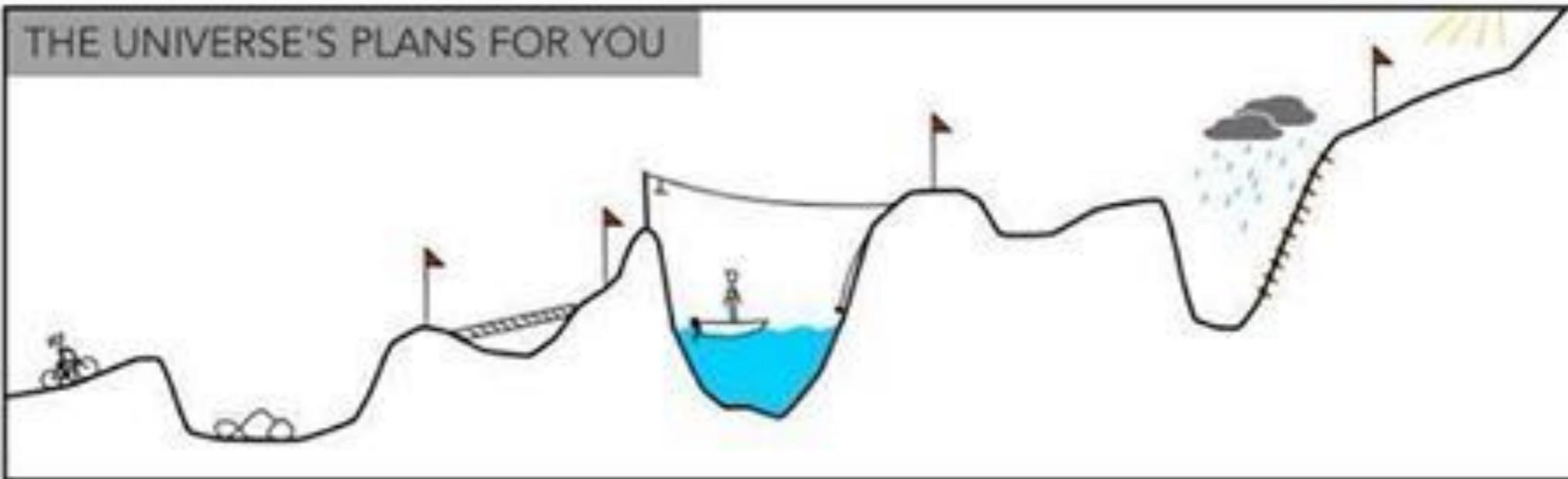


Why resilience?

YOUR "PLANS"



THE UNIVERSE'S PLANS FOR YOU



DOGHOUSE DIARIES

First classroom



The camp



Resilience

Lessons from one of
the worlds most
resilient people



What to take away from today

1. What are the three things that build resilience?
2. How do we practice these three things?
3. What happens when we do practice them?

Keys to Resilience

Gratitude

Empathy

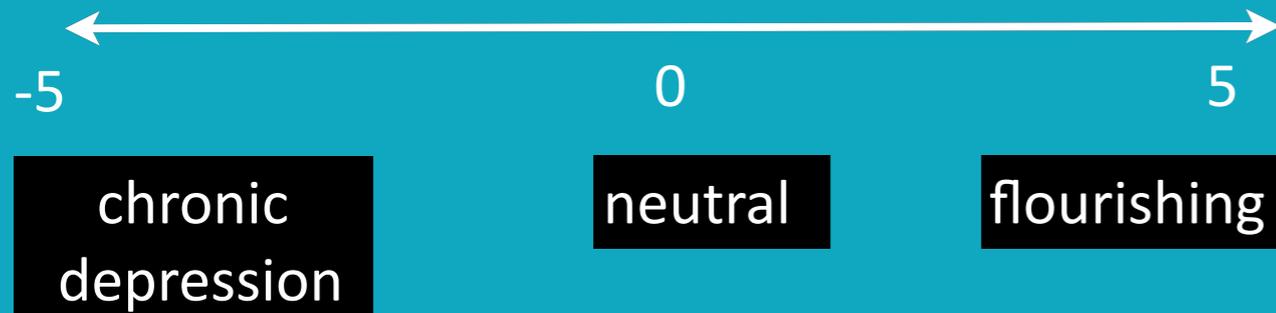
Mindfulness

Keys to Resilience

Gratitude

Mindfulness

Empathy



Controlling Your 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

Mental Health Statistics

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



1 in 4
adolescents have
a mental illness

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

65%
of adolescents
do not
seek help
for mental illness

Safety Network





1 in 7
primary school
kids have a
mental illness

In the year 2017, the adolescent and child brain receives the same amount of information in a week, that our brains used to receive in a whole year

gratitude

Parents and children



Gratitude



The “men” of the family...



Gratitude



How to Practice Gratitude

- Write three things that went well for you during the day

or

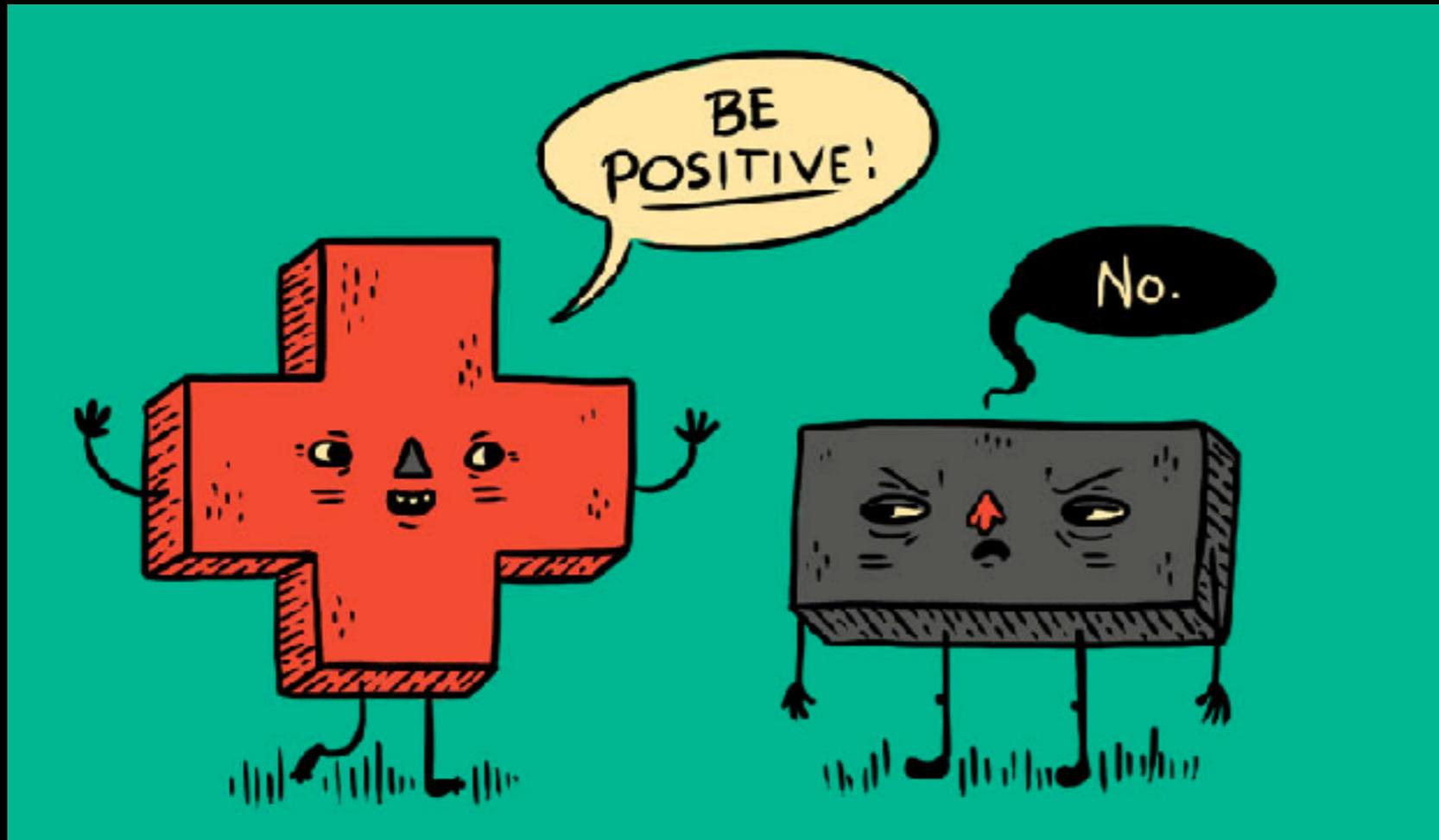
1. What was the best thing that happened to me today?
2. Who am I most grateful for today and why?
3. What am I looking forward to most about tomorrow?

#dismoment

In only 21 days...

you rewire your brain to retain a pattern of scanning the world not for negative but for the positive.

We become **3 times** more likely to notice the positive.



and in 42 days, you...

- 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**

“Dis” moment



Empathy

Empathy



Inspiring people



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**

Emotional Literacy



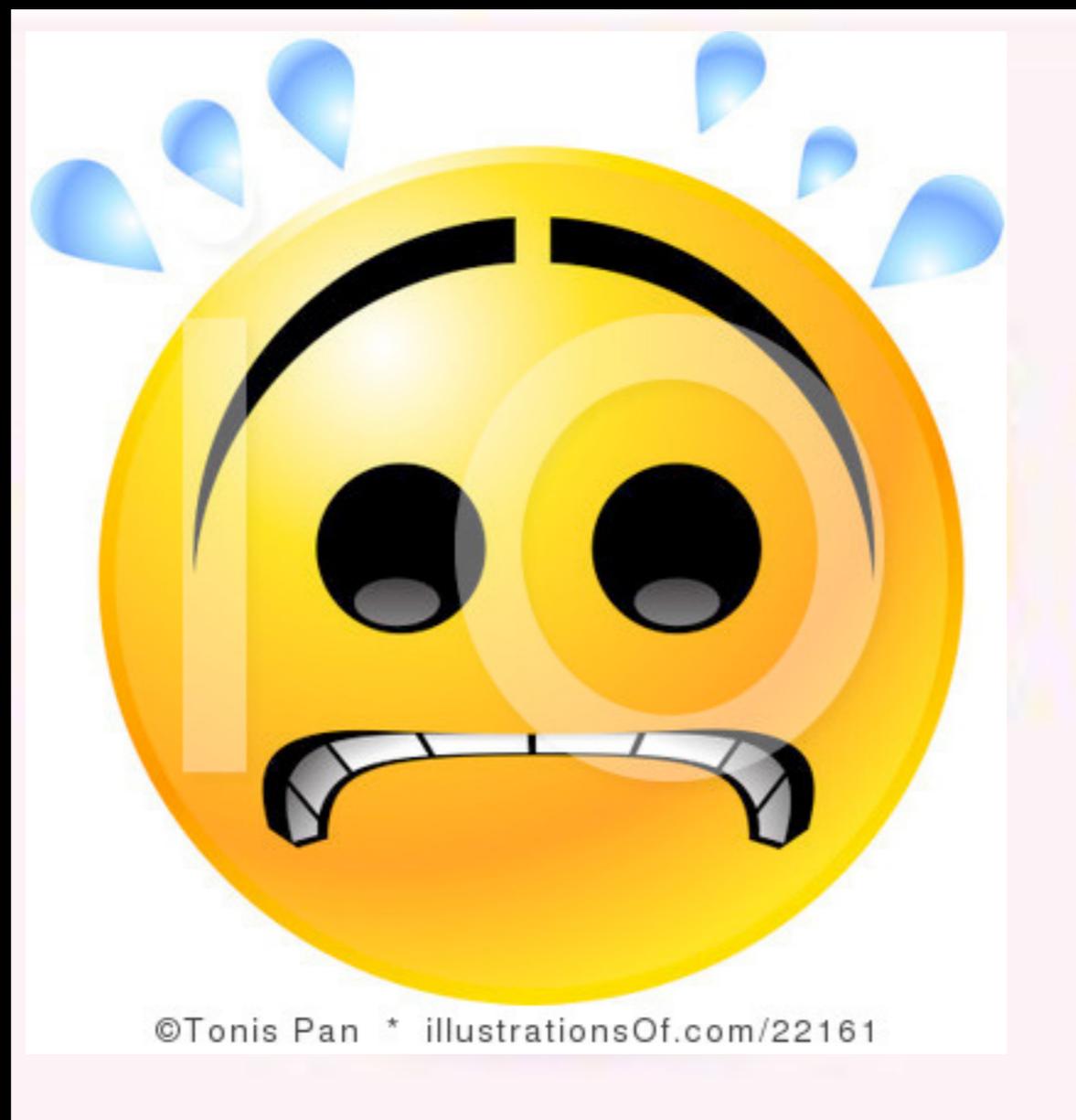
Emotional Literacy



Emotional Literacy



Emotional Literacy



Emotional Literacy



Ways to develop empathy

Random acts of kindness tree

Empathy jar

Caught in the act

Emoji check ins

Character strengths display

Videos - kindness

Empathy “show and tell”

mindfulness

Mindfulness

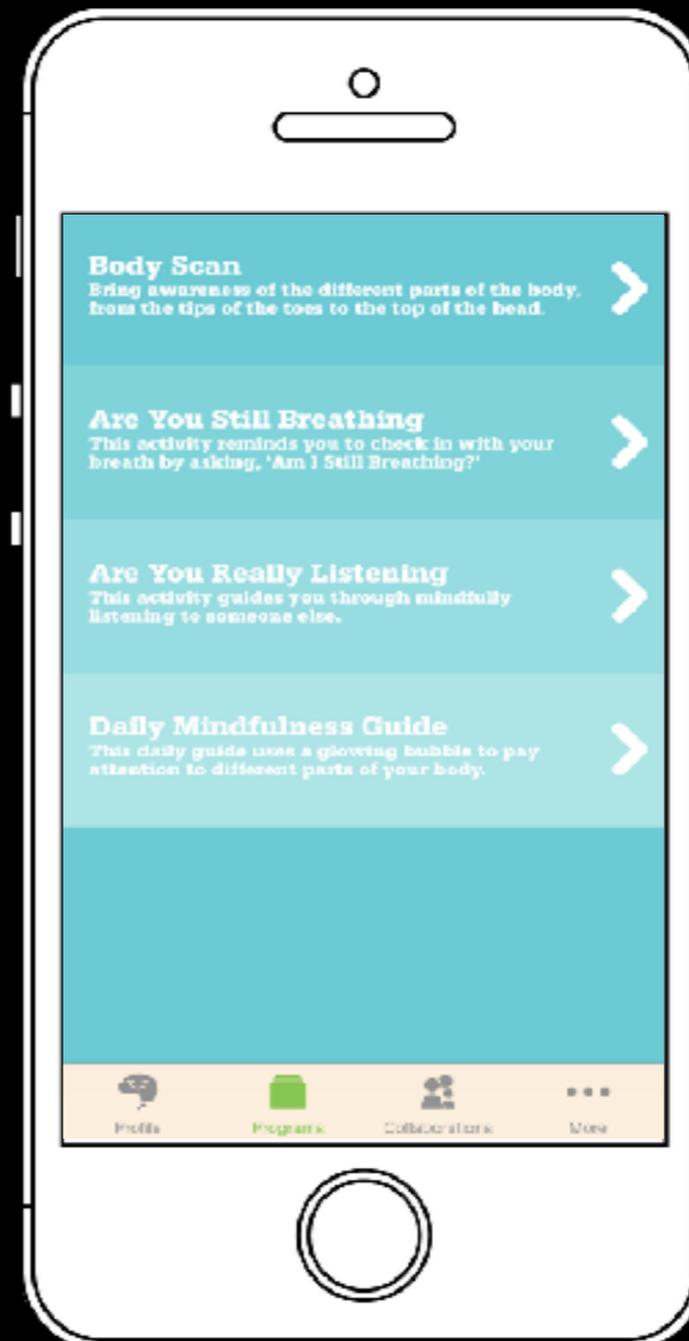
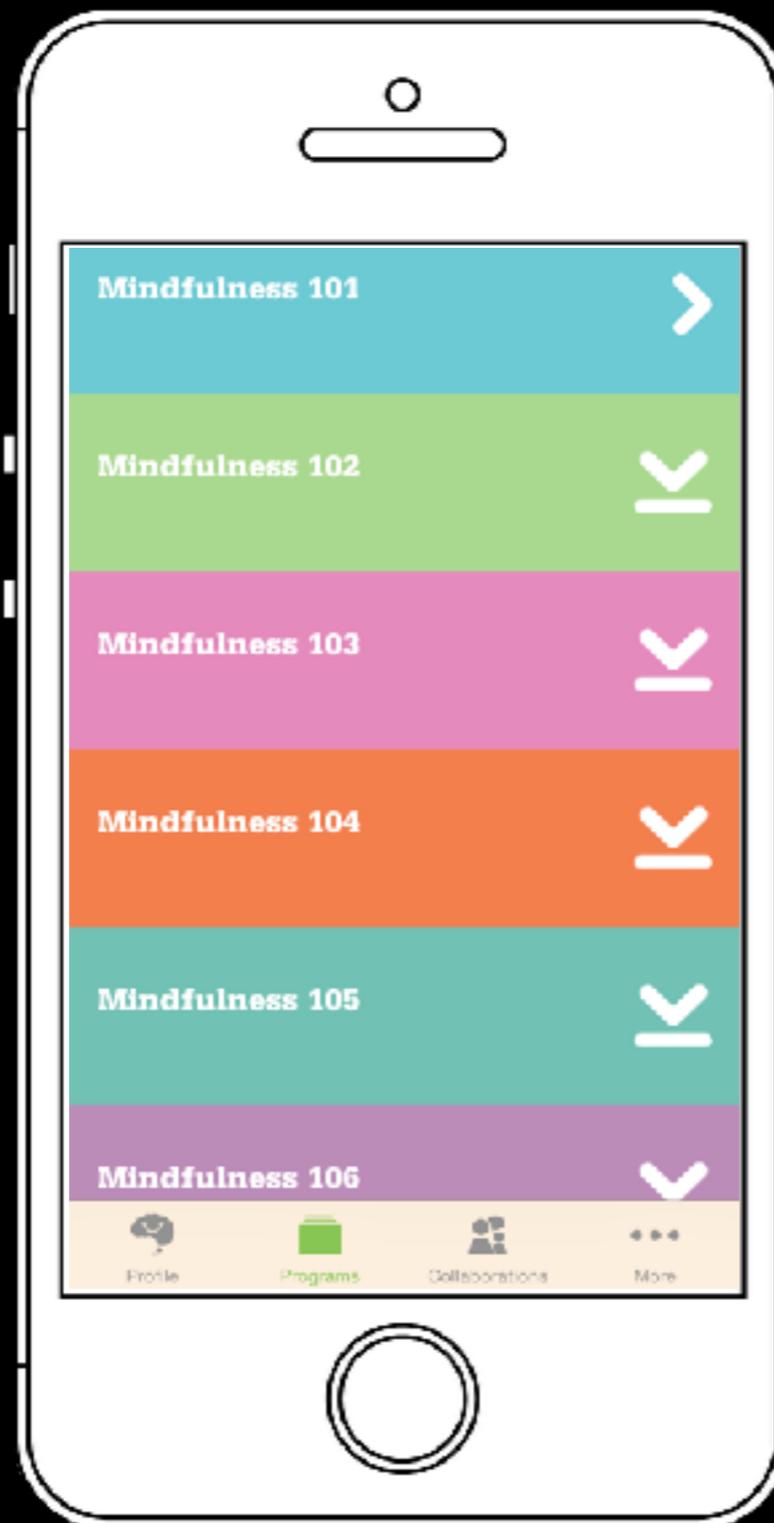
WHAT IS SMILING MIND?



**SMILING
MIND IS
MODERN
MEDITATION
FOR YOUNG
PEOPLE.**



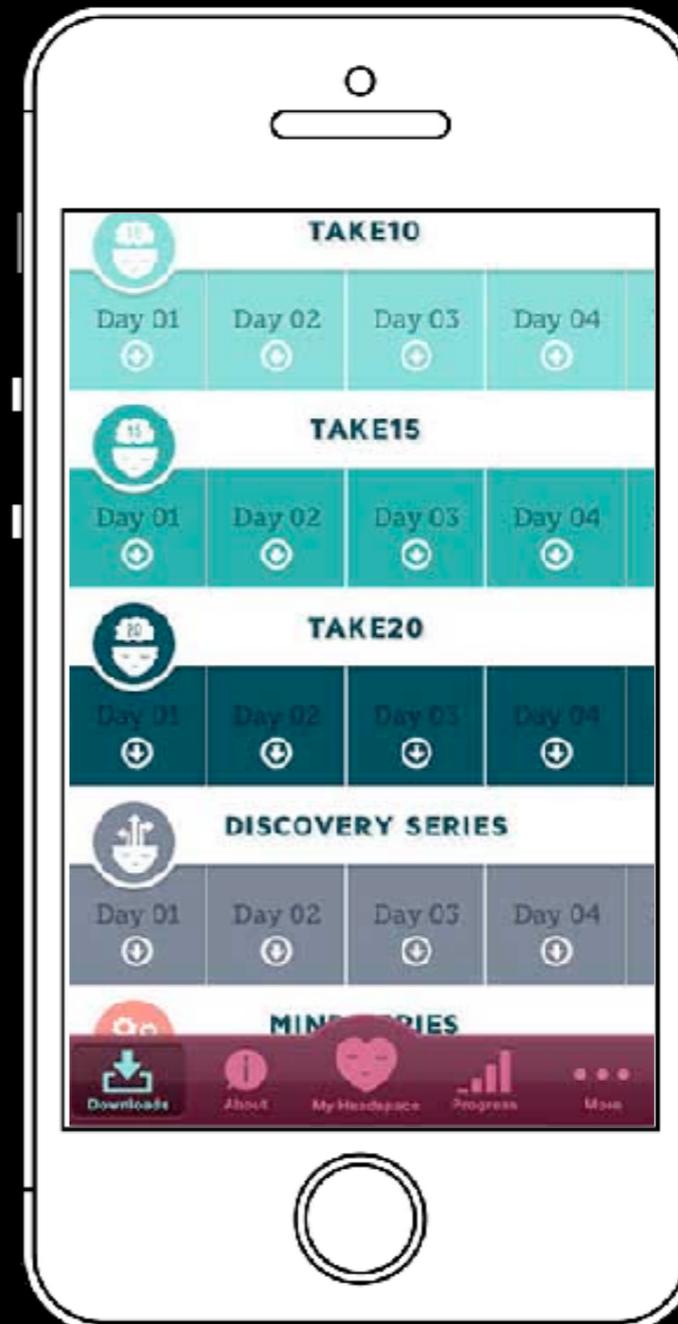
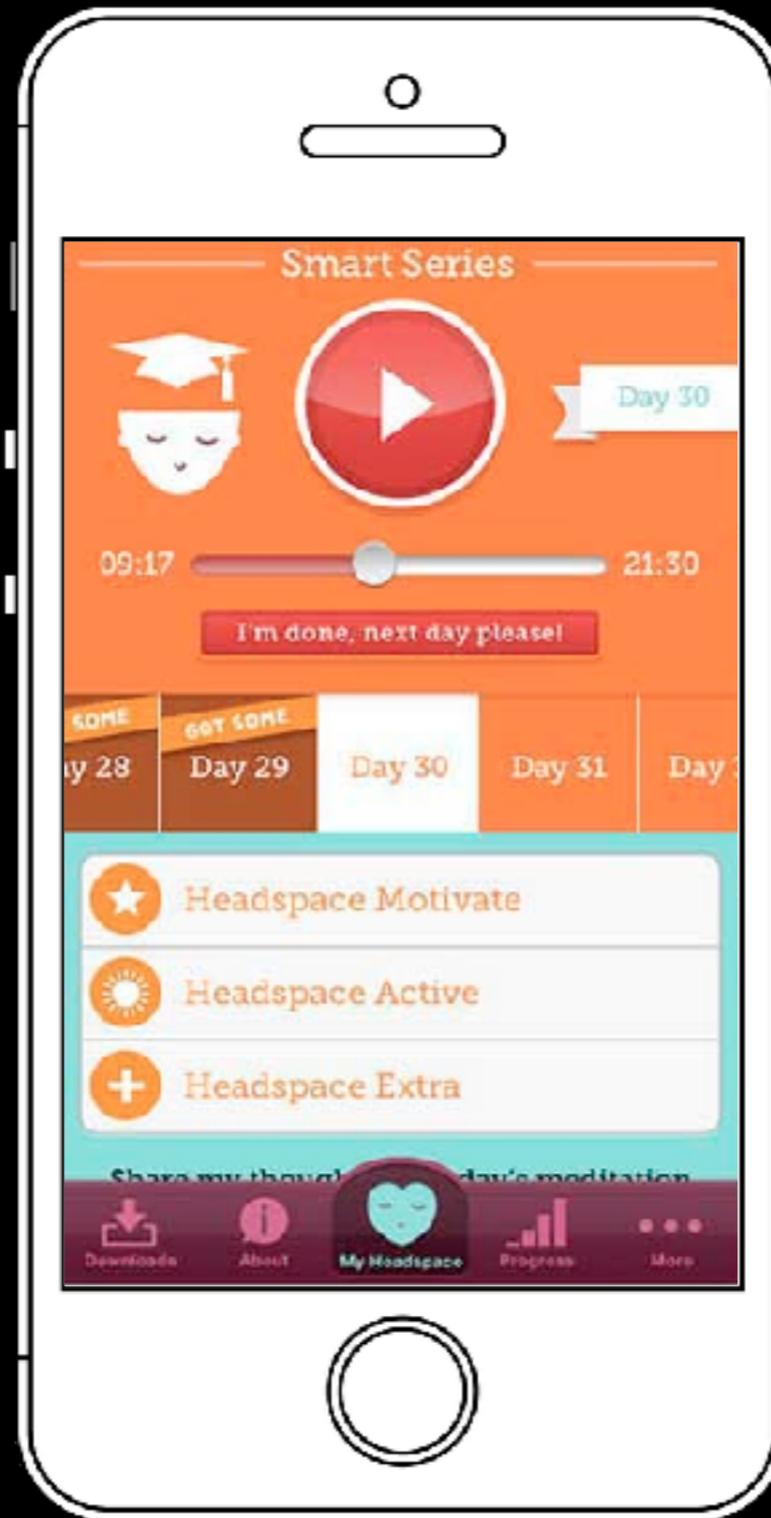
Smiling Mind



Buddhify



Headspace



Mindfulness colouring



© Thea Cozy McArdle • www.theacozy.com

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

Taking Control of Emotions

What three activities influence the strength of your emotions?

(University of Maryland, Baltimore County)

MUSIC

EXERCISE

LAUGHTER

Keys to Resilience

Gratitude

Empathy

Mindfulness



facebook.com/resiliencep



[@ResilienceP](https://twitter.com/ResilienceP)



[@theresilienceproject](https://www.instagram.com/theresilienceproject)



bookings@theresilienceproject.com.au

Extra Reading

