

Building Resilience by Realigning with Your Heart

Stressors of the Pandemic

- Concerns for health & safety of self & loved ones
- Financial fears--unemployment
- Racial injustice issues coming to the forefront
- Challenges managing uncertainty and change
- Adjustments to working from home
- New demands such as homeschooling
- Relationship conflict
- Loneliness and isolation
- Household duties
- Dependent care
- Less social support



Stress Symptoms from the Pandemic

- Feelings of grief and loss
 - changes in routine
 - loss of social support
 - cancelled events or inability to attend events
- Difficulty concentrating
- Distorted sense of time
- Changes in productivity
- Increase in stress, anxiety and depression
- Increase in substance abuse
- PTSD



Choice:
Love or Fear?

Presence

“Be as least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

- Eckhart Tolle, *The Power of Now*



Overview of Mindfulness

- Maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment
- Pay attention to our thoughts and feelings without judging them
- Sense in the present moment
- Can be practiced anywhere, anytime



Benefits of Mindfulness

- Decreases anxiety, stress, depression, tiredness, and irritability
- Improves mood and capacity for empathy
- Increases emotional intelligence
- Encourages healthier eating habits
- Improves heart and circulatory health
- Aids in recovery from substance use
- Improves sleep
- Increases financial well-being



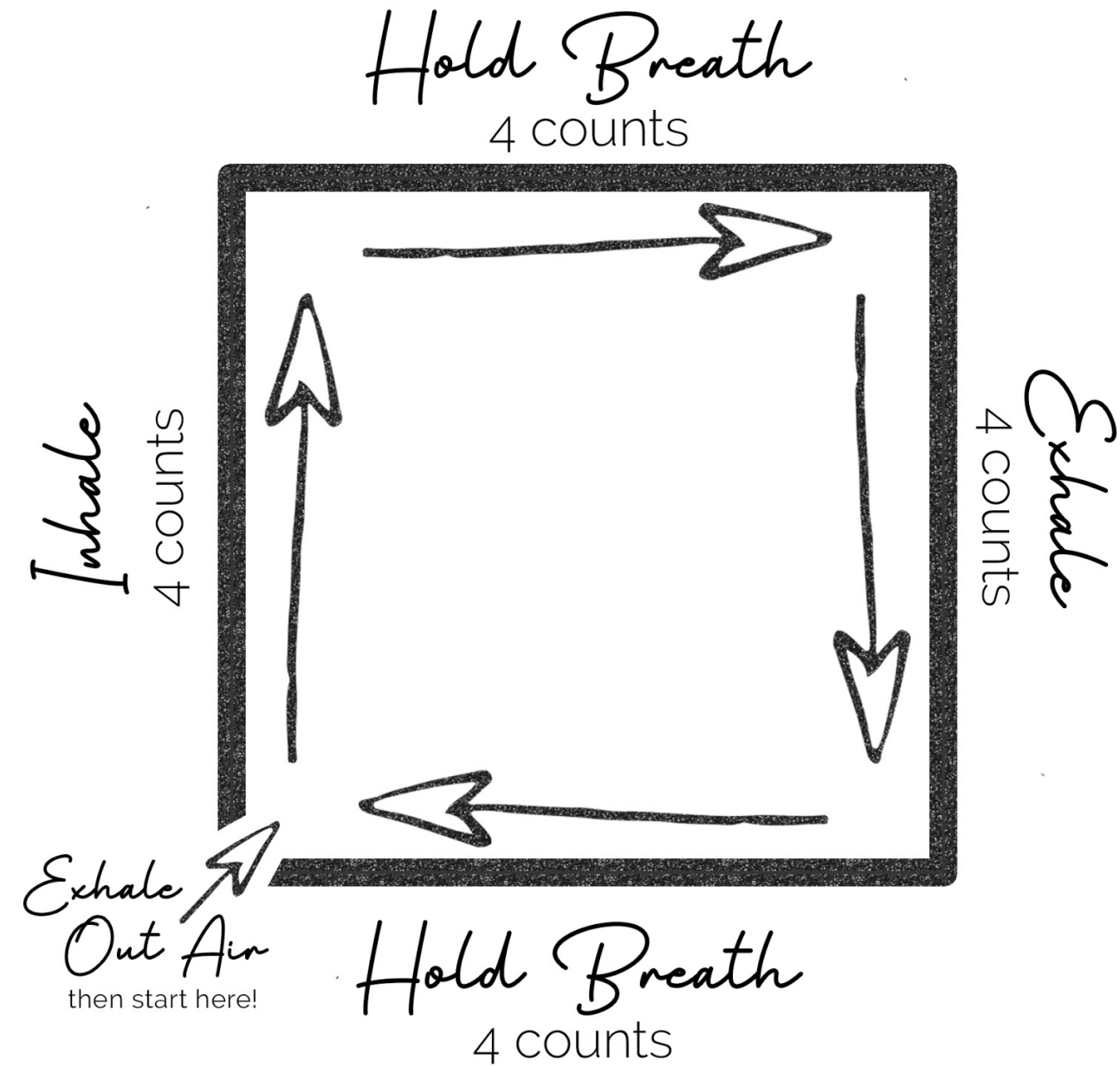
Source: <http://www.mindwork.co/what-is-workplace-mindfulness/the-research-on-mindfulness>, <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>,
http://www.mindfulnet.org/Building-the-Case-for-mindfulness-in-the-workplace_v1.1_Oct16_Full_doc.pdf

Strategies for Increasing Mindfulness

- Progressive muscle relaxation
- Unplugging from technology
- Listening & using your senses
- Mindful eating & spending
- Yoga
- Breathing
- Body scan
- Positive mantra
- Connection to nature
- Meditation



Square Breathing



Self-Love

You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.

- *Buddha*

Compassion

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou



Support

“Alone we can do so little,
together we can do so much.”

- *Helen Keller*



Detachment

“Feelings are waves of energy which
we can choose to surf,
rather than allowing them to
overcome us.”

- *Arlene Englander*



Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)



Detachment Strategies

- Zoom out
- Movie screen
- Visualization of protective barrier
- Unhook
 - Drop your end of the rope
 - Do the next right thing



Acceptance

“If you don’t like something, change it.
If you can’t change it, change your attitude.”

- Maya Angelou



Control what you can, let go of the rest

- What you can control:

- Your own thoughts
- Your own emotions
- Your own behaviors
- Your own choices

- What you can't control:

- Other people's thoughts
- Other people's emotions
- Other people's behaviors
- Other people's choices
- Outcome
- COVID-19
- What else?

Abundance Versus Scarcity



“When people are frightened about going hungry and paying their mortgages, a scarcity model begins to prevail.”

~Barbara Kingsolver, American Author

Vision

“First say to yourself what you would be; and then do what you have to do.”

- *Epictetus*



When you refuse to
believe something
is impossible, it
becomes *possible*.

JM
JOYCE MARTER

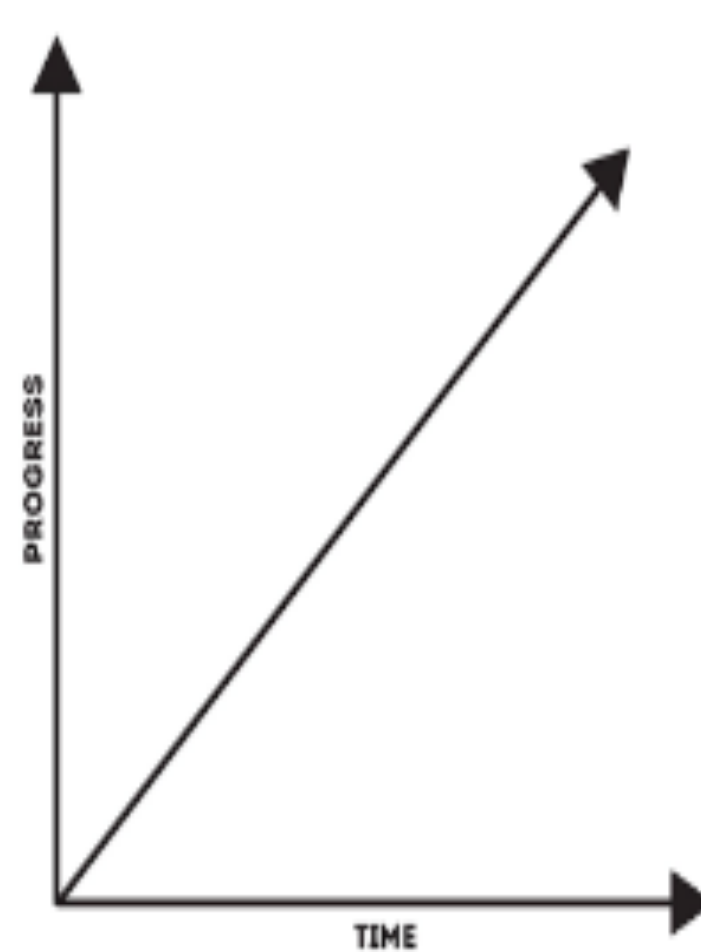




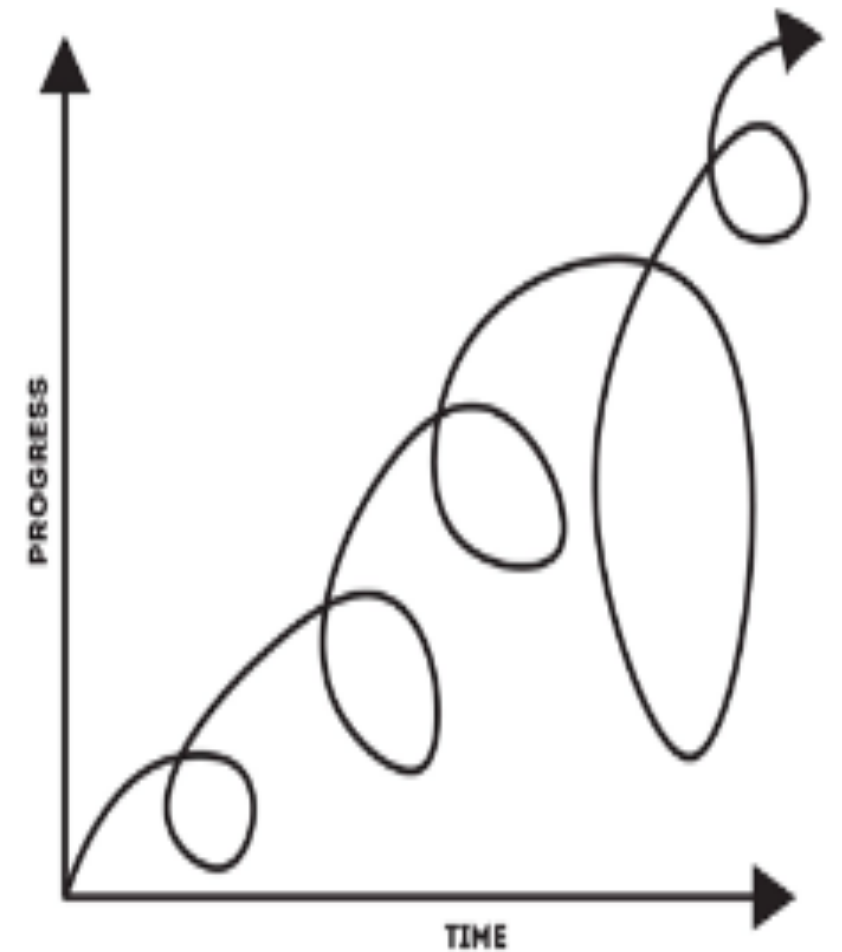
Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- *Eckhart Tolle*



WHAT WE EXPECT



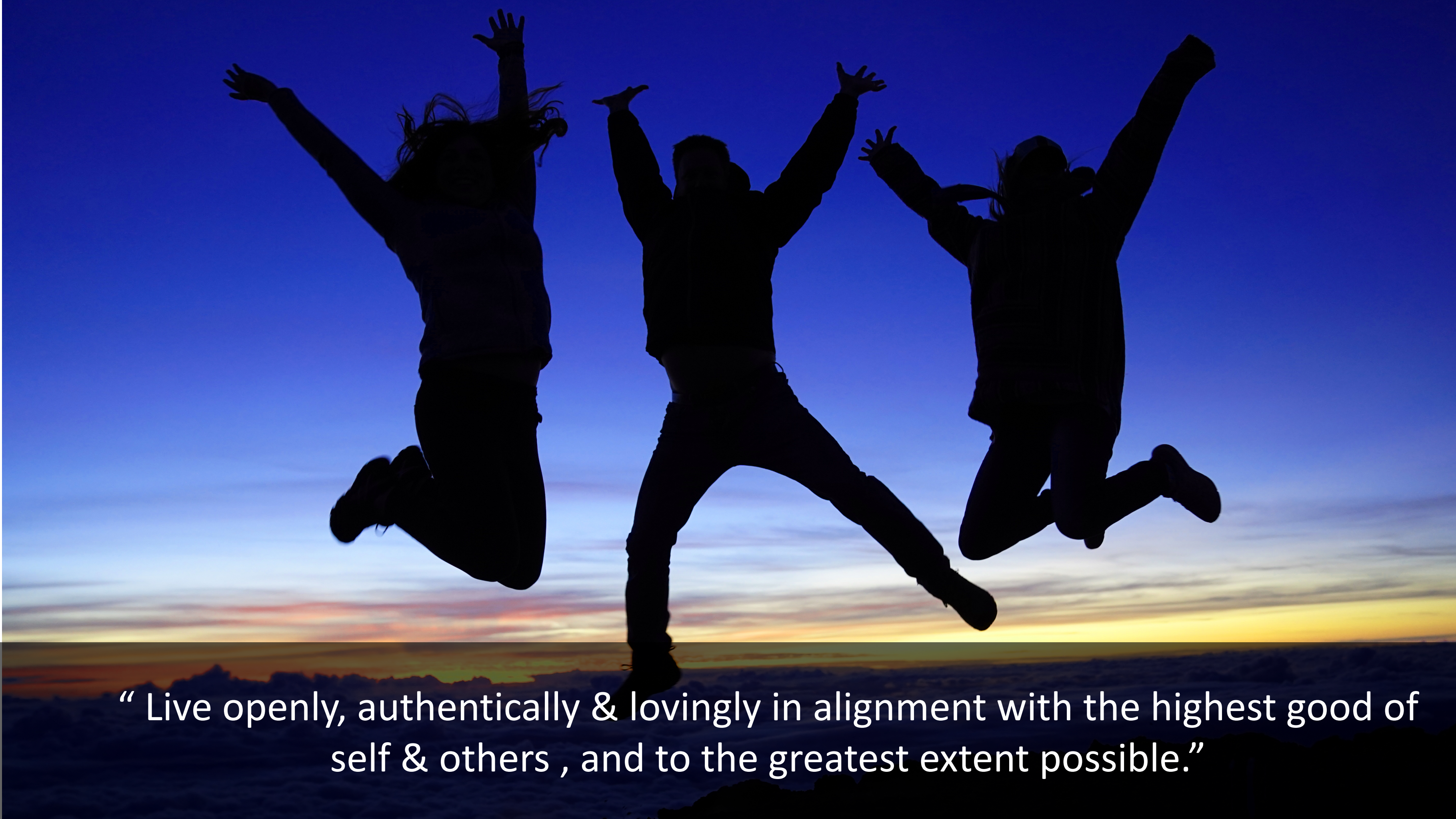
REALITY

Resilient People

- Understand that challenges are a part of life
- Promote health and wellbeing
- Enjoy connection & collaboration
- Are open, flexible and adaptive
- Are emotionally intelligent
- View challenges as opportunities
- Learn from mistakes
- Avoid worrying
- Have a sense of humor even when stressed







“ Live openly, authentically & lovingly in alignment with the highest good of self & others , and to the greatest extent possible.”

Thank You!



www.joyce-marter.com

joyce@joyce-marter.com



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



[joyce.marter](https://www.instagram.com/joyce.marter)



[Joyce Marter, LCPC](https://www.facebook.com/Joyce_Marter)



[Joyce Marter](https://www.youtube.com/Joyce_Marter)



[Joyce Marter](https://www.linkedin.com/Joyce_Marter)

For Additional
Information &
Resources:

**TEXT KEYS TO
33777**