RESILIENCY NOTES

*Growth mindset* is key (top down) and influences the embodiment of resilience (bottom up). We all walk through trauma (chronic and acute) and can train to be more skilled at being in trauma (performance) and more skillful in our recovery (period of adjustment).

Recovery requires both the tactical (self-care) that we know to do (rest, nutrition, movement, social connection, etc.) and a combination of strategies that involve interventions within the medical, psychological, social (our tribe) and spiritual arenas.

Training attention (awareness) and humanity (compassion) skills moves us closer toward meaning and enhanced performance in all domains.
### 33 Days of Attention Skills Practice

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<th>Formal</th>
<th>Informal</th>
<th>On the Go</th>
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<td><strong>Daily</strong></td>
<td><strong>Each morning-</strong></td>
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<td></td>
<td><strong>Gratitude:</strong> write down something you are grateful for. Be granular.</td>
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<td><strong>Intention:</strong> write down one word that describes your intention for the day. Visualize your day with that intention.</td>
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<td><strong>Each evening-</strong></td>
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<td><strong>Gratitude:</strong> write down something you are grateful for.</td>
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<td><strong>After Action:</strong> consider what went well today. Write it down.</td>
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<td><strong>Weekly</strong></td>
<td><strong>3x per week; 15+ min.</strong></td>
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<td>Mindfulness of Breath OR Concentration Practice</td>
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<td>Add other exercises as desired after two weeks of focus on above two practices.</td>
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<td><strong>Daily or Weekly-</strong></td>
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<td>Choose an informal practice from How to Train a Wild Elephant (see attached). Focus on this awareness practice for at least one day, possibly several days during a week.</td>
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<td><strong>Reflect on your intention word throughout the day.</strong></td>
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<td>Integrate <strong>micro attention practices</strong> into your daily rhythm. You can take nearly any of the exercises and modify to make it informal and workable while on the move (walking, headed to a meeting, before a planned task, etc.)</td>
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<td>For example:</td>
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<td>• Concentration breath practice on a run, walk, drive</td>
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<td></td>
<td>• Setting Intention practice on a walk, run, drive</td>
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<td>• RAIN practice with interrupted sleep - insomnia</td>
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MINDFULNESS EXERCISES

1. Mindfulness of Breathing – Focus attention at tip of nose, chest or belly.
2. Field of Sense Awareness

3. Body Scan – find a guided practice you like with Insight Timer or elsewhere; informally, scan your body periodically.
5. Concentration Practice:
   a. Labeling – “Breathing in... Breathing out”
   b. Counting –

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<td>In</td>
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6. RAIN – formal and informal practice
   R  recognize/relax
   A  accept/allow
   I  investigate/intimately
   N  non-identify/nurture

7. Accessing Allies Practice – “What would my mentor say?”
   This is a practice you can adapt to fit in a way that feels authentic.

8. Gratitude Practice
   Daily, formal written practice & an informal adaptation.

9. Setting Intention practice – “Let me be _______”
   3 qualities; 3x; Listen to the wake, to what emerges
   You might add this practice to the end of any sitting meditation practice.

10. Daily Intention – Visualize your day; Set intention to show up with that quality; reflect on that quality throughout your day.

   COMPASSION
   Composite set of skills
   1. Self-Awareness
   2. Other-Awareness (empathy)
   3. Distress Tolerance
   4. Altruistic View
   5. Intrinsic Satisfaction

   OBSTACLES IN MINDFULNESS PRACTICE
   1. Restlessness / Anxiety
   2. Sleepiness / Torpor / Boredom
   3. Attachment / Wanting
   4. Aversion / Dislike
   5. Doubt / Confusion
CULTIVATE THE OBSERVER

High-resolution self-monitoring and modifying relationship to experience and behavioral skills.

SKILLS AND QUALITIES OF MINDFULNESS

(Skills)
1. Attention regulation
2. Integrating Information Processing
3. Distress Tolerance
4. Cognitive Flexibility
5. Interpersonal Skills
6. Generative Skills

(Qualities)
1. Curiosity
2. Acceptance
3. “Non”-judgment
4. Kindness

READING LIST- BOOKS


**VIDEOS**

Kelly McGonigal [TED talk](#) on the New Science of Stress

Brene Brown [TED talk](#) on Vulnerability

Matt Killingsworth [TED talk](#) on Mind Wandering and Happiness

Alex Honnold rock climbing [documentary](#) by Nat Geo.

**PODCASTS**

[On Being](#) with Krista Tippett

[10% Happier](#) with Dan Harris

[Tim Ferriss](#) - business and human performance

[Rich Roll](#) - health, fitness and humanity

**CENTERS**

UC Berkeley- Greater Good Science Center

UCLA- Mindful Awareness Research Center

UCSD Center for Mindfulness

UMASS Center for Mindfulness

[Executive Mind Leadership Institute, Drucker School of Management](#)
UPCOMING TRAININGS:

Mindfulness Based Resilience Immersion Training – Bend, Oregon  November 16-18, 2018
Offered again Spring/Fall 2019.

Mindfulness Based Peer Resilience Coach Training – Portland, Oregon  (August through
November, residential and distance learning) Offered again in Spring 2019.

6 day silent meditation retreat by Richard Strozzi Heckler 2019

INFORMAL AWARENESS PRACTICES
(Adapted from How to Train a Wild Elephant, by Jan Chozen Bay with permission)

When eating, Just eat. This week, identify a few times when you’re eating or drinking, and
don’t do anything else. Open all your senses as you eat or drink. Notice colors, textures, smells,
temperatures, tastes, sounds. Enjoy the experience of eating and drinking. See if you can spend
5 minutes of each meal doing this practice, and once daily with your favorite beverage.

Filler Words. Become aware of the use of “filler” words or phrases and make an attempt to
eliminate them from your speech. Filler words are word that do not add meaning to what
you’re saying such as “um,” “ah,” “so,” “well,” “like,” “you know,” and others. Notice why you
might be using these words and explore that underlying observation.

Appreciate Your Hands. Several times a day, when your hands are busy...watch them as though
they belonged to a stranger. Look at them also when they are still. Notice the sensations of
your hands working, and in stillness. Marvel at the architecture of these structures and how
helpful they are.

Mindfulness of Posture. Several times a day, become aware of your posture. There are two
aspects here. First, we mean to become aware of what posture we are in and how it feels
within the body; our experience. If you closed your eyes, what would your clues be that you are
standing, sitting, lying down? Notice tension, ease, warmth, coolness and other sensations in
the body. Second, it means to pay attention to how we are holding ourselves in the presence of
others. How might others feel our presence based upon our posture?

Just Three Breaths. As many times a day as you are able, give the mind a short rest. For the
duration of three deep breaths, ask your inner narrative to slow to near silence. Then open all
your senses and step into situational awareness- color, sound, touch and smell. Put a note on
your locker or desk at work, on your bathroom mirror and refrigerator at home with the
number 3 on it to remind you to practice.

The Great Earth Beneath You. As often as possible, become aware of the great earth beneath
you. Bring your awareness to sight and touch; looking at the horizon while feeling your feet
deeply connect with the earth below, grounding yourself in the weight of gravity and your connectivity with the earth, even if inside a building.

**Notice Dislike.** Become aware of aversion, the arising of negative feelings toward something or someone. These might be mild feelings such as irritation, or strong feelings such as anger or hatred. See if you can notice what happened just before the aversion arose. Is there a trigger? What sense impressions occurred—sight, sound, touch, taste, smell? What thoughts emerged? What can you become aware of within your mental/emotional landscape when aversion shows up?

**Are You Overlooking Something?** Several times a day, notice what you’re paying attention to at that moment and then open your senses to see if you can discover what you’ve been failing to notice. Our attention is normally selective. What are you ignoring? This can be done in motion, walking for example, or through a pause in your movement.

**True Compliments.** Once a day, think of someone close to you— a family member, friend, co-worker— and give them an authentic compliment. The more specific the compliment, the better. “I appreciate how you show up to lineup with such a positive attitude.” Become aware also of any compliments other people give you. Notice your response; investigating the purpose of compliments and the effect on you of being given a compliment.

**Use Your Non-dominant Hand.** Use your non-dominant hand for some ordinary tasks each day. These could include brushing your teeth, opening doors, or eating for part of a meal. This experiment may invoke laughter. We may discover that our nondominant hand is quite clumsy. Using it brings us back to what Zen teachers refer to as the ‘beginner’s mind’. This practice can awaken our compassion for those who are clumsy or unskilled, such as those who have suffered from disability or injury. With this practice we have the opportunity to briefly notice how much we take for granted our simple movements.

**Leave No Trace.** Choose one room in your house and for one week try leaving no trace that you’ve used that space. The bathroom or kitchen is often a workable space for this practice. If you’ve been doing something in this room, clean up in such a way that you leave no signs that you’ve been there. Put a sign in your room that you’ve chosen that says “Leave no Trace”. Often, we leave rooms a bit messier than when we entered, thinking we can clean it up later. Often, later never comes until we are overwhelmed. This practice helps us become aware of our tendency to turn away from doing certain things, even small things that we could take care of during the day but somehow don’t muster the motivation to do so.

**Listen to Sounds.** Several times a day, simply stop and listen. Open your awareness of sound 360 degrees. Listen to the obvious sounds and the subtle sounds. Listen with an open, new sense of curiosity...as if you have just landed from a foreign planet and hadn’t heard earth sounds before. When we begin listening carefully, a new world opens up and we hear sounds that have been around us yet ignored.
Every time your Smart Phone Alerts. Each time you hear, feel, or see your phone alert, stop and take two deep breaths to settle the mind before responding. Notice what emerges when your phone alerts in your thought stream and emotional climate. Create phone-free zones in your day; particularly at home, with family and friends and during meals; keep your phone in another room on a silent setting.

Waiting. Anytime you find yourself waiting— in line at the store, waiting for someone who is late, or waiting for your computer to respond— use this as an opportunity to practice attention to your senses; listen, feel, notice. There are several useful practices while waiting. One is mindfulness of breath. Another is listening to sounds, opening and expanding your sense of hearing to take in the whole room and beyond. When you notice yourself becoming annoyed or anxious for ‘having to wait,’ remind yourself that this could be a gift for awareness practice.

A Media Fast. For one week, do not take in any media that isn’t operationally critical. This includes news, social, and entertainment media. Do not listen to the radio, podcasts, etc. Don’t watch TV, films or videos. Don’t read newspapers, books or magazines. Don’t surf the Internet. Stay off of social media. Avoid being drawn into conversation about such things as well. Discover alternative things to do with your senses during this time. Take a walk, run, bike ride or swim, for example. Engage in authentic connection with your social tribe.

Secret Acts of Virtue. Each day for a week, engage in a secret act of virtue or kindness. Do something nice or needed for others, and do so anonymously. This can be very simple, like washing someone else’s dishes that were left in the sink (at work and home), picking up trash on the sidewalk, cleaning the bathroom sink (or toilet) when its not your job, making an anonymous donation, or some other act of kindness.

Entering New Spaces (Mindfulness of Doors). This practice is about bringing awareness to any transitions between spaces when you leave one space and enter another. As you walk through a door, take a breath (or, if tactically sound, pause before moving through the door). Pay careful attention to how you open and close the door when entering a new space.

See the Color Blue. Become aware of the color blue wherever it appears in your environment, both inside and outside. Notice the obvious places that the color blue emerges, and invite the subtle color blue to your visibility.

Water. Open your awareness to water, in all its forms, both inside and outside of your body and dwelling. Become aware of liquidity, in food, drinks, and in your environment. Can we appreciate this life-giving gift, given each day by earth and sky?

Be on Time. For one week, work at being on time for all events on your calendar, and those maybe not on your calendar. Consider what ‘being on time’ means to you and others. Watch what prevents you from being on time, and what arises in the mind when you or other people are late. (If you are a person who is always on time, you might try being a few minutes late and see what happens, internally and externally.)
**Procrastination.** Become aware of procrastination, the act of putting off something that needs to be done. Be aware of the desire to procrastinate and of what you do about it— that is, your method of delaying. Look more clearly at what leads to procrastination and see what strategies work to modify or overcome it.

**Anxiety.** Become aware of anxiety. Notice how it emerges in your thought stream, your emotions, and your body. Notice when anxiety appears, what time of day does it first appear and when does it peak/wane? Several times a day, pause to scan for anxiety. Seek to notice what makes anxiety stronger and what soothes it.

**Your Stomach.** Become aware of sensations in your stomach, your Enteric Nervous System. Check in with your stomach before and after meals. Can you detect interoceptive senses of hunger and fullness?

**Smile.** For one week, allow yourself to smile. Notice the expression on your face. Notice from the inside- lips turned up or down? Teeth clenched? Tension in the muscles around your eyes? When you pass a mirror or reflective surface, sneak a look at your expression. When you notice a neutral or negative expression, smile.

**Impatience.** Become aware of impatience as it arises during the day. Be aware of signals in the body and talk in the mind that accompany impatience. With an open curiosity, without judgement, ask yourself, “why am I in a rush? What do I want to rush ahead to get to?” Notice what emerges.