

FOSTERING THE WISDOM OF



RESILIENCE

A SELF HELP GUIDE BOOK
FOR AN UNBREAKABLE
MIND, BODY & SOUL
ENGAGE, ADAPT AND THRIVE

THE THIRD SPACE & DR CHRISTINA LB

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Book Dedication Statement

Resilience is not the absence of distress or difficulty. Resilience is the ability to adapt and grow following adversity."

Dedicating this book

*To my family for their support and encouragement;
to my parents for their unconditioned love and compassion guidance since young.*

*To all essential workers and heros around the world;
I thank you for your sacrifices*

*To all victims of workplace harrasment and domestic abused,
It is time to stand up for your rights*

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Positive Transformation

To business leaders and organisations, it is time to adapt and change

*To those business owners and individuals who just lost their jobs,
you are not alone, lets walk this journey together!*

*To Nancy and Team at The Third Space,
This book could not have done without your help,
to each of you,
I thank you with all my heart!*

CHAPTER ONE

INTRODUCTION TO WHAT RESILIENCE IS ALL ABOUT

"The human capacity for burden is like bamboo – far more flexible than you'd ever believe at first glance." – Jodi Picoult

Throughout life, people face all kinds of adversity. Personal events such as sickness, a loved one's death, violence, bullying, work loss, and financial uncertainty are present. The news reflects the shared reality of tragic events, such as terrorist attacks, mass shootings, and natural catastrophes. People need to learn how to cope and work through tough experiences in life. Although those adverse events are unpleasant and complicated, they don't have to decide the outcome of your life. There are many facets of life in which you can monitor, change, and evolve. That is the resilience function. Becoming more resilient doesn't just help you get through challenging circumstances; it also empowers you to evolve along the way and even improve your life.

Life may not come with a map, but everybody will encounter twists and turns, from daily challenges to more enduring and traumatic events

such as a loved one's death, a life-changing accident or a severe illness. Each transition has a different effect on people, bringing a particular stream of feelings, strong emotions, and confusion. But people typically adapt well over time to life-changing circumstances and stressful situations — thanks in part to resilience.

Resilience is a muscle. Flex it enough, and it will take less effort to get over the emotional punches each time." - Moore

Resilience is the ineffable attribute that helps life to knock down some people and come back stronger than ever before. They find a way to rise from the ashes, instead of letting defeat overwhelm them and sap their resolve. Resilience is not a trampoline, where you are one moment down and the next up. This is more like climbing a mountain without a map of the route. This takes patience, determination, and support from people around you, and along the way, you'll possibly encounter setbacks. But you eventually reach the top and take a look back at how far you have come.

Resilience is the willingness – and propensity – to face frustration, loss, and failure, but instead of wallowing or letting things hold us down, we get back up and move on with life. Feeling resilient doesn't mean people have no pain, emotional upheaval, and misery.

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Some may associate resilience with mental toughness, but it requires experiencing emotional pain and discomfort to show resiliency. Resilience isn't a fixed characteristic. Flexibility, adaptability, and perseverance by modifying those thoughts and habits may help people tap into their resilience. Research indicates that students who believe it is essential to growing both academic abilities and social qualities display a lower stress response to adversity and improved performance.

Life and company are full of struggles and unforeseen obstacles. To be successful, we have to accept our warrior inside. We need to find strength. Resilience is our willingness to pull something from inside so that we can continue to move forward. Inside us, the thing is hope.

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Hope is the beautiful emotion that reminds us of our vision, why we do what we do, and why we began. Dream pays for resilience. It's the elusive pot of gold at the end of our tale the makes, worth it, the pain we endure in getting there.

A resilience base gives one the courage to be innovative about approaching life. The resilient person recognizes the advantages of relaxation and healing, has a masterful lifestyle built that aligns with biological patterns, and knows how to concentrate attention.

The most resilient among us will regularly experience Flow-and understand how to cultivate the conditions for optimum performance.

Resilience is an ability gained, and the skills can be developed at any time in life. The secret is intentional practice combined with a knowledge of oneself. We will adapt and thrive when we are aware of how we think, feel, and act.

A few others defined resilience as;

"...the ability to bounce back from adversity, frustration, and misfortune..." (Ledesma, 2014: 1);

"the developable capacity to rebound or bounce back from adversity, conflict, and failure or even positive events, progress, and increased responsibility" (Luthans, 2002a: 702);

*"...a stable trajectory of healthy functioning after a highly adverse event" (Bonanno et al., 2004; Bonanno et al., 2011);
and*

"...the capacity of a dynamic system to adapt successfully"
(Masten, 2014; Southwick, 2014).

Seven Sources of Resilience

1. Equilibrating brain chemistry.
2. Holding feelings ably.
3. Grow a good heart.
4. Energy Management.
5. Attuned to nature.
6. Calming your mind

7. Creation of strong relationships.

Building resilience is a cycle of individual transition. The whole process of personal change involves a number of principles.

The first core theory is **direction concept**. This pathway leads to a happier and more resilient life and requires a dose of self-acceptance, too. This is far more than a basic idea of self-improvement. It implies embracing yourself and your life exactly as they are in time at this moment. That's the opposite of someone who constantly works for self-improvement. In many cases, self-improvement requires criticism and a desire to be better. The Japanese name this concept 'arugamama' or a state of unconditional acceptance of the conflict generated by acceptance and the desire for improvement.

That means, at the moment, embracing yourself and your life. It can also be paired with the desire to bring about change in positive ways.

The next central principle of the entire cycle of individual transformation is the **belief** that progress starts inside. That may include respecting yourself and listening deeply. This may also include engaging with your inner suffering mindfully and compassionately.

The notion of fighting transition. Any resistance is natural and normal, but if you have a desire to build resilience, it has to be addressed. A

significant part of this phase is the willingness to look deep inside, and also those parts of yourself that are resistant.

Change is, at best, a process, and a messy one. The next idea is that of looking at change as a phase.

The truth is that most people don't see change as a simple linear process. We don't always experience systematic and continuous development. Every one of us imagines this ideal life, but on the way we normally encounter setbacks. Being resilient may help you cope with your expectations.

Often success requires creating a network of connections that can help you accomplish your target. This network may include relatives, acquaintances or community leaders.

Examples of resilient actions are numerous. Such resilient behavioural characteristics include:

- To see losses as impermanent.
- Putting back on losses as growth opportunities.
- Cognitive illusions are known as false beliefs.
- Manage heavy desires and emotions.

- You can monitor the focuses on events.
- Should not look at yourself as a victim.
- Engaging in every area of your life.
- Have a positive outlook for the future, and build an attitude of progress.

A salesperson losing a customer would be one example of treating a loss as impermanent. They may see this either as a disturbing occurrence or as something that is only temporary. In the end, losing one customer, even a major one, is not the end of the world.



Another wonderful technique is **reframing**. Let's say that somebody went to a work interview but wasn't getting the job. A resilient person would realize that maybe that was not their work. Reframing is one of those techniques which refers to changing the way we view things so that we can perceive them more positively and find more positive alternatives. Often this means questioning what the opportunities are in any given situation. It also means finding answers to a problem, rather than having to feel tension or concern. Reframing demands that you ask:

- How do I view the situation the best way?
- What can I learn from this challenge in the future which will help me?

- And, how can I do to get the best outcome possible?

As well as allowing us to come up with more constructive ideas, reframing helps us to address problems easily, and that is essential to resilience. By reframing, we can control how we respond to people and situations.

Cognitive illusions come into play as well. Cognitive illusions are pretty much false perceptions. There are things we are persuaded real that perpetuate negative thinking. The goal is to reframe such perceptions into a more robust mentality.

One example is someone who encounters a delay in travel on an airline. Perhaps a non-resilient person feels bad things always happen to them. We may find a pause in flight is terribly inconvenient too. We may then be feeling frustration or tension as a result of this thought.

When understanding the negative frame of mind, a resilient person may change their thought. As a result, they could tell themselves they could stop and have a nice meal or read a good book instead of getting anxious. Such new resilient thoughts will help them deal with life's inconveniences and reduce stress.

Managing intense emotions and impulses is yet another key resilience element. Let's presume someone gets furious. We could either carry out

their frustration or learn to move on and stay focused on someone nearby.

A further great example of resilient actions is to **concentrate on things you can control**. Some things just get out of our grasp. Traffic is one of those things. You can either get mad and yell at fellow passengers, or put on some music or dream about new ideas for your next project. It's your decision.

It's also important **not to see yourself as a victim**. If you see yourself continuously as a victim in life, you will continue to build on that mentality. A rational person would understand that stuff just happens occasionally. They're just not a victim. Engaging in all facets of your life requires realizing that everything is intertwined in your life. All these means is there is no one thing that can make you happy all of a sudden. Obtaining the ideal work, for example, or having the ideal love relationship might not be enough to overcome certain life challenges.

A resilient individual understands that success or failure in one area of life also frequently affects all other areas of life. One of the best things you can do to create resilience is possibly getting a good view of the future and cultivating a growth mindset.

Cultivating an attitude of development requires the ability to be accessible and adaptable, and to respond to adjust.

RESILIENCE



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EMOTIONAL RESILIENCE AND STRESS MANAGEMENT

Coping with stress or, better to say, coping with stress effectively directly contributes to building resilience.

The whole idea of being emotionally resilient is about how well we can handle the tension and get back on track. Getting tied up with daily life stressors can be a big reason we lose our emotional resilience. We become more sensitive, over-reactive, and emotionally disproportionate. Even a minor change of plans will leave us in a state

of panic and anxiety. Research has shown resilient individuals can cope more efficiently with stress. You will come back with positive energy and motivation from any challenging situation and are more likely to learn lessons from negative experiences, rather than being overwhelmed by them. (Fredrickson, September 1998). The American Psychological Association (APA) has expanded its mental endurance work to include various age groups and victims of specific forms of stress.

A fact sheet published for victims of war trauma indicated that emotional stability for these people could be improved by community support, contact with fellow victims, and encouraging them to look at the matter from a wider perspective. (Levant, 2002).

The Resilience Booster Social Media Campaign (APA, 2015) has uncovered fascinating details about how poverty and unemployment have a negative effect on both children and their parents' emotional resilience.

This program aimed at educating guardians to assist their children in coping with external stress and building immunity to them through in-depth research sponsored practical tool-kit for parents. By far, this has been one of the most successful initiatives of public interest taken to build and improve emotional resilience.

WHY IS IT SO IMPORTANT TO BE RESILIENT?

Resilience is important as it gives people the necessary strength to process and resolve hardship. Those who lack endurance are easily overwhelmed and can resort to unhealthy strategies for coping. To order to solve obstacles and work through difficulties, resilient people tap their abilities and support networks. For a good reason, you hear a lot about rising and improving resilience—in ourselves and children alike.

Why resilience is a great trait:

- Greater endurance leads  to better learning and academic attainment.
- Resilience is linked to a reduction in work or school absences due to sickness.
- Those with more endurance tend to engage more in group and family events.
- Increased resilience is related to lower death rates and increased physical activity.
- It helps minimize risk-taking habits like binge drinking, smoking, and substance use.

WHAT YOU STAND TO GAIN READING THIS BOOK

In this self-help guide, you can recognize that mental wellbeing involves far more than the mere absence of disorders. When it comes to positive mental health, there are several dimensions, one of which is resilience, and you will learn how to build resilience in our daily activities.

In times of stress, you'll learn how to adapt well and bounce back quickly. This stress can manifest, to name a few, like family or relationship issues, serious health problems, workplace problems, or even financial problems. Developing resilience can help you cope adaptively with changes, challenges, setbacks, disappointments, and failures and bounce back.



Research has shown resilience to be reasonably common. People tend to exhibit more resilience than you think. One example of resilience is the reaction of Asians following the Tohoku Earthquake and Tsunami that claimed over 15,000 lives and destroyed properties worth 360 billion USD, another notable mention is how Asians reacted to the Asian financial crisis in 2008, and the efforts of individuals to rebuild their lives.

Demonstrating resilience doesn't necessarily mean you didn't endure trouble or distress. It doesn't mean you didn't experience any emotional pain or sadness, either. Emotional stress and strain often pave the road

to resilience. The good news is that you can learn to resilience. It involves developing thoughts, behaviours, and actions that enable you to recover from life events that are traumatic or stressful.

Life sometimes brings severe adversities. This could be from our creation or outside powers. Some of us respond to adversity constructively, finding ways to bounce back and emerge stronger and more efficient. Others respond negatively and lose confidence and behave in ways that harm their wellbeing, vitality and effectiveness.

Those that come back successfully rely not on blame but on what they can do. They build and engage supportive networks, and show a bias in taking action. They focus inward, communicate and act when in trouble. These features can be learned and practised. Adversity may be precisely what we need to realize these strengths and master the ability to bounce back.

Some suggest implementing small, repetitive challenges to teach people and society to exercise their capacity to bounce and adapt. Modern parenting and schooling ignored this. We are 'eating with love' men.

Adversity triggers adaptable responses. As creatures looking for warmth, we are swift to eliminate the hardship experience from our lives. Excess protection inhibits discovery, medicine prevents natural healing, addiction encourages harmful activity, and social welfare

destroys the resourcefulness of individuals. We worry about letting people learn.



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CHAPTER TWO

RESILIENCE AS A TOOL FROM MEDIEVAL TIMES; CASE SCENARIOS AND EARLIEST COGNIZANCE OF RESILIENCE.

Despite adversity, resilience has most frequently been defined as positive adaptation. Resilience research has gone through a number of stages over the last 40 years. Psychologists began to recognize from an initial focus on the invulnerable or invincible child that much of what seems to promote resilience originates outside the individual.

This resulted in a search for factors of resilience at individual, family, community – and, most recently, cultural – levels. As well as the effects that community and culture have on individual resilience, there is growing interest in resilience as a feature of whole communities and cultural groups. Contemporary researchers have found that factors of resilience vary in various risk contexts, and this has contributed to the notion that there are resilience processes.

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To define the resilience cycle in a specific context the risk involved must be defined and assessed, and perceived injustice and historical trauma in many Aboriginal communities form part of the context in this respect.

Researchers often aim to understand how specific protective factors to help relative resistance interact with risk factors and other protective factors. To this end, they developed three main types of resilience models: "compensatory," "protective," and "challenge" models.

Two additional ideas are resilient reintegration, where a struggle with adversity leads individuals to a new stage of development and the notion supported by some Aboriginal educators that resilience is an inherent ability that only needs to be properly awakened.



The review suggests areas for future youth-focused research:

- Studies to improve understanding of what makes some Aboriginal youth respond positively to risk and adversity, and others not;
- Case studies providing empirical confirmation of the Aboriginal youth resilient reintegration theory;
- More comparative studies on the role of culture as a resilience resource;

RESILIENCE VIEWS

Modern studies of resilience have originated among psychologists and psychiatrists. The concept was picked up by researchers interested in psychological and social determinants of health and gradually extended its use from the field of mental health to health in general. The person was concerned with early work on resilience, but more recently, researchers became interested in resilience as a function of entire societies.

There is a certain variation in using the term resilience. Werner (1995) referred to three general uses among psychologists: good developmental outcomes despite high-risk status; sustained competency under stress; and recovery from trauma. In recent years the most common definition of resilience has been: positive adaptation despite adversity (Luthar, 2006).

Luthar called resilience a two-dimensional construct: substantial adversity and positive adaptation. Resilience is never specifically measured from this angle but is partially derived from proof of certain measurements. Other researchers support the idea of a two-part model (Masten, 2001; Yates et al., 2003; Sroufe et al., 2005).

Accordingly, resilience requires clear substantial risk or adversity. This distinguishes resilience from natural or prescriptive growth (Luthar and Chichetti, 2000; Rutter, 1999; 2000; 2005). In reality, Fonagy and

colleagues (1994) characterized resilience under difficult conditions as normal development (see also Masten, 2001).

Rutter defined resilience as relative resistance to psychosocial risk experiences in his more recent review of the literature (Rutter, 1999; 2000). This approach focuses on a range of outcomes, not just positive ones; it is not necessary to expect that protection lies in a positive experience and it does not assume that the answer lies in what the individual does at the time (how he or she copes with it) about the negative experience (Rutter, 2000).

Definitions of Luthar and Rutter are closer to each other than might appear at first. Luthar stresses that in one domain, a child may demonstrate resilience, but suffer from the disorder in another. She explains, for example, children who experience severe hardships and still show academic excellence, as assessed by different means.

Yet some of these kids also suffer from a variety of psychological and emotional disorders ranging from anxiety to depression. Resilience in one (educational) domain coexists, therefore with psychological/emotional disorder in the same child (Luthar, 2006).

Hunter (1999) conceptualizes resilience with two poles in a continuum: less optimal resilience and strong resilience. Less optimum resilience includes "survival tactics of violence, high-risk behaviours, and

withdrawal from society and emotion" (Hunter, 1999, p. 246). Hunter's main point is that teenagers who exhibit this kind of resilience are often ill-adapted as adults.

CLARIFICATION AND CONCEPTUAL DEVELOPMENT

Early resilience research focused on the individual child or adolescent attributes—the resilient boy. The resilient child was identified as invulnerable or invincible (Anthony, 1974) (Werner and Smith, 1982); Gradually, for many reasons, researchers have come to consider these concepts as deceptive and have broadened or sharpened the idea of resilience.



First, researchers recognized that certain protective factors were external to each child. Rutter (1979) then defined Garmezy et al. (1984) three levels of protective factors — the individual, family, and community (school, peers, etc., see also Sandler, 2001). A lot of research in the 1980s searched for protective factors that promoted resilience at those different levels.

The list of protective factors has become increasingly comprehensive with increasing knowledge of the social aspects of resilience. Olsson et al. (2003) provided a useful summary table of protective factors in one or more published studies that have been empirically verified. He

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added a category of cultural factors and listing four cultural factors that are supported by empirical research under this category: spirituality, traditional activities, traditional languages and traditional healing.

Native American educators have put forward many other cultural tools for resilience in addition to these four factors: symbols and proverbs from a shared language and community, traditional principles of child-rearing, religious figures, counsellors, and elders (Ambler, 2003; HeavyRunner and Marshall, 2003; Strand and Peacock, 2003);

HISTORY OF RESILIENCE STUDIES

Theory of resilience has been tested across many disciplines. For example, in the area of psychology, resilience was defined as the ability to bounce back and resist hardship by repairing oneself (Higgins, 1994; Wolin & Wolin, 1993). It is psychological and biological abilities used by humans in the field of psychiatry to effectively manage transition (Flach, 1988).

It refers to the ability to cope with difficulties and threats in the field of developmental psychopathology while retaining an internal and integrated sense of self (Garmezy & Masten, 1986).

Resilience was described in the field of human development as the ability to withstand or successfully cope with adversity (Werner &

Smith, 2001). The ability to show intensity and resilience during the transition process while showing minimal unstable behaviour is perceived in the area of change management (Conner, 1993).

In the field of medicine, resilience theory was characterised as the ability to recognise pain, accept its meaning, tolerate it for a while, before things start to normalise (Flach, 1988; O'Leary & Ickovics, 1995).

This refers to the ability to withstand stress and to rise above disadvantage in the field of epidemiology (Rutter, 1979). Within the field of nursing, it is the capacity to regenerate power for survival, growth, or development to respond to the internal or external environment (Jones, 1991).



The social sciences typically describe resilience as the ability to rebound from and become stronger from negative life experiences when overcoming them (Henderson & Milstein 1996). It has been used most recently for conceptualizing research in the area of education administration. Geocaris (2004) applied the principle of resilience to her study of basics to succeed in difficult circumstances. Isaacs (2003) applied the theory of resilience to assess the relationship between the aspects of high school principals' resilience towards improving principal leadership abilities.

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Goldstein (2003) examined principal school expectations about their efficacy and resilience. Nishikawa (2006) examined the internal and external variables used in leadership by thriving elementary principals and defined and explained organizational characteristics that promote thriving as viewed by primary school principals. Finally, as it applied to the impact and struggle on spiritually-centred educational leaders, Schaid (2005) studied psychological resiliency.

RESILIENCE MODELS

Several researchers used different terms for the three models of resilience which describe essentially the same mechanisms for the impact of stress on quality adaptation.^{ja} They include the compensatory model, the threat model and the protection versus vulnerability model as a defensive factor (O'Leary, 1998).

The compensatory model sees resilience as a factor which neutralises risk exposures. The result of the forecast is separately influenced by risk factors and compensatory factors. In the study by Werner and Smith (2001), four central characteristics emerged for the young adults that were labelled resilient: an active approach to problem-solving, a tendency to perceive experiences in a positive light even when they were suffering, the ability to attract positive attention from others, and a strong reliance on faith in maintaining a positive view of life.

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In the study by Kumpfer and Hopkins (1993; cited in Ungar, 2004), the compensatory factors found included confidence, empathy, intuition, intellectual competence, self-esteem, purpose or mission, and determination and perseverance.

The challenge model suggests that a risk factor can actually enhance a person's adaptation, provided it is not too extreme. The experience basically prepares the person for the next challenge (O'Leary, 1998).

There is an interaction between protection and risk factors in the resilience protective factor model, which reduces the likelihood of a negative outcome and moderates the effect of risk exposure (O'Leary, 1998).



This resilience model is derived from the developmental literature and the theory of systems. It indicates that despite unfavourable or aversive life circumstances, these protective factors promote positive outcomes and healthy personality characteristics (Bonanno, 2004; Ungar, 2004).

The protective factors identified included emotional management skills, intrapersonal reflective skills, academic and job competencies, ability to restore self-esteem, planning skills, life skills, and problem-solving skills (Ungar, 2004).

THRIVING

Recent resilience studies have started to look at the idea of "thriving." Thriving originated from the vulnerability and coping paradigms research analysis. Thriving is founded upon the positive transformation of a person arising from the adversity experience (Nishikawa, 2006).

The belief that "people are capable of transmuting traumatic experiences to gain wisdom, personal growth, positive personality changes, or more meaningful and productive lives has been a central theme in centuries of literature, poetry, and personal narratives" (Saakvitne, Tenne) although thriving has received attention in the fields of social and behavioural psychology primarily in the last decade.

As such, the study of prosperity and its application to the field of science, psychology, and medicine may "enhance our understanding of health and provide important opportunities for prevention and intervention" (Ickovics & Park, 1998, p. 237).

The current literature on prosperity indicates that when faced with a challenge, people will respond to prosperity in three different ways: (a) survive the incident, (b) recover from the incident, and (c) succeed as a result of experiencing adversity (Nishikawa, 2006).

The consequence is that survivors tend to work even though they may be in an affected condition. Recovery means a return to baseline where

individuals return to their previous functional level. But thriving results in a transformation that includes a cognitive shift to address a challenge.

The person may refocus priorities and feel more strongly about himself. Usually, thriving results from a profound event or crisis that calls into question a person's sense of purpose, meaning or identity (O'Leary, 1998).

Additional transformations include rebuilding meaning; renewing faith, trust, hope, and connection; and redefining self, self in relation, and sense of community. After the crisis or trauma, our attempts to survive and heal in the midst of suffering bring about adaptation (Saakvitne et al . , 1998).



The definition of thriving varies slightly from one research to another. Ickovics and Park (1998) have defined thriving as the effective mobilisation of individual and social resources in response to risk or threat, resulting in positive mental or physical outcomes and/or positive social outcomes. Carver (1998) described thriving as a reduced reactivity to subsequent stressors, a faster recovery from subsequent stressors or a consistently higher functioning level.

He further suggests that psychological thriving in personal relationships may reflect gains in skills , knowledge, trust, or a sense of security. While the definitions stated above vary by researchers, it is

evident that thriving is characterised by an adversity-related growth experience, and as such, the individual demonstrates enhanced resilience after enduring hardship.

Theories relating to thriving include the constructivist theory of self-determination (CSDT; Saakvitne et al., 1998). This theory underscores the developmental perspective used to study both damage and growth after a trauma crisis in order to better understand thriving. CSDT integrates psychoanalytic theory with constructivist thinking, the theory of social learning and theory of cognitive development, and emphasises the developmental, social and cultural contexts of the individual (Saakvitne et al., 1998).



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Positive transformation

The theory suggests that the significance of an individual's response to trauma is defined by the specific meaning ascribed to the trauma: the individual's sense of self, age, and developmental stage; biological and psychological resources; interpersonal experiences and expectations; and their social, cultural, and economic context (Nishikawa, 2006).

In CSDT theory, traumatic events affect five areas of self, including one's frame of reference, self-capacity, ego resources, central psychological needs, and perceptual and memory system.

CSDT understands the adaptation of individuals to trauma as an interaction between their personality and personal history and the

traumatic event and its context. The importance of the traumatic incident lies in the survivor's perception of it; it affects each person in their own unique way.

Emerging from the theory of trauma, CSDT is important because it can be applied to thriving research in the following ways: (a) it integrates nomothetic and idiographical investigations focusing on process and context, (b) it allows descriptive inquiry as well as moderator analysis, (c) it allows complexity by offering multivariate hypothesis, (d) it assesses both the automatic and intentional aspects of them. Since the CSDT is grounded in adaptation, it can provide a theoretical framework for understanding and researching the thriving concept, as well as help guide efforts towards prevention and intervention.

Positive Transformation

As indicated above, thriving has prompted the field to explore perspectives in the hope of seeking an answer to why some people thrive following adversity and others do not. Patterson and Kelleher (2005) further state that thriving is largely determined by a person's capacity for resilience. They explain that three sources of fuel – personal values, personal efficacy, and personal energy – account for capacity resilience and help determine the response of an individual to adversity.

Essentially, as an individual grows from adversity, its capacity for resilience is expanded by strengthening these three sources of fuel, which, in turn, provide more fuel for the individual to face the future.

Therefore one is more confident and able to deal with the next crisis. Patterson and Kelleher (2005) describe a process of resilience that people facing hardship should use. Even the most resilient individuals, the researchers suggest, experience a rollercoaster effect as they work through the traumatic experience.

A four-cycle process to resilience is specified and involves a declining process, and adapting phase, a recovery phase, and an increasing phase. For the most part, resilience capacity largely determines where the individual finds himself in the cycle.

Thus, if a person cannot adapt to their challenging experience, they will most likely sink into a level of dysfunction and be unable to cope with or survive the adversity. Some, however, may adapt but not recover fully, thereby reaching survival level. Then there will be those who can reach the recovery phase and get back to the status quo.

A small minority of individuals, however, those who are thrivers, will reach the growing phase and achieve a strengthened level of resilience (Nishikawa, 2006). This rising process is called thriving.

Pearsall (2003) emphasises that when we surpass and transcend our previous level of functioning, recover and even accelerate our upward psychological trajectory, we thrive and seem to have benefited from our suffering mentally and emotionally. We appear to be beginning to thrive because of our crisis.

Pearsall (2003) suggests that thrivers are rational optimists who know the adversity when to fight or flow and when to let go and move forward.

Such different theories of resilience and thriving draw attention to adaptation's role in surviving and overcoming crisis (Nishikawa, 2006). Thriving can provide a useful framework for integrating the various concepts (coping, self-efficacy, and support) used to explain adaptive responses to challenges (Ickovics & Park, 1998).

Understanding the thriving process can have important preventive and intervention implications for those facing many kinds of challenges associated with a disease, injury, upheaval, and personal or social adversity. We should implement these initiatives with an eye to improving health and wellness, rather than merely encouraging a return to the status quo baseline. (*Ibid.*, p. 239)

The flourishing idea has great potential in many fields of research. Next, I review hardness and the variables which have the greatest influence on the ability of a person to thrive.

"Hardness" is a synonym for struggling but celebrates the capacity of a person to make the best of challenging circumstances. Bonanno (2004) describes three dimensions of hardness: (a) being committed to a common purpose in life, (b) believing that one can affect one's environment and the result of events and (c) believing that one can learn and develop from both positive and negative experiences in life. A definition originating from existential personality theory states that hardness construct refers to a constellation of personality characteristics that function as a resource of resistance in encountering stressful events in life (Florian, Mikulincer, & Taubman, 1995; Maddi, 2005).

Personality theorists and researchers have paid considerable attention to hardness as an inner resource which can moderate the effects of stress on physical and mental health (Florian et al., 1995). Because hardness is a personality trait that helps buffer exposure to extreme stress, these individuals can assess potentially stressful situations as less menacing and minimise distress.

They do have greater trust and greater capacity to use coping and social support (Bonanno, 2004). The concept is that hardness alters two

components of the assessment: (a) it reduces threat assessment, and (b) it effectively increases coping expectations (Florian et al., 1995). Maddi and Kobasa (1984) researchers defined hardness as having a sense of power over one's climate.

They analysed the incidence of life stress among hundreds of executives in one of their studies. Undoubtedly, for those who stayed healthy in the face of adversity, hardness arose and felt that they had the stick-to-activity to exert a tangible impact on their environment (Segal, 1986).

THE THEORY OF RESILIENCE

Theory of resilience has been a fascinating area of study in recent decades. In short, the resilience theory, encompassing a vast field of scientific evidence provided by psychologists, sociologists, neuroscientists, and social workers, is the accumulation of the strengths that an individual exhibits while coping with intense stress.

Resilience theory has driven individuals and practitioners to concentrate more on the strengths than the stress-causing anomalies. (Rak & Patterson, 2000). The method of emotional resilience is possibly still emerging, and there is room for many new theories to be integrated into it. Few of the research results on resilience theory that are worthy of mention are;

THE THEORY OF RUTTER

Professor Michael Rutter, a London-based child psychiatrist who has been studying resilience theory dedicatedly since the 1970s, stated: Resilience is an interactive process involving exposure to toxic stress, with a reasonably positive outcome for the person who is facing it (Rutter, 2006). He found that brief risk exposure, such as temporary unemployment, natural disaster, or separation, can serve as triggers and affect the power of resilience we have. His findings substantiated the likelihood of genetic influence in the amount of resilience with which a person is born. According to his results, why some individuals are more resilient at birth than others is due to genetic predispositions.

The Third Space
Positive Transformation

THE THEORY OF GARMEZY

Norman Garmezy, a pioneer in science and a clinical psychologist at the University of Minnesota, laid his empirical findings on the emotional resilience theory in 1991. His conclusions were based on the following fact: Individual differences play a big role in determining one's level of emotional resilience.

A person's community, family, and social environment influence his or her temperamental abilities and shape the way he perceives and reacts to stress. Interventions must cover all factors relating to individuals and

the environment. Addressing anyone won't help build overall power of resilience.

THEORY OF WERNER

Dr Emmy Werner's theory of resilience was mainly focused on children. However, her findings are considered as groundbreaking in the fields of advanced social and applied psychology. Werner was the first person who recognized that resilience varies with age and sex. It was a major focus of her research that boys and girls of different ages have different levels of resilience. She coined a variable being resilience. It changes with the passage of time. We are likely to react with different levels of resilience, with different stress encounters.

Positive Transformation

UNGAR'S PRINCIPLE

Dr Michael Ungar, founder of the International Resilience Research Centre in Canada, and a proven family therapist for over 25 years, coined the idea of 'The Seven Tensions Of Resilience, which are:

- Access to material resources: financial, educational, medical, and work assistance and/or opportunities available, as well as access to food, clothing, and shelter
- Relationships: Relationships within one's family and community with significant others, friends and adults

- Identity: personal and a collective sense of purpose, self-assessment of strengths and weaknesses, aspirations, beliefs and values, including spiritual and religious identity
- Power and control: experiences of caring for oneself and others; the ability to influence change in one's social and physical environment to access health resources
- Conformity to culture: conformity to the local and/or global cultural traditions, values and beliefs
- Social justice: experiences related to finding a meaningful role in social equality and community.
- Cohesion: combining one's interests with a sense of duty for the common good; feeling The Third Space
Positive Transformation and spiritually a part of something greater than one's self.

Ungar theorized that these seven pressures or forces which measure emotional resilience are present in all cultures, but our cultural beliefs and manifestations influence how different individuals respond to the same experience. Findings show that youth who view themselves as resilient and are seen as resilient by their families are the ones who successfully navigate their way through these challenges, each in their own way, and according to the strengths and resources available to the youth individually, within the family, community and culture. In practice, this means that young people say they must find ways of using

the tools they have at hand to establish the optimal conditions for their growth for themselves.

In the context of internal and external factors which contribute to an individual's ability to thrive, the literature addressing the concepts of resilience and prosperity does so. Carver (1998) refers to both internal and external components which thrive as follows:

They have been forced to learn something they hadn't had to know how to do before to get through the experience successfully. The skills also bear on the outside world. Often on internal matters, as in the control of results. The skills can be actual skills or a base of enhanced knowledge: knowledge of the domain's nature, or knowledge of the resources available to people facing such problems. Whatever skills or knowledge the person acquires can lead to future problems. When people master a new skill, they are fitter to handle an unpredictable world. When people find new ways to get from here to there, they approach the unknown more flexibly. Those flexibilities are building on one another.

INTERNAL RESILIENCE

Internal resilience variables are defined as auto-factors, personality factors or individual resources. These factors seem to have a significant impact on how a person interprets and handles the current crisis.

As such, these factors may include hardness, coping skills, a sense of coherence, personal resource utilisation, cognitive resources, threat assessment, and self-efficacy (O'Leary 1998). Other internal factors include temperaments such as ways of thinking, reaction, behaviour, positive self-esteem, a sense of being successful and control of one's environment (Beardslee, 1989). Moreover, self-factors such as optimism, empathy, insight, intellectual competence, direction or mission, and determination and perseverance are also characteristics that have been reported to be present in thriving people (Ungar, 2004).

Several recent studies have been conducted which discuss internal variables related to resilience and thriving. Such studies tend to be consistent with the significance of a relatively limited number of global factors correlated with resilience: for example, family and community relationships with capable and caring adults, cognitive and self-regulation abilities, optimistic perceptions of self, and motivation to be environmentally successful (Luthar, Cicchetti, & Becker, 2000; Masten, 2001, 2005; Wyman, Sandler, 2000; Other variables identified include self-enhancing; emotional dissociation suppressors; positive emotion and laughter; physical, social, mental, and spiritual personal energy; core personal and professional values; and personal effectiveness (Bonanno, 2004; Patterson & Kelleher, 2005).

The most significant finding in the literature, however, is that people with higher rates of personality traits of optimism and hope are those who expect positive outcomes and feel they are capable of achieving their goals and are more likely to experience growth in response to stress (Affleck & Tennen, 1996; Curbow, 1996; Davis, Nolen-Hoeksema, & Larson, 1998).

EXTERNAL RESILIENCE VARIABLES

Researchers have defined external variables that influence the ability of a person to remain resilient in the face of adversity. The most compelling and consistent findings of the defined external variables indicate the centrality of relationships as a critical component of resilience (Beardslee, 1989; Masten, 2005; O'Leary, 1998) and social support (Bonanno, 2004; Carver, 1998; Nishikawa, 2006; Park, 1998; Saakvitne et al., 1998). Carver (1998) says, An individual undergoing a traumatic experience recognizes that support from others is readily available; that one can rely on the significant others in one's life, and the outcome can be a positive improvement in the context of the relationships involved. The person in those relationships may experience a strengthening of the sense of security.

Maybe, instead, the individual experiencing ready availability during a time of adversity acquires an increased sense of security in

relationships. This will, in theory, require future exploration of the individual to operate a more secure foundation.

The literature points to the significance of relationships as a significant factor for the person experiencing adversity, according to studies on external variables correlated with resilience.

Whether the support comes from a relative or a caring individual, social resources are clearly a critical resilience factor (O'Leary, 1998).

His friendship with others is at the heart of a person's ability to maintain himself, and such relationships often act as the main catalyst of the change in one's life and within oneself.

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Beardslee (1989) suggested that the best people who managed adversarial situations were those that had the existence of a close, trustworthy relationship during tough times and emphasised the importance of relationships in their ability to be resilient.

In addition, Masten (2005) researched external resilience-related variables and found a similarly limited number of resilience-related global influences, which included links to qualified caregivers within the family and society.

RESILIENCE

In his research, Rutter (1987) defined the availability of external support networks supporting and improving individual coping skills as one of the three specific sets of resilience-related variables.

RESILIENCE TO A JOB

Studies on individual resilience have also applied to career and organisational resilience. According to Patterson et al. (2002), if organisations are (a) just getting through, (b) returning to the status quo after experiencing adversity, or (c) advancing through consistent improvement or high performance, they are characterized as resilient. This thinking aligns with the previously described idea of survival, healing, and flourishing. Therefore, the word career resilience refers to the resistance of a person to job disruption in an atmosphere that is less than ideal and the ability to tolerate difficult working conditions when one is conscious that such conditions exist (O'Leary, 1998).

A leader's career resiliency is vital to their survival, adaptation, and growth. The challenge facing today's leaders is taking on the burden of doing whatever it takes to move forward in the face of adversity. Essentially, despite the risks, the resilient leader acts with courage over convictions (Patterson & Patterson, 2001).

CORPORATE RESILIENCE

Organizational resilience refers to the ability of an organization to create an environment that will improve employee career resilience (Brock & Grady, 2002; Nishikawa, 2006). An organization dedicated to creating resilient workers should promote contact transparency, promoting individual contributions to personal development, risk-taking all with the promise of recognition and incentives for the employee (O'Leary 1998). Resilient organizations structure and restructure themselves to achieve a mission, support optimum shared decision-making development.

They provide feedback, set targets, and have mechanisms for collecting intelligence (Nishikawa, 2006). They employ people who react quickly and efficiently to change and constructively perceive experiences, ensure adequate external resources, expand boundaries in decision-making, develop the ability to create solutions on the spot, and develop a tolerance for uncertainty (R. R. Greene et al., 2002).

Howard and Irving (2013) found that the creation of leadership is acquired and influenced by active participation in struggle or obstacle. They argue that a person builds a competency by overcoming obstacles to deal with successfully and bounce back from adversity.

Organizations have an important impact on building the resilience potential of their workers through leadership growth while improving the organization's resilience.

Therefore, contributing to promoting the longevity of both the employee and the company is important for organizations. The recent wave of studies on "hardship and flourishing" shows a need for a more thorough understanding of how resilience within organizations can be fostered (Nishikawa, 2006).

A more highly motivated workforce is the overwhelming benefit for the organization, which fosters resilience and prosperity in its workplace (O'Leary, 1998). As a consequence, both the workers and the organization have a mutually beneficial outcome.

Protective factors that increase a leader's chances of overcoming adversity must be considered in the context of leadership growth and resilience.

The literature clearly shows the significance of external support systems and the importance of supporting, trusting relationships commonly found in resilient people (Beardslee, 1989; Janas, 2002; O'Leary, 1998; Perry, 2002).

These relationships protect the individual from the effects of stressful occurrences, and therefore organizations seeking to develop resilient leaders should pay considerable attention.

Because a key factor in building a leader's resilience ability is maintaining a social support network in times of need, the standard practice on how we develop them should be re-evaluated.

Leaders should have access to trusted peers and colleagues, time to reflect and collaborate with professional peers and colleagues, and opportunities for transformative development requiring less social isolation and more opportunities for partnerships (Nishikawa, 2006), all of which are essential to recruiting and retaining resilient leaders.



Resilience has been defined as the ability to bounce back from adversity, frustration, and misfortune and has been described as an essential feature of effective leaders.

It is noted that during or after adversity, survival, recovery, and thriving are concepts associated with resilience at varying stages. The definition of "thriving" refers to the capacity of a person, given repeated exposure to traumatic experiences, to go beyond their original level of functioning and develop and thrive (O'Leary 1998).

RESILIENCE

Resilient people rely on a number of variables to cope with adversity resulting in resilience and thriving. These variables include positive self-esteem, hardness, strong coping skills, a sense of coherence, self-efficacy, optimism, strong social resources, adaptability, risk-taking, low fear of failure, resolve, perseverance, and high tolerance of uncertainty (Bonanno, 2004; Carver, 1998; Masten, 2005; O'Leary, 1998; Patterson et al., 2002; Ungar, 2004).

Career and organisational resilience were discussed in the context of a constant threat that can cripple leaders with adversity and prolonged contact with stress (Nishikawa, 2006). Resilience and flourishing are, therefore, important topics to explore in career and organisational advancement of leaders.

The Third Space
Positive Transformation

The goal then becomes very evident for these organisations, and this is to build opportunities for resilience to emerge in their members and organisation.

BUSINESS PSYCHOLOGY

Business Psychology, often known called Industrial-Organizational Psychology aims to use principles of psychology in the goal of improving the work environment and resilience for both employers and employees. By analyzing human behavior and patterns and adapting,

they are able to create a more productive workplace and help in increasing profits.

Business Psychology is usually categorized into two types – industrial and organizational. The industrial portion refers to matching people's skills to their specific jobs. It may also be referred to as personnel psychology for this reason. They may also train employees, developing job-performance standards, and evaluating job performance. Meanwhile, the organizational part of business psychology refers to studying how the organizational structure affects the employee's ability to perform. As an example, management styles and role expectations are both examples of organizational business psychology.

The Third Space
Positive, Informed, Practical

A business psychologist can conduct this practice for your business, using their understanding of human behavior and training in business concepts to help organization thrive.

Over the years, as a **seasoned business psychologist**, I have developed my own technique called UAIME to help individuals and businesses. I have the privilege in working alongside royals, celebrities, elites, business leaders and helping organisations with business turnaround, agile change management and business transformation; **aligning human capital with business resilience strategy, cultivate culture & ethics, improve employee attitudes & behaviors, evaluating companies &**

risks, formulating strategic business planning, operational excellence, reputation management, provide training and development for leaders and employees to boost productivity and profitability. These companies and individuals not only able to sustain and brace through economic downturn and uncertainties but is able to ‘bounce back’ quicker and stay ahead of their competitors.

As the world embrace digitalization, work from home become a norm, many may suffer from isolation and inactive engagement with peers leaving them psychological and emotional stress. These vulnerabilities can caused catastrophic impact if the organization is not ‘resilient’ proof. Therefore, I strongly encourage individuals and organizations to engage a business psychologist as part of their business planning strategy.

A business psychologist understand the complexity of business and human, and uses business methodologies and science approach as a tool to build a resilient organization.

In recent years, we have seen Asia take on a larger role in the world economy and would be very well the next power region of the world. Along with Asia’s rise comes thousands of Asian businesses that are now better suited to compete with International businesses. By using a business psychologist, you can stay ahead of the competition and unlock huge potential when you have higher productivity in your business.

While business psychology is not a household term, businesses who use it end up ahead of the competition, because of how impactful it is. *For more information in obtaining help from a business psychologist, do visit www.bi-mgt.com*



CHAPTER THREE

SCIENCE OF RESILIENCE

We live in times of uncertainty. As the human population increases, the diversity of life decreases, ice caps melt, and the way our Earth system has never known its biodiversity. The past no longer offers us a guide on how the future will act, and we are looking for answers while heading into an increasingly unpredictable world.

Resilience science provides valuable knowledge in such a time to help societies overcome the diverse collection of problems they need to address. Resilience scientists describe resilience as the capacity of a system to withstand and reorganize disruption to maintain the same purpose, structure, and feedback; that is, to have the same "identity."

Simply put, resilience is the ability to cope with shocks and continue to function in much the same way as before. There is no single measure capturing resilience; instead, a suite of attributes underpins it.

Importantly, resilience thought is a way of thinking about systems. Comprehending, evaluating, and handling resilience requires a capacity to engage the program. It needs the ability to describe – in one way or another – the system's identity, how that identity could change over

time, and what that identity threatens. Systems consist of many interacting parts, and the systems most interested in humans (families, communities, cities, catchments, regions, and nations, etc.) are self-organizing systems. The main benefit of talking about resilience is that it gives us a way to get interested in the uncertainty.

WHAT BOOSTS OVERALL RESILIENCE?

Studies of a variety of social-ecological systems suggest that diversity (mainly a variety of ways of performing the same function, each responding differently to different disturbances), openness (allowing immigration and emigration), reserves, feedback tightness, modularity, a culture of learning and experimentation, and high levels of social capital are all important features.

Resilience is not about exactly keeping the system the same; it is not about not changing. Instead, it's about allowing the system to adapt to shocks and disruptions to structure itself in such a way as to maintain the system's identity.

To try to keep a system in a state that optimizes the provision of goods and services is equivalent to trying to simplify its complexity.

The consequence is that the ability of the system to reorganize in response to disruptions or new conditions that may arise is restricted, and it loses its resilience.

The most important lessons that emerge from resilience thinking about the framework you have a stake in will only become apparent to you if you apply the thought yourself. Some insights will be in line with what resilience thinking suggests, but some will come as a complete surprise because that's what complex systems are about.

Using Kids as a case study, we will discuss the in-depth science of resilience;



The Third Space

Met with the effects of childhood trauma, why do some kids adapt and overcome while others carry life-long scars that flatten their potential? An increasing body of evidence points to a common answer: Any child who ends up doing well has had at least one healthy and dedicated relationship with an adult who supports him. According to a recent study from the National Scientific Council on the Developing Child, a multidisciplinary partnership led by Harvard's Jack Shonkoff, the strength of that one strong adult relationship is a crucial ingredient in resilience — a constructive, resilient response in the face of significant adversity.

Understanding the centrality of that relationship, as well as other emerging findings of the resilience science, provides policymakers with a critical lever to assess whether current programs are working to help disadvantaged children.

Resilience depends on supportive, sensitive relationships and learning a collection of skills that can help us react and healthily adapt to adversity," says Shonkoff, director of Harvard's Emerging Child Centre. "It is those skills and relationships that can make toxic stress tolerable."

PHYSICAL IMPLICATIONS

As a growing body of research indicates, the developing brain relies on the transparent relationships of between a young child and a primary caregiver, the study says.

When these interactions occur regularly, they provide the scaffolding that helps build "essential capacities – such as the ability to plan, monitor, and regulate behaviour, and adapt to changing circumstances – that allow children to respond to adversity and thrive. This feedback loop between biology and environment buffers up the developing brain.

But the brain 's architecture does not develop optimally in the absence of those responsive relationships. The body perceives absence as a threat

and triggers a stress response that, if sustained, results in physiological changes affecting the brain and overall physical and mental health systems. The tension is toxic, making it harder for kids to adapt or bounce back.

NOTABLE IMPACTS

The experiences of the group of children overcoming trauma and ending up with surprisingly good results in life help to foster a new understanding of the essence of resilience — and what can be done to create it.

Resilience is born from the interplay of internal and external disposition. This stems from relationships of encouragement, the potential for adaptation and positive experiences.

In terms of how the brains, immune systems and genes of children all react to traumatic events, we can see and quantify resiliency.

There is a specific collection of features that predispose children to positive outcomes when faced with adversity:

- At least one healthy, loving, and compassionate partnership between a child and an adult is available.
- A feeling of control over situations in life.

- Good executive control and capacity to self-regulate.
- The underlying context in which religion or cultural values are confirmed.
- Knowing how to cope with manageable threats to our physical and social well-being is key to resilience growth.
- Many kids have greater sensitivity to both negative experiences and positive ones.

Resilience can be specific to a particular situation. Over time, positive and negative interactions tend to affect the mental and physical growth of a child. It can build resilience; it's not an innate trait or a resource that can be used up.



The response of people to stressful experiments varies drastically, but severe adversity almost always causes serious problems which require treatment.

Resilience includes positive connections and skill-building opportunities. The single most common factor for children who end up doing well, regardless of the source of hardship, is having the support of at least one stable and committed relationship with a parent, caregiver or another adult.

The key ingredient in building resilience is relationships: they include the customized sensitivity, scaffolding, and security that can shield children from developmental disruption.

Relationships also help children build key capabilities — such as the ability to prepare, track, and control actions and adjust to changing circumstances — to better allow them to respond when faced with adversity. The foundation for resilience is this combination of supportive relationships, adaptive skill-building and positive experiences.

Resilience is the result of a dynamic interaction between internal and external predispositions. Children who perform well in the face of severe difficulty usually show some degree of natural resilience to adversity and good relationships within their family and culture with the appropriate adults.

Indeed, it is this biological-environmental interaction that builds the capacity to cope with adversity and overcome threats to healthy development. So resilience is the product of a combination of protective factors. Neither personality or social factors alone are likely to yield beneficial results for children experiencing extended periods of toxic stress.

Knowing how to cope with manageable threats to our physical and social well-being is key to resilience growth. Not all the stress is prejudicial. In every child's life, there are numerous opportunities to experience manageable stress — and this "positive stress" can be beneficial with help from supportive adults.

Over time, both our bodies and our brains begin to perceive these stressors as increasingly manageable, and we become better able to cope both physically and mentally with the obstacles and hardships in life.

However, when the pressure feels daunting, and there are no supportive relationships, stress can turn toxic and "tip the scale" to negative outcomes. Some kids respond to both negative and positive experiences in extreme ways.



Such highly reactive individuals display increased vulnerability in stressful situations but react in extremely positive ways within warm-up and supportive environments.

Hence, services that effectively provide supportive relationships to children facing extreme deprivation that see drastic turnarounds in the very kids that seem to be doing the worst.

Resilience At Any Age Can Be Established, But It's Better Sooner.

Individuals never lose their opportunity to develop their coping skills entirely, and they also continue to adapt to new challenges. The brain and other biological systems are most adaptable early in life, and the development in the early years lays the foundation for a wide range of resilient behaviours.

Throughout life, however, resilience is shaped by the accumulation of experiences — both good and bad — and by the continued development of adaptive coping skills linked to those experiences. Anything happens early will matter most, but resilience is never too late to construct.



POLITICAL AND PRACTICAL IMPLICATIONS

At any age, the capabilities underlying resilience can be strengthened. In addition, age-appropriate activities with widespread health benefits can improve resiliency.

Regular physical activity and stress-reduction activities, for example, as well as initiatives that effectively develop executive function and self-regulation skills, can strengthen children's and adults' ability to manage, respond to, and even avoid adversity in their lives. Adults who

strengthen these skills in themselves will model healthy behaviors for their kids, thus increasing next-generation resilience.

We will avoid the majority of types of serious hardship facing young children and their parents. Extreme adversity, such as war or destruction of the environment, almost always causes serious problems that require care.

More common — and preventable — toxic stress factors in families and communities include the sometimes interrelated challenges of deprivation, crime, mental illness, misuse of drugs, discrimination, and violence in the community.



The Third Eye
Strategic Transformation

Strategies that build capacities for children and adults function better when combined into complementary strategies that collectively reduce the burden of stress on families.

For example, home visiting programs that coach new parents on how to positively interact with children could be coordinated with therapeutic interventions for substance abuse or mental illness, and high-quality early care and education.

In the face of severe adversity, research has identified a number of factors that help children achieve positive outcomes. In response to another, individuals who show resilience may not automatically do so

in response to one type of adversity. However, when these factors are strengthened by the communities and families, they optimize resilience across multiple contexts. Factors cover:

- Providing positive relationships between adults and children;
- Learning scaffolding to create a sense of self-efficacy and control;
- Foster adaptation skills and self-regulatory capabilities; and
- Usage of faith and cultural values as a source of hope and peace.

NEURO-LINGUISTIC PROGRAMMING (NLP)

 Neuro-Linguistic Programming, or NLP for short, was developed in the 1970s as a unique approach to personal development, communication skills, and psychotherapy. Its strategy is to draw similarities and comparisons between the brain's neural functions and language's social function – and the effect on people's behaviour.

In other words, if you change the way you speak, in terms of how you think and behave, it will knock effects. Likewise, a change in patterns of thought will manifest itself through language, in a changed means of expression, and the social behaviour of a person.

In short, NLP offers a potent tool for individuals to effectively alter patterns of thought, negative behaviours and social issues, by merely focusing on their words, thoughts and body language! Many books on the NLP's in-depth functions have been written, and many practitioners make a beautiful living out of providing therapy and self-help courses.

The simple fact is that you don't have to understand the physiological processes behind NLP to take advantage of its truths that empower them. This book introduces five basic techniques which allow you to harness NLP's power to change your life today.

Dissociacy



Many of the day-to-day tension, depression and negative feelings we feel are the result of triggering responses to common experiences. For example, when you hear someone say a specific word or phrase, you can find your temper can.

Alternatively, sending you into a paroxysm of anger or depression may be a special feature of your partner's. Dissociation dissociates the relation between the negative state of mind and the trigger case.

It is also a very effective long-term therapy for profoundly rooted psychological issues such as anxiety, depression, stress and phobia. It is

also a positive way of solving issues at work, at home or in our relationships.

Reframe

Content Reframe is a collection of techniques of visualization that allows you to think differently about situations where you feel disabled, victimized or out of control.

The technique helps you to interpret negative situations in a different light and therefore helps you to see how positive results can be extracted from circumstances that appear bleak and stressful.

This NLP technique may help people who have endured serious trauma in their history, such as stress on the battlefield or childhood abuse – or who suffer from a chronic or life-threatening illness.

Also, Content Reframe is useful to help you cope with acute and unforeseen stress, such as losing a job or experiencing poverty.

Rapport

Perhaps the art of reporting is the most available of NLP strategies and doubtless the most relevant in terms of how it can influence your life. A relationship is the way you empathize with other people and get along with them; and it's a mixture of tact, body language and listening.

A person who can instinctively build relationships with his / her fellow human beings will be more likely to be happy at home and work, have more friends, be healthier and live longer. The good news is that relationship building isn't a matter of chance. There are several ways you can improve your relationships with others; which are accessible to everyone!

Anchoring

Anchoring is intended to produce a repetitive, constructive emotional response to a specific word or physical stimulus. A therapist, for example, may encourage a patient to smile if someone touches their shoulder. This is an extremely powerful way to instantly change a person's way of feeling, and work well in long-term therapist-patient relations. However, these responses can also be created by yourself, and thus provide you with an instant pick-me-up to see you through tough times.

Change in Belief

From childhood on, we gather around us a complex web of values, perceptions and opinions that direct and influence our daily lives. Many of these are so deeply ingrained that we spend most of our waking time unaware of them altogether.

Some of these values are genetic from the culture we were born in, and others are of our own distinctive making. We frequently neglect some of these fundamental values until we consider them questioned, then we frequently go into a wave of defensive anger that is otherwise unexplained.

When taken together, the beliefs of an individual constitute the specific worldview of a human, a network of assumptions by which we filter and interpret the events happening around us. All beliefs somehow restrict our actions and several have a positive impact.

Nevertheless, certain views perpetuate patterns of negative actions that have a deleterious impact on the way we perceive and communicate with others. NLP offers an important toolset for re-programming your collection of values and revising the way you interpret the world to behave more positively inside it.

How Does It Work Out?

NLP may sound like magic or hypnosis. During therapy, the subject goes deep into its unconscious mind. It sifts through layers and layers of beliefs and perceptions to become aware of an early childhood experience that is responsible for a pattern of behaviour.

NLP operates on the premise that everyone has all the tools they need in their own lives to make meaningful changes. NLP methods are used as a tool to make such improvements easier.

NLP Therapy is open to the material. That means the therapist can be successful without knowing the specifics of the problem. Therefore the therapist does not need to be told about the event or even the problem, thereby guaranteeing the client's privacy.

Besides this, they do have a non-disclosure agreement which keeps confidential the relationship between the client and the therapist.

In human development, the NLP believes in the beauty of nature. Therefore NLP helps the client to understand and use their sensory sensitivities to adapt to a particular issue. In reality, NLP also believes the mind is capable of seeking cures even for ailments and illnesses.

NLP strategies include non-invasive, medicine-free therapy that helps the person find new ways to cope with emotional issues such as low self-esteem, anxiety, loss of trust, negative relationship behaviours (coping with the breakup), and are productive unsuccessful bereavement counselling.

Established by Pavlov, Skinner and Thorndike, NLP has its origins in the field of behaviour science. It uses psychology and the unconscious mind to alter patterns of thought, and therefore behaviour.

How Does Neuro-Linguistic Programming Cause Change?

Neuro-linguistic programming causes change by improving one's understanding of their cognitive and behavioural patterns. It also creates more effective communications between conscious and unconscious mental processes.

Once a person has a better understanding of their personal map of reality, they can analyze what is effective in achieving their goals and what is not.

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Positive Transformation

They can then analyze the perspectives of others and assess what leads to their success. NLP is mainly experiential, and therefore the person has to perform an action in order to actually benefit from the experience.

NLP practitioners focus on six conceptual hierarchies of learning, communication, and transition. Each logical level organizes the data below it. Changes made at a lower level affect the higher levels, and vice versa.

The six logical levels, in descending order, are:

- Purpose and spirituality
- Identity
- Beliefs and values
- Capabilities and skills
- Behaviours
- Umbrella

What Occurs in a Session of Neuro-Linguistic Programming?

The therapist interacts with a client in an NLP counselling session to understand his / her thought, attitudes, emotional state, and expectations. Then, along with their primary representational system (PRS), they seek to illustrate the person's world map.

 Positive Transformation

When they have a base, they use a range of methods to alter the way that the individual in some cases thinks, feels or behaves. Neuro-linguistic learning has a strong basis in Gestalt therapy by Fritz and Laura Perls.

Gestalt therapy asks the individual to focus on the "here and now," using their current thoughts and feelings, as well as their relationship with the therapist, to identify what they want to change and to find solutions. NLP sessions are often firmly rooted in the present, and allow the client to work in the session itself for improvement.

Is Neuro-Linguistic System Working?

Many mental health professionals use neuro-linguistic programming and are particularly popular among self-help gurus. NLP creators have published a number of self-help handbooks, advising readers to use NLP strategies to create trust, alleviate anxiety and even make money.

Research on NLP's effectiveness wasn't extensive. There are few researches from which to work, and the studies performed have been too deficient in rigour to draw firm conclusions.

For example, one study which found NLP to be successful in helping children develop a learning-friendly state of mind had a sample size of only seven children. The writers acknowledged "brief" and "tentative" conclusions.

Some clinical trials find little difference between the group being treated with NLP and the control groups. An analysis of NLP studies found that "there is no proof that NLP approaches are enhancing health-related outcomes," but this has been due to the weaknesses of NLP research, and no clear signs that NLP is not effective.

One of the most well-known statements of the NLP is the statement that certain eye movements represent dishonesty and that the eyes can be used as a human lie detector. It has been used regularly in pop culture

over the past four decades. Nevertheless, the study conducted in 2012 found no significant difference between the eye movements of lying people and those telling the truth.

What kinds of worries were perfect for neuro-linguistic programming?

Neuro-linguistic therapy promotes its use for a variety of mental health issues. Can include anxieties and phobias, difficulties with communication, PTSD, depression, disorders with concentration, addictions, schizophrenia, OCD and borderline personality disorder. Anxiety and phobia therapy accounts for the most common use of NLP, as it is especially useful for reducing negative associations with circumstances and behaviours.



COGNITIVE BEHAVIOUR

Cognitive-behavioral therapy, or CBT, helps people to develop resilience to the demands of life. CBT can be an efficient way to boost your mental well-being, whether you feel down, depressed, or stressed out. You should learn strategies and develop skills for knowing and controlling your thoughts and emotions so that you can be motivated and feel better at going forward.

The shared source of anxiety and depression is the perception of a person overestimating the risk of a situation while underestimating that they are capable of dealing with it. Those who are anxious and depressed see many risks in all sorts of things: talking to a stranger, looking for a new job, asking someone out on a date, etc. But instead of building the resilience skills needed to manage stressful circumstances, anxious and depressed people prefer to avoid the issues they fear or make them uncomfortable. In CBT, people learn how to become observers of their own mental processes and feelings, and learn how to take on their problems from various perspectives.

CBT makes people understand their skewed or pessimistic feelings and whether the feelings are true. Someone reading this might think, "Wow! That sounds amazing; that's just what I was looking for and feel uplifted. Another person who reads the same information might think, "Well, it sounds interesting, but I don't think I can do it."

Two individuals can interpret the same situation differently and thus result in different emotions, which can then influence the decisions about the situation made by each person. And you can change your own perception; your feelings need not stay fixed.

A key component of CBT is to practice skills as you learn, through readings and exercises given and reviewed by your therapist, so that

when difficult circumstances occur again in the future, you are well-practised and can handle your emotions and responses in a healthy manner.

One of the cornerstones of cognitive-behavioural therapy (CBT) is to build resilience. The capacity to persevere, adapt and come back from tough circumstances is resilience.

Resilience contributes significantly to good mental and emotional health, and helps us to survive, cope, and feel in control even in turbulent times.

Our religions are fundamental to resilience, that is because our thoughts influence the intensity of our feelings and actions, how and what we think of unpleasant or difficult situations also greatly affects our core beliefs. Core values contradictory or unhelpful lead significantly to anxiety and depression, and impair our resilience.

Some of the underlying unhelpful beliefs are:

- I have to do everything perfectly, or it's definitely not worth doing.
- It's absolutely awful when things aren't the way I think they ought to be.
- I should be anxious and nervous about unknown, uncertain or potentially dangerous stuff.

- All of the time, I must be loved, liked or approved by everyone.
- It's easier to avoid things than face the difficulties of life.
- The world should always be just and fair.

The manner in which a person thinks about difficult situations, his beliefs about his abilities and his outlook for the future all create a powerful effect on how the individual copes.

When a person is resilient, it's not to say the person doesn't have strong feelings - but the resilient person is better able to regulate and control these strong emotions so he can respond more appropriately to the situation.



One important aspect of resilience has been found to be an emotional regulation. Additionally, resilient individuals share three types of healthy beliefs, which were described as the "three C's of resilience" and proved to be a protective factor from anxiety and depression.

The three C's about resilience

- Commitment-it's important to believe what you do.
- Control – assuming the result of events has some impact.
- Challenge – to interpret a potentially stressful situation as a challenge, rather than a hazard.

It is important that they become more resilient. The first and most important step in becoming more resilient to the inevitable stresses of life is learning to increase the accuracy and flexibility of your thinking. Research has found that how a person thinks about difficulties and opportunities affects our work, success, our health, and our risk of anxiety and depression greatly. People who can bounce back from adversity have more happy relationships, enjoy better health and are more successful in their careers and pursuits of education.



CHAPTER FOUR

THE FOUR DOMAINS OF RESILIENCE

I have been interested in studying markers of resilience, such as knowledge, flourishing, satisfaction, self-doubt, and self-sabotage, to name just a few. Shawn Achor's Happiness Benefit challenges the idea that dominantly external forces drive happiness.

His study results indicate that 10 per cent of our long-term happiness stems from external or material causes, and 90 per cent of our happiness stems from internal factors, or how we view the environment. With that in mind, the first three domains have a tremendous influence on how we perceive and make meaning of our everyday experiences.

I've been talking about resilience among various organisations. Beginning at the micro-level is one way I conceptualise resilience in our everyday practice. I've observed resilience practices from my experiences over the years in four domains: emotional, mental, spiritual and physical.

Within each of these contexts, we can narrow our concentration, resources, and micro-strategic intentions that push us towards incorporating a resilience practice into our daily life.

EMOTIONAL RESILIENCE

Emotional and physical resilience is something with which you are born, to some degree. Some people are less affected by changes and surprises by nature-this can be seen in infancy and continues to be constant throughout one's life.

Emotional resilience is also linked to certain factors which are not under your control, such as gender, age and exposure to trauma. Yet with some effort and practice, resilience can be created. If you know what to do, you may become more resilient, even if you are, of course, more sensitive to the difficulties of life.



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information

Traits of Emotional Resilience?

Resilience is not an attribute you either do or don't possess; it is a process – or more like a fundamental psychological tool that enables us to feel effective and equipped to deal with difficulty. There are different degrees of how well a person can cope with stress. Even, there are common features resilient individuals continue to share.

Some of the main features are to:

Emotional Consciousness

People with emotional consciousness understand what they feel and why. They also can appreciate other people's emotions, as they are more in contact with their own inner life. This form of emotional awareness helps people to respond appropriately to others and to control and cope better with challenging emotions such as anger or fear.

Persevere

Whether they work on external goals or strategies for internal coping, they are action-oriented — they believe in the process and don't give up on it. Strong people don't feel powerless or defeated when they face a threat. They're more likely to continue to work for a target when faced with an obstacle.

Internal Point of Control

We assume we are in charge of their own lives, rather than outside forces. This characteristic is associated with less stress because people with an internal locus of control and a rational view of the world can be more proactive in coping with stressors in their lives, more solution-oriented, and feel a greater sense of control, which brings less stress.

Optimism

In most cases, resilient people often see good and believe in their power. This can change the way they handle things from a victim mentality to an empowered one, and open up more choices.

Support

In addition to improving overall mental wellbeing, social support plays a critical role in fostering resilience. While resilient people tend to be strong individuals, they know the value of social support and are able to surround themselves with friends and family who support them.



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How can you build your Emotional Resilience?

Building emotional resilience may take time, partly because you have to experience challenges and struggles so you can become resilient to them. Everybody ultimately experiences feelings such as sadness, rage, disappointment and failure, but the circumstances that cause these emotions to depend on what happens at any given time in your life. When experiencing these feelings or going through a challenging situation, keep in mind these tips to help you overcome those challenges and build emotional resilience.

- **Establish relationships with others** - Make your relationships a priority and reach out to others by joining community-based organizations in your city.
- **Acceptance:** Most people consider this a difficult one. It's always a struggle to accept things as they are when you want the situation to be different. However, the quicker you agree that something terrible has happened, the more comfortable you can get on with your life and find out how to get past the problem and to the solution.

There may not be a solution sometimes, for example, when you have lost a loved one to death or when a tragedy has occurred which cannot be changed. While you may experience other stages of grief such as denial, you ultimately have to accept the circumstances, so a key component of emotional resilience is to practice acceptance.

- **Figure out what you can control:** Sometimes you're not going to feel like there's a lot you can manage after something horrible has happened, but if you think about it and continue to check for your options, you may find the things you control. When you find out what you can manage, and in the conditions, you will

motivate yourself to make the right decisions, and that can also lead to a change in your emotional state.

- **Let go of what you can't control:** You can practice letting go of things you can't control after you've figured out what you can control. It may also be obvious, for example realizing that something has already happened in the past and you can't fix it. Other times it may be more confusing, such as when you're unsure if you're taking a risk that your efforts will pay off.

Occasionally the only thing you can control is your outlook and attitude to the issue. Regardless of what happens, as you learn to let go of some rage or frustration about stuff you can't control and seek to concentrate more on what's within your ability to handle, you'll become more resilient towards challenging situations.

- **Recognize your emotions:** Emotional endurance is not about not feeling feelings, but about recognizing the feelings and acknowledging them. You cannot move past an emotion unless you accept it and acknowledge it. For instance, if you feel angry about something but never understand or express that rage, it gradually builds up inside you and turns into frustration and cynicism. Once you recognize you're feeling angry and working by accepting the circumstances and choices that caused that

emotion, then you can let go of it and move on to a calmer emotional state.

- **Responsible for your actions and reactions:** You can't control what others do or how they respond, but you can regulate your behaviours and reactions. You will feel more in charge when you take responsibility for your actions which will lead to more emotional resilience.

There may be times when you are not proud of your conduct or reactions. However, when that happens, you can still build emotional resilience by resolving to learn from your errors and make better choices in the future.



- **Recognize when you're self-destructive:** coping skills can be either healthy or unhealthy, and when you're under stress or dealing with difficult feelings, unhealthy coping skills tend to increase. Part of taking responsibility for your actions and taking control when you recognize when you become self-destructive with your coping skills. This can happen when we begin to use food, or alcohol, or drugs, or other unhealthy behaviours to cover up the hard emotions that we feel. In the long run, when the coping skills you use do more good to you, it's time to recognize that your self-destructive actions only prolong the painful

emotions you need to deal with. Emotional resilience comes from having to deal with the feelings, not cover them up.

- **Stop ruminating:** Ruminating can become dangerous when you are continually focusing on a question or endlessly replaying scenes in your head. You get caught in a cycle of negative thoughts and emotions that don't help you move forward.

Ruminating over a question can also be helpful when you're searching for a solution, but ruminating is distressing when you're thinking about it and can't get past it. When you ask yourself questions that have no real solution or answer, like "What if ..." or "Why did this happen.." you can get caught up in ruminating cycles that leave you with no solutions, in the opposite, continue to ask yourself questions such as "How do I change things..." or "What are my options..." to continue and find solutions. Focusing on such questions will help you build emotional resilience as you work on becoming more focused on the solution, rather than staying stuck in negative emotional cycles.

- **Release feelings of guilt, shame, and self-blame:** If you don't learn to deal with these feelings and relieve them, this trifecta of emotions will send you on a downward spiral of self-destructive

behaviour. It's not about getting rid of the guilt when something bad is happening, but it's about being honest about what you're responsible for and letting go of the negative feelings when they don't serve you well.

If you look at these emotions, you may remember you blamed yourself for events that were not your fault. You may need to agree that you don't have to take responsibility for the stuff you feel bad about. There may be other times when you feel sincerely sorry about something you've done, and it's appropriate to recognize the feelings of guilt and blame in those times.

You may need to forgive yourself for things you regret or apologize when appropriate. However, by drowning in guilt and shame, or ruminating about things that are in the past and cannot be changed, you are not helping anyone.

- **Understand your cognitive distortions:** Cognitive distortions are like little mind tricks that we all sometimes engage in, but that can distort reality if we don't logically look at things.

Once you learn to identify the mental patterns you use that distort reality, you can build up more emotional endurance and keep you trapped in negative thought patterns.

Practice gratitude: It is always a good practice to come back to gratitude when you feel overwhelmed and stuck in negativity. Cultivating a practice of gratitude regularly will help you build emotional resilience by helping you stay focused on the positive things you have in your life and give energy to more.

Even when times are really hard most of us have something for which we can be grateful. Many of us have more than enough to be thankful for this, and while none of us is resistant to pain, we can all build up the emotional strength to help us cope with life, and its battle.

- **Caring for yourself** - Promote wellbeing by caring for your mind and body. Feed good, remain physically involved and avoid harmful coping strategies.
- **Gain control of your thoughts** - Work to maintain a hopeful perspective and accept that change and setbacks are part of life.

The main thing is to continue to work towards your goals. Emotional resilience is a skill that you can develop, and like many areas of personal growth, it takes practice. The more you practice handling circumstances by choosing acceptance, gratitude, and responsibility as opposed to choosing negativity, and shame, the greater control you will feel over your life and choices.

RESILIENCE

You won't always be able to manage the events and things that arise in life, and you won't always be able to monitor other people's acts and feelings. You may also choose to change your focus psychologically in ways that will help you develop more emotional resilience.

Practising emotional intelligence will help you control feelings better as they occur and will make you feel more comfortable in how you want to handle challenges and circumstances. Talk to your doctor or mental health professional if you're struggling to overcome a traumatic event or setback. A therapist can help you learn and practice coping mechanisms which can foster greater tolerance to the challenges of life.



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"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

Buddha

PHYSICAL RESILIENCE

Physical resilience refers to the capacity of the body to respond to difficulties that occur, to retain endurance and strength in the face of demands, and to recover effectively and efficiently when severely weakened or microbially besieged.

The body must have adequate nutrition and functional ability to use that nutrition; the body must also have excellence in waste elimination.

If health is the normal state of the body, 'resilience' simply refers to the capacity of the body to understand and convey its true power and to return to that state always. Our role in this is ultimately straightforward and incredibly simple.

Nevertheless, it is complicated by a wide variety of cultural and environmental influences, and it is complicated largely by the degree to which we have become disconnected from our own bodies. All of this, of course, needs a strong commitment to succeed.

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Vibrant wellbeing can be difficult before we take the time to pay attention to our bodies and listen. The body is aware of what's good for it and what isn't. Health may simply be described as being disease-free. That sounds fantastic! But the words health and resilience, and how we use them, evade the definition of a textbook.

There are many types of diseases. Mind and body build each other up. A lot of people want to eat healthily, and research has shown that excessive stress is actually poisonous! We do recognize that depression and a large variety of mental imbalances can be dramatically changed, even with good nutrition fully resolved.

Those in stress pain and the link with physical resilience. Physical resilience can cause stress that creates various side effects on our wellbeing, which vary as indicated by the situational components of each person.

Stress management is considered one of the keys to a happy and successful life in today's society. It is important to bear in mind this physical side when contemplating physical resilience when discussing the foundations to build a healthy existence. Nevertheless, what do we think about when people say or have been tested to feel stress in their different lives? Stress has a relation to strain.

Research suggests that 75 per cent to 90 per cent of doctor's trips are related to stress. Stress is dangerous and can play a role in many major and minor health issues such as headaches, heart problems, high blood pressure, certain skin conditions, asthma and the list, goes on and on.

Stress can be handled if caution is taken timely. Stress can lead to depression; when stress is persistent, it becomes harder for an adult to handle as a result of complex health harm resulting as consequences for the body. Stress can deny someone their night's sleep thereby destroying their everyday routine by making it unproductive

Managing physical tension and resilience

Despite stress being regarded frequently as a subjective experience, stress rates can be quantified quickly using different physiological measures, but exercise is known to assist with physical resilience.

There are a number of useful stress resilience systems available, which may help an individual decrease their levels of stress and give positive sentiments of control over one's life and advance general prosperity to assist with physical resilience.

Physical resilience is allowing the body to be fit and adapt to stress and the challenges in life. There are so many ways to do this, and you have to select the best direction for you; but maybe – long walks, power walking, running, exercise classes, any activity or action to strengthen and reinforce our cardiovascular system and get the oxygen and nutrients into our muscles, which is known to give us more energy.

How do you support your health?

Do you have a workout routine?

What activities are you doing, which are physically draining, which you can adjust or avoid?

Do you sleep well in the evening?

Getting a good night's sleep is a truly important aspect of physical health resilience and may make big problems appear smaller. By creating a new routine, a good night's sleep will increase your physical wellbeing in dealing with stress. Go for a walk as close to bedtime as possible without your phone, and this is in addition to your normal workout routine, as time in the light increases your melatonin levels.

Have a relaxing bath with maybe eight drops of lavender essential oil. Don't have televisions, laptops or phones in your bedroom. Practice a breathing routine of breathing in for 4, holding your breath for 4 and breathing out your stress for 8 when you get into bed. Repeat as often as you feel is required.



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Sleeping well is necessary to respond to the physical pillar in the foundations for the house of life. Exercise improves blood flow and oxygen levels in the brain; it also encourages the release of the brain chemicals called endorphins.

These endorphins trigger a positive feeling in the body, similar to that of morphine. They are referred to as "the happy pill!" Whilst stressing the importance of physical exercise, I am an absolute believer in the benefits of yoga, pilates, meditation and mindfulness.

All your attention is focussed on your breath which allows you to observe your thoughts to gain control and accept the positive

thoughts. Working on some form of mindfulness first thing in the morning can alleviate stress in your body and if practised at night can help with a good nights' sleep.

This gives you the power to just think at the moment, and we all know that stress in our lives is often worrying about the past and then projecting our F.E.A.R (false evidence appearing real) into the future.

How eating healthy helps your resilience

What do you eat to boost your health when eating?

Did you know that some foods can help with physical wellbeing?

As strange as it may seem the food that we eat can have a profound effect on our wellbeing and mood swings, all of which impact on our resilience to cope.

Foods such as nuts, fruit, vegetables, fish and poultry have a more positive effect on our ability to deal with challenging times.

Research has shown that the Mediterranean diet with olive oil reduces the incidents of major cardiovascular events and encourages a happier outlook on life.

Using PEMF as an alternate source of holistic heading

PEMF is a technology that is based around a holistic approach to the human body. All functions in the body at the lowest levels are electrical in nature. The body functions and adapts to electromagnetic impulses. There is deep research over many decades about the biological function of the body and at a cellular level.

All 70 trillion cells in our body produce and communicate through electromagnetic fields. When cells become damaged or unhealthy, they lose their shape and function (atypical cells are to blame for various diseases, including cancers).

Pulsed Magnetic Therapy restores  cells, allowing them to generate energy (ATP), eliminate waste, repair and regenerate, and increase performance. ATP (adenosine triphosphate) is a temporary energy molecule. It stores energy within the phosphate bond for later use in the body. ATP can also be used as a supply of phosphate groups as well since phosphate groups are needed for various processes in the body.

This increased cellular health gives an amazing boost to your immune system. It only takes minutes after a treatment for red blood cells to become energized, and be able to move more quickly; this allows the cells to catch bacteria and other pathogens. The body's systems being electromagnetic in nature, function according to specific frequencies,

known as resonance. The ancient sages understood the bodies harmonics and only recently has science understood how to view this in a holistic based approach.

Pain Relief

Eliminating pain is another major benefit to Pulsed Magnetic Therapy. Patients who have endured years of medication and ineffective surgeries have obtained pain relief through PEMF.

Treatments that can repair and regenerate cells are extremely advantageous for an innumerable amount of health conditions. Cellular health ultimatley being the fundamental lowest level of orgnci function in the is critical for the every system in the body.

Benefits

- Relaxes tense muscles
- Balances the immune system
- Speeds healing of tissues, including bones, tendons, ligaments, and muscles
- Reduces pain and inflammation
- Improves energy
- Improves circulation

What are PEMFs and how do they work?

Science teaches us that everything is energy. Energy is always dynamic and, therefore, has a frequency; it changes by the second or minute, for example, at the very least.

All energy systems in the body are dynamic and constantly in flux. Harmony in such systems at cellular has an upwards cascading effect. The body is bio mechanical system, maintained by frequency harmonics. This is the fundamental concept and state of the electromagnetic biological system.

All energy is electromagnetic in nature. All atoms, chemicals and cells produce electromagnetic fields (EMFs). Every organ in the body produces its own signature bioelectromagnetic field.

Science has proven that our bodies actually project their own magnetic fields and that all 70 trillion cells in the body communicate via electromagnetic frequencies. Nothing happens in the body without an electromagnetic exchange. When the electromagnetic activity of the body ceases, life ceases.

Physics, that is, electromagnetic energy, controls chemistry. This in turn controls tissue function. Disruption of electromagnetic energy in cells

causes impaired cell metabolism, whatever the initial cause. This happens anywhere in the disease process.

PEMFs address impaired chemistry and thus the function of cells - which in turn, improves health. PEMFs deliver beneficial, health-enhancing EMFs and frequencies to the cells. Low frequency PEMFs of even the weakest strengths pass right through the body, penetrating every cell, tissue, organ and even bone without being absorbed or altered! As they pass through, they stimulate most of the electrical and chemical processes in the tissues. Therapeutic PEMFs are specifically designed to positively support cellular energy, resulting in better cellular health and function.



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Positive Transformation

Devices that produce PEMFs vary by a number of important features: frequency, waveform, strength, and types of stimulators. Frequencies can be simple or complex; and high, medium or low. Intensity can also be high, medium or low.

Interested to learn more on PEMF, do contact www.the-thirdspace.com.

Here are some resources which you may find it useful:

1. Markov MS. Expanding use of pulsed electromagnetic field therapies. *Electromagn Biol Med.* 2007;26(3):257-74.
2. Nelson F, et al., The use of a specific pulsed electromagnetic field (PEMF) in treating early knee osteoarthritis. *Trans 56th Annual Orthopaedic Research Society Meeting, New Orleans, LA* (2010), p. 1034.
3. Pilla, et al., Electromagnetic fields as first messenger in biological signaling: Application to calmodulin-dependent signaling in tissue repair, *Biochim. Biophys.*

Acta (2011), 2011 Oct 8;1810(12):1236-1245.

4. Rosch P, et al., Bioelectromagnetic medicine. New York: Marcel Dekker, 2004.

MENTAL RESILIENCE

Mental strength is the capacity of an individual to deal effectively with stressors, pressures and challenges and perform to the best of their ability, irrespective of the circumstances in which they find themselves (Clough, 2002). Being able to cope when things get difficult at home, or grind it out when issues occur at work, is an ability that many people believe is not just a natural talent.

Building mental strength is fundamental to living our life and it is developed over time by individuals who choose to make personal development a priority. Optimal mental health helps us to live a life we love, have meaningful social connections, and a positive self esteem. It also aids in our ability to take risks, try new things, and cope with any difficult situations that life may throw at us

Dr. Timothy Strong, nicknamed Dr. Joy, is an executive coach, a clinical psychologist, and an adjunct professor at the UTS Business School. He compares resilience to sporting talent and says. At the same time, biology and natural ability decide whether you're going to be fourth in

the school swimming carnival or the next Ian Thorpe; any changes that ordinary people may make would have a major impact.

"If we embrace life in an imperfect world, wouldn't it be a good idea to be as mentally fit and as healthy as possible? That is something that you will do every day.

Ten suggestions for developing your mental toughness

Enhancing Mental Health

Eat well, and do some exercise. "Sometimes, we seem to have a bit more energy when we're physically fit, which then makes it a bit easier to take on problems," Sharp says.

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Better Night

Get into good dormant habits, says Strong. "When you are tired and drained, small issues appear much bigger, so sleep is not only a very important component of physical but also mental health.

Meditation

We all know meditation is helpful, and mindfulness for a whole lot of reasons, Sharp says. Make it a routine, and it'll affect your mental strength exponentially.

Find Sense and Intent

This is about getting a sense of the larger image. It encompasses everything from the setting of goals to spirituality and faith, Sharp says, and could be as easy as getting up in the morning and setting an aim for the day or week. "If we have a sense of the bigger picture, then those daily issues just don't seem as big, and we can be a bit more positive about how we handle them."

Put Matters in Perspective

In a day, a week, a month or a year from now, psychologists advise clients to ask themselves how serious the problem would be. Sharp says the technique helps people see that the day-to-day problems we face in 12 months will be irrelevant to most of us, most of the time. "It's not about discarding these issues, and it's just that they're not going to seem as massive or insurmountable as they did."

See Issues as Short Term

It's the old saying, 'This will pass too.' Resilient people should convince themselves that while things may be poor right now, it will not last forever. Part of this is about perspective, but it's about being able to accept the unpleasant feelings associated with

stressful circumstances and realize that they will inevitably dissipate.

Make No Blame On Yourself

Resilient people are less harsh on themselves, says Sharp. "Because I'm worthless, I can't cope, I'm a useless person, those people who tend to fight think everything is rubbish. All that does is create more distress, and we can't cope when we're distressed. "Take responsibility if necessary, but don't beat yourself about it.

Request Help



"We also think of resilience as 'my power,'" Sharp says. "Even the most optimistic people we meet are much better at reaching out and seeking support. Even the best people, the strongest and most resilient people, can't do everything all of the time."

Building Relationship

We need people to ask for help first. "Keep in touch with people and exchange positive experiences with those close to us. In several other ways, this is beneficial as well. Perhaps the most important thing we can do is to create quality relationships for our well-being and happiness in life.

Train Your Stance

Regular issues, from spilled coffee to traffic congestion or IT crashes, give reasons for optimism. The three questions are: How long is this going to last? How bad is it? And how much do I blame myself for this? Constant practice can help create permanent resilience.

Using Essential Oil Therapy to supplement Stress Relief

Essential oils can also supplement stress relief. Essential oils that are high in linalool have been shown to help relax smooth muscles in the body and reduce sad and anxious feelings. To combat stress, use Petit grain, Lavender, Clary Sage, Basil, Cilantro, and Coriander.

Taking the time to reduce your stress each day can dramatically improve your quality of life and long-term health. A stress-resilient lifestyle is composed not only of regular exercise and healthy supplementation of essential oils, but also includes a healthy diet and consistent sleep habits. Be sure to consult your physician before making any significant changes to your daily regimen.

Essential oil therapy or Aromatherapy is a holistic healing technique that encourages health and wellness by using natural plant extracts. It uses essential aromatic oils to improve the health of the body, mind and

spirit. It improves physical and emotional health, both. It is both viewed as an art and a science. The therapy has recently gained greater recognition in the fields of science and medicine.

How long have they been around with aromatherapy?

Humans used aromatherapy for thousands of years. Ancient cultures in China, India, Egypt and elsewhere integrated components of aromatic plants into resins, balms, and oils. Such natural substances have been used for medical and religious purposes. These have also been known to have physical and psychological effects.

The distillation of essential oils is credited to the Persians in the 10th century, although the process may have been in use long before this. Information about the distillation of essential oil was published in Germany during the 16th century. In the 19th century, French physicists recognized the value of essential oils for the treatment of disease.

In the 19th century, medical doctors became more developed and concentrated on the use of chemical drugs. The French and German doctors have, however, always acknowledged the importance of natural botanicals in the treatment of disease.

The word "aromatherapy" was coined in a book he wrote about the subject which was published in 1937 by a French perfumer and chemist

René-Maurice Gattefossé. Previously he had discovered lavender 's healing ability in treating burns. The book explores how essential oils are used to treat medical conditions.

How does treatment with aromatherapy work?

Aromatherapy can be used for the following through the sense of smell and skin absorption:

Spreaders, Airborne inhalers, Season with salt, Skin oils, creams, or massage lotions or topical treatments, Facial Vapors, hot compress, cold compress, and Leather masks. You can use those on your own or in any mix.



Over 90 types of essential oils are available, each with its own distinctive aroma and possible health benefits. You can always get them online, in health food stores, and in some regular supermarkets, essential oils are available.

Buying from a reputable supplier is important as the oils aren't FDA limited. This ensures you 're buying a 100 percent natural quality product. There should not be any chemicals or synthetic ingredients in it.

The benefits of essential oil therapy

Essential oil therapy has a number of advantages. Which are:

- Boost the standard of sleep
- Reduces tension, restlessness and anxiety
- Calm the sore joints
- Deal with headaches and migraines
- Lighten the side effects of chemotherapy
- Ease labour discomforts
- Combat bacteria, viruses and fungi
- Enhance digestion
- Enhance patient care and palliative care
- Strengthen immunity
- Having Pain Controlled



SPIRITUAL RESILIENCE

Are you feeling any pressure at work? I will be discussing spiritual strength, which can support you as a leader. Even in the face of suffering, moral strength is the capacity to sustain a positive spirit.

In order to get through tough circumstances, you should pursue strength from a "higher" force (regardless of your religious affiliation)

Then draw on your own collection of convictions, ideals, or values to overcome your personal or business life setbacks.

Does Spiritual Resilience Make me a Better Leader?

Yes, being a good leader means you practice ALL four facets of resiliency (physical, social, spiritual, and mental). Build a base of happiness, optimism, compassion, appreciation, and confidence to help you succeed as a leader who gives other people positive energy. “Spiritual resiliency is a regular practice that needs to be developed by establishing healthy relationships and providing a devotional center”, said Col. Mike Lembke, United States Forces-Iraq chaplain.

How Spiritual Resilience Builds: Third Space

Positive Transformation



- A Good Mindset: Practice optimistic thinking and be thankful for what you've got now and the adventures you've been through.
- Be Flexible: Flexibility lets you bend without interruption. It helps you stay open, open, and adaptable as new situations unfold.
- Trust and Let Their Hopes Go: Trust yourself, let go of trying to keep your life under control and let it literally unfold. You can't influence other people, but you can choose how you respond to them.

- Request Help: In times of great challenge seek help from a positive support system.
- Develop a Sense of Lightness- this will lead a life of simplicity and grace. Don't take themselves too seriously. That will allow you to find more fun and joy at work and at home.
- Spiritual strength is a gateway to fulfillment, happiness and being a more effective leader. Combine this commodity with the other resilience domains that we have spent this month with. For you as a leader, you will see how the four realms work together to resilience. How spiritually robust are You? Send Me your story! I hope to hear from you and share your stories of spiritual resilience!



Meditation And Effective Yoga Pose To Increase Resilience

Meditation may be an ancient tradition but it is gaining its popularity and it is practiced in across cultures globally. People are practising mediation to alter consciousness, finding awareness and achieving peace.

Meditation is a practice where an individual uses a technique such as mindfulness on a particular thought, object or activity to train attention

and awareness, to achieve a mentally clear and emotionally calm and stable state.

From regulating blood pressure to helping inner peace and deeper satisfaction in your life, meditation can transform the way we experience life. Meditation boost immune system, let us think faster, make better decision and also to 'preserve' our brain and increase compassion. Other benefits includes reduce anxiety, decrease depression, reduce chronic pain, helps weight loss and eliminate ADHD boost immune system.

Here are the six popular types of meditation practice



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- Mindfulness meditation
- Spiritual meditation
- Focused meditation
- Movement meditation
- Mantra meditation
- Transcendental meditation

Yoga is a life metaphor that can teach you a great deal about how your mind functions. For example, when your practice is filled with fluidity, ease and grace, it's easy to be relaxed and happy. The difficulty and unpredictability that comes with practicing yoga: They teach the brain

how to adapt flexibly to change. How? How? Two things the brain loves: excitement and repetition.

Although that might sound contradictory, creativity (like trying out a new pose) demands that the brain get out of its comfort zone and solve problems. This creates new brain connections, which make it more adaptable for change.

Repetition enhances new connections. Just like flexing and stretching a skeletal muscle, your mental "muscle" gets stronger and more flexible, the more you practice. That is why, with practice, difficult postures become simpler. At first, your mind might ask, "What the heck? It will become with time.



Don't worry; I got this. Thus yoga allows you to make use of the wonderful gift of neuroplasticity – the ability of your brain to change itself. The more the brain and mind respond to change, the easier it becomes to face up to head-on stress. The trick is to make change mates and welcome the wobbling.

Imagine what would happen if you welcomed faltering and confusion instead of getting discouraged during your practice or quitting altogether? There's a fair chance your body will relax, and your mind would start embracing what's happening right now, rather than looking

for "how things should be." You might even find yourself smiling rather than grimacing (or swearing under your breath).

Here are some yoga pose which I truly enjoy

1. Cat-Cow Poses

Use cat and cow pose to calm the constant fluctuations of the mind and relax your nervous system, and create gentle movement through the body, inviting the flow of positive energy through your body.

Mantra: "I will find joy in my journey today."



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2. Warrior II Pose

Use this pose to release stress and tension, and remind yourself that you can stand strong, that you are invincible and amazing in everything that you do!

Mantra: "I am in charge of how I feel, and today I choose happiness."

3. Dancer

This beautiful pose just oozes with grace and elegance, and feelings of lightness and happiness, while at the same time literally releasing tension in the hips and opening up the heart.

Mantra: "I welcome freedom, energy and lightness."

4. Goddess Pose

Let this energizing and empowering pose remind you that you're completely in charge of your own happiness.

Mantra: "I am a strong, confident yogi/yogini and invite-only love and happiness."

5. Wheel Pose

Backbends are proven to release endorphins. The deep opening through the front of the body helps to relieve stress and energize the body.

Mantra: "Open heart and an open mind to all that comes my way."



6. Pigeon Pose

Create space for all of the positivity and happiness that you welcome as you say goodbye to any tension that you may be holding in your hips.

Mantra: "Be happy; be bright, be you."

7. Reclined Bound Angle Pose

We live in a crazy busy world, so use this pose to remember how important it is to be able to find calmness and stillness.

Mantra: "I deserve happiness and positivity."

The key to building stress resilience and boosting your health and happiness is to face the challenge and flow with what is, rather than trying to force what isn't. The next time you step onto your mat, set an intention to examine how to respond to frustration and uncertainty, and see what's happening.

Visit www.the-thridspace.com for a list of guided meditation and yoga. Available in audio and video.



CHAPTER FIVE

POSITIVE EMOTION

Have you ever noticed the whole day seems to be going right for you when you start your day in a good mood? Traffic is moving quickly, people are smiling and opening doors, you have a nice chat over lunch with a friend, you find a solution to a problem that has been niggling at you and your productivity is high. Such is the strength of positivity.

We notice the good in situations when we perceive situations through a positive lens and boost our ability to cope with stress and be resilient. While some people are inherently more positive and optimistic than others, positivity is a skill which anyone can practice and improve. You can develop your resilience by using only a few basic techniques to be more optimistic. Looking at what's going on with our brain chemistry, we can understand better how positive thinking can have so much control over our life experience and our resilience level. Our bodies produce higher levels of cortisol when faced with criticism, rejection, fear or negativity, either from our own thought processes or from other ones.

Cortisol is the stress hormone that can shut down our brain's thought core and trigger sub-optimal habits, from violence to aversion to conflict. In short, being more reactive and sensitive, and less logical gives us primacy. In this state, our ability to perceive situations accurately is affected; we are more likely to scan for and magnify negatives.

On the other hand, the release of oxytocin is accompanied by positive thoughts, interactions and conversations. This hormone activates the pathways linked with building trust and improving communication in our prefrontal cortex. The catch is that oxytocin doesn't live in our body as long as cortisol, and its wonderful effects are shorter in length. We need to make consistent efforts^{to be positive to build resilience and our capacity to communicate and collaborate.}

IT IS IN YOUR HEAD

While positivity can help us feel good in the short term, in the long term, it can also help re-wire our brain. Using positive reinforcement will help teach our minds to be more positive and stimulate our brain areas that are crucial to proactive thought and behaviour.

As we practice optimism, gratitude and other aspects of positive thought and action regularly, our brain creates associations that promote more positiveness. We come to see the world more

optimistically and, over time, we gradually consider ourselves more hopeful.

At the same time, the negative relations we had formed before strengthened. Evidence also suggests that constructive thinking promotes the development of our frontal lobes, those parts of the brain that are responsible for tasks such as critical thought, concentrating on objectives, making decisions, and following complex instructions. Positivity also has a strong correlation with higher rates of satisfaction and health.

WHAT IS POSITIVE EMOTION?

Good emotion can be defined as any feeling in which there is a lack of dissatisfaction, such that there is no pain or discomfort. Joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love are the ten most common positive emotions as identified by Frederickson (2009). She also noted that to have a good life, we need a 3:1 ratio of positive to negative. There are also other positive emotions that we can consider, such as the emotion that is felt when helping others - it's called altruism. Also, it discusses satisfaction and relief.

Joy and Happiness is a common term used to describe the happiness spectrum, from gentle comfort to ecstatic bliss. It is probably the most common one to be identified as a positive emotion, and also the one that is most frequently sought. Joy is often short-term, quickly appearing and rapidly fading too.

It can increase overall satisfaction by finding more things to be happy about. Joy can be found in many of the other positive emotions which are all related to 'being happy,' but separating them for individual consideration is useful.

Happiness can be hard to feel at times, so don't think there is something wrong with you if you don't feel it. We all go through phases, and some people are just naturally happier than others, so try to avoid comparing yourself with others. The truth is that happiness is here for you, and using the techniques above will allow you to feel more of it.

Gratitude is one of the most strong links to happiness. Just by being grateful for what you have, you focus on the positive, as opposed to being unhappy with what you have not.

Expressing gratitude multiplies this, as it not only strengthens the good outlook inside, but it also provides the altruistic joy of supporting others and can be expressed in their 'appreciation for gratitude' and how they try to make you happier in future.

Serenity and Calm is the quietness of being content with what you've got. It is the absence of pain. Serenity is linked to higher spiritual states in which the individual feels at one with the universe and neither a victim nor a destiny beneficiary.

Interest - We are interested in those things that will help us meet our needs and attain our aims. Interest is often ignited by surprises that pique our interest, generating arousal for inquiry. Only taking an interest in what's happening around you and the globe gives room for the thrill of exploration to appear.

Hope is blissful anticipation. It's a pleasure of an assumed future where good things are happening, and you'll experience joy or other positive feelings. Hope is linked to optimism, and our natural bias towards that can bring happiness to an unhappy situation as we think about how things can only get better.

Pride can have positive and negative aspects of it. A prideful person is arrogant about his or her status over others. They may feel happy but at other people's expense. The smile typifies the more optimistic aspect of pride in one's job or team. It's a 'purer' kind of pride as it's felt internally and is not derogatory towards others.

Amusement - If we find something amusing, from jokes to the bizarre existence of the world around us, fun happens. Humour is a simple way

to communicate with others, and a shared sense of humour is a powerful social connection. Sometimes being easily amused isn't taking things too seriously, including ourselves. When you can joke at your own mistakes, then you will still be happy.

Inspiration is what we feel when we see consummate skill or hear a great speech, and as a result, we are inspired to do something. Inspiration is a strong motivational force in this way and can be very powerful to change minds. This is primarily used by leaders, especially when using charismatic and transformational leadership styles.

Awe is the feeling you get when you see a magnificent sunset or scenery. It is what you feel when you experience great art and when you marvel at the artist's ability. This can be accomplished by painting appreciation, success, or some other artistic expression.

Awe can also be spiritual, as you wonder about the wonders of the infinite universe or your god's totality. Awe will come from just being open to the experience. When you think about the wonders that surround you and even inside you, you can just feel in awe of everything.

Love is a hugely powerful emotion that our parents or carers first experience as a child. It is also complex, and there are several forms

where reciprocation may or may not be sought. The purest form is unconditional love, which aims to give but not to receive.

Altruism is the pleasure of helping others. It is related to love but is not the same, although it can be seen as being based on humanity's love. Helping people, even strangers, is a compelling method of gaining happiness and has strong social value, as well as proving ourselves as higher beings not driven solely by selfish motivations.

Satisfaction is the joy of being able to fulfil goals and accomplish objectives. It is related to both pride and serenity and is an emotion of low activation (as opposed to higher arousal states such as inspiration).

The opposite of satisfaction is  The Third Space
Positive Psychology disappointment, and many businesses who have not pleased their customers should be conscious of the dangerous effect of that.

Relief - If we feel threatened instead, we feel relief when the danger is prevented. Sometimes, when we feel anxious about something, from being sick to preparing for tests, we feel relief and the stressful time ends.

Sometimes we're talking about a 'blessed relief,' reflecting the positive feeling as we now contrast the comfort with the recent discomfort.

Persuasion can be based on both negative ones like fear and neutral ones like surprise. Positive emotions are perhaps the most powerful tools in building resilience.

For a full list of guided activities to promote emotional practice, please do log into www.the-thirdpsace.com

Building Resilience Through Positive Mindset

Creating our resilience requires that we maintain a positive attitude. Small improvements, regularly replicated over time, maybe sufficient to help us strengthen our understanding of and challenges.

Scan for the positive ones, and be thankful - research indicates when people spend a few minutes each day concentrating on the positive and being grateful, their brain starts to develop a habit of searching the environment for good rather than negative after about three weeks.

Take a moment to enjoy the fine weather, the food on your plate, or the friend who made you laugh today. Each time you find yourself spiralling into a destructive pattern of thinking, pause and search for the good in the situation or your life. Write down three things you are appreciative of every day to train your brain to be more grateful.

Nudge the brain's response to stress - research shows that it is not so much the stress itself that affects our health and wellbeing, but the way we perceive and react to it. Stress is an inevitable part of life and indicates the possibility of change or development.

Try to focus on the pressures that are within your control when you're overwhelmed, and come up with one or two small, practical steps to reduce it. This way, you can help nudge your brain back to a more resilient and positive mindset.

Grab some good-humoured habits - one of the best ways to boost positivity and build resilience is by doing more of the things you feel good about. Practice the '10-2-10' routine daily: exercise for 10 minutes, meditate for two and get out for 10 minutes for some fresh air. Open the door to a stranger, or praise a colleague or loved one with meaning.

CHAPTER SIX

HEALTHY EATING FOR RESILIENCE

Less healthy foods contributing to inflammation, healthier foods can also effectively counter inflammation. If you don't get the right amount of fruits and veggies and whole grains, you don't get the antioxidants. Those could help with some of the inflammation that happens in your body by preventing or delaying cell damage.

Think of it this way: A sturdy house needs a strong foundation that weathers the worst of storms. Its the same body.

If you help by providing it with the nutrients, it needs, especially during stressful times, you are likely to lessen any stress-induced physical symptoms and give your body the strength it needs to get through the rough patch.

How to eat for resilience

If you're already stressed out, it's not practical to spend hours in the kitchen every evening preparing intense homemade meals. But there are

simple ways in which you can put a little extra thought into what you eat and help your body with the process of fighting stress.

Make it simple

Now is not the time to try a bunch of new recipes or pretend you're a "Master Chef" contestant. Instead, stick with the ingredients you know you like and the food you already know how to cook. Do not worry about fantasizing something. Take a chicken, some veggies, some minute rice, if you don't have time to make dinner. It's not the most full of flavour and will not impress your Instagram friends, but it's a well-balanced meal.



Focus on foods which combat inflammation

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You probably already knew this, but it's worth mentioning: Nutrient-rich foods like fruits and vegetables, whole grains, legumes and even fermented dairy products will help reduce inflammation, while items like fried foods, tons of sugar, excessively refined foods and lots of red meat will just contribute to it. That's not to suggest that if it helps to relax you, you can't have your favourite sugar. Don't overdo it, please. Note how the body feels after eating all kinds of foods, so consume some of the stuff you feel good about.

Foods have levels in the PH scale, which are acidic to alkaline. This acid condition is caused by the foods that we eat and the excessive stress levels that the modern living creates.

Diseases flourish in an acidic environment. The human body is designed to be slightly alkaline instead of acidic, although the body is acidic by function (breathing, digestion, dealing with acid foods and drink).

Plant based foods, which are mostly alkaline foods, are the principal ingredients that keep us healthy and work well in this slow moving human digestive system. Excessive consumption of animal products create an acid condition that may ultimately cause chronic diseases.



Carnivores, such as lions and tigers, have a short digestive tract that is highly acidic to rapidly break down the flesh of its prey and expel the waste quickly. We are different!

Eat more carefully and mindfully

Stress-eating is the opposite of being mindful, in that it makes us eat anything that is within reach without paying much attention to what we eat or how we eat it. Let us make a conscious effort to try to feed conscientiously.

Think about what you place on your fork with each forkful with your plate or bowl of food in front of you. Take a bite to see all the food's

flavours. Place your fork while chewing. Stop after swallowing, then pick up your fork and take another bite.

It may seem stupid, but you may notice it helps you to enjoy your food more and feel less of a need to eat it all in sight.

Don't don't work, a healthy lifestyle does

You may think your friend raves about going on the Whole diet or trying a keto diet would help solve your problems. But that is not usually the case. "When stress continues over the long term, people may turn to specific diets to gain more control in their lives, but it always fires in return.



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Really, at this moment your primary concern is dieting? It definitely isn't. Not only can dieting have a negative impact on your mental health – you may compare yourself to influencers from Instagram and feel ashamed when you can't measure up – it also doesn't do much for your health in the long run.

Be adamant about how you eat and what you consume. Stick to foods that you know can make you feel healthy and enjoy cooking. Reflect less on weight, or what you think you can do, and more on what your body feels good for. The body struggles to stay in homeostasis. Anything happens to the body because it wants to stay the same.

Let yourself have some comfort food

When we feel like something is lacking, physically or emotionally, our body still has impressed systems that tell us to store and take care of ourselves, so we over-consume fats and salts, things that our bodies have historically been developed to over-consume when it was available because it was so rare.

While in today's world junk food isn't really scarce, your body doesn't know that, so it will keep on eating the same stuff. And it's Okay. Using the above strategies will help you be more careful about your overall food choices.



Be gracious to yourself

Just as you shouldn't beat yourself if you're stress-eating some junk food, don't overall get down on yourself for your eating habits. Not only will you feel bad about yourself — which is not helpful if you're stressed already — but your guilt or shame will only make your situation worse.

When we see people motivated by guilt rather than a desire for their own well-being, we see guilt becoming more prominent, and we see them making a number of worse decisions about what's going to happen next.

When you agree that your body has a craving for chocolate and you want to have chocolate to make you feel happy, you'll probably just have a few bits and not eating the whole bar.

Concentrate on healthy feeding

Realize you should love and care for yourself, and have compassion for yourself. If we have that angle toward what we consume, then we tend to be healthier.

These four diets listed below are perfect for your health and well-being. Read on to find out why one (or more) of these balanced eating styles should be embraced today. An essential concept that you should keep in mind is to disregard the typically used term "diet." The word diet implies the idea of restricting and eliminating it. In this sense, instead, think of the word diet as a balanced eating lifestyle.

THE PALEO DIET

The paleo diet is eating the way your palaeolithic ancestors would have up to 10,000 years ago, or before the age of agriculture started. The bonus now is that you don't have to do this in a loincloth unless you want to. Proteins, vegetables, some fruits, nuts and seeds and some good fats are the focus of this diet. There are no grains, starchy carbohydrates, sugars, or dairy found in the paleo diet.

The Paleo diet is an excellent way to control your blood sugar. It can also have a beneficial impact on type 2 diabetes and can reduce cardiovascular disease risk. This healthy eating lifestyle can increase energy levels. It's not only what's important in the paleo diet but what's NOT in it. No meats, fast foods, artificial ingredients or chemical additives are processed and produced there. Paleo is a way to eat what gets you more in tune with your body and can, therefore, bring many benefits.

WHOLE 30

The Whole30 diet is relatively new, and for Whole30, you take 30 days to concentrate on balanced whole foods like meats, nuts and seeds, seafood, eggs, vegetables, and fruits. Whole30 is similar to paleo, but the elimination of sweeteners such as honey or maple syrup goes a bit further.

You carefully reintroduce those removed foods back into your diet at the end of the 30 days to discover any potential health consequences from them or even potential food allergies.

Learning Which Food Makes You - Some people eat the same things so often and may not know that some foods have health effects because they have become used to feeling lethargic and running down.

For Whole30, you get a chance to see how these things can affect your body. You will also reset your taste buds from processed and artificial "foods" and excess salt, which may have become desensitized. This diet will help you get back your food love in a healthy way!

THE MEDITERRANEAN DIET

The Mediterranean diet has been at the top of the list for some time now, as a very useful diet. This has always been a normal way of life for people in countries like Italy or Greece – along with higher levels of activity, exposure to sunlight, proximity to water, and less tension. The focus with the Mediterranean diet is on heart-healthy foods. It looks like:



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Vegetables & Fruits, Whole wheat, Vegetables & Nuts, Butter replaced with olive oil, Use of herbs and spices, rather than salt, Meals at least twice a week with fish and poultry, Moderate quantities of red wine, Mediterranean diet helps your heart & overall health. This diet reduces heart disease and lowers your "bad" LDL cholesterol.

THE ALKALINE DIET

The alkaline diet is about adjusting the food you consume so you can place your body in an alkaline state and out of an acidic state. If the acidic side of the body is too far, it can lead to a condition called acidosis.

It can cause issues in the body such as stomach pain, trouble breathing, headaches, exhaustion and fatigue. That can result in shock, coma, or death in extreme cases. The goal is to get the body in a more alkaline state, resulting in better overall health. The focus is on including alkaline foods like fruits, nuts, vegetables, and legumes to boost. Also, you want to reduce acidic foods like beef and poultry of low quality, dairy, eggs, grains, and alcohol.

Whatever way you choose to eat, there must be an emphasis on whole, unprocessed foods. Search for the cleanest, most sustainable, and local products that you can find to support your overall health and wellness. For those who are on medication, remember to consult your doctor before starting any diet.

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THE BLUE ZONE DIET

For a long life and better health, try boosting your intake of foods that people living in Blue Zones have in their diet. A concept developed by National Geographic Fellow and author Dan Buettner, Blue Zones are areas across the globe where people tend to live the longest and have remarkably low rates of heart disease, cancer, diabetes, and obesity.

With their strikingly high concentrations of individuals who live to be over 100-years-old, Blue Zones include the following regions: Ikaria, Greece; Okinawa, Japan; the province of Ogliastra in Sardinia, Italy; the community of Seventh-Day Adventists in Loma Linda, California; and Costa Rica's Nicoya Peninsula. When it comes to whole grains, those in Blue Zones often choose oats. One of the least processed forms of oats, steel-cut oats make for a high-fiber and incredibly filling breakfast option.

When it comes to whole grains, those in Blue Zones often choose oats. One of the least processed forms of oats, steel-cut oats make for a high-fiber and incredibly filling breakfast option.

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Although they're perhaps best known for their cholesterol-lowering power, oats may also provide plenty of other health benefits. For instance, recent research has determined that oats may thwart weight gain, fight diabetes, and prevent hardening of the arteries.

"Oats are known for their fiber content, but they also provide plant-based protein," says Feller. "Oatmeal made with 1/4 cup of steel-cut oats provides 7 grams of protein." "Oats are known for their fiber content, but they also provide plant-based protein," says Feller. "Oatmeal made with 1/4 cup of steel-cut oats provides 7 grams of protein."

ELIMINATE WHITE SUGAR

More than 40 years before Gary Taubes published The Case Against Sugar, John Yudkin published his now-classic exposé on the dangers of sugar.

White sugar as evidenced by main stream non biased research, have shown how white sugar acts as a poison to the body. All substances taken into the body simply put, either have positive or negative effect.

There are many research papers detailing the cellular issues, blood based as well as brain problems related to white refined sugar.

Scientist John Yudkin was the first to sound the alarm about the excess of sugar in the diet of modern Americans. His well known book, Pure, White, and Deadly, clearly describes how sugar is damaging our bodies, why we eat so much of it, and what we can do to stop. He explores the ins and out of sugar, from the different types—is brown sugar really better than white?—to how it is hidden inside our everyday foods, and how it is harming our health.

In todays world sugar and its other counter parts such as HFCS , High fructose corn surup are hidden within many foods. As these substances are in the end molecules they break down in the body. The process of short chain molecules gives rise to insulin bursts to accommodate the flood in the sugar levels in the blood.

In 1972, Yudkin was mostly ignored by the health industry and media, but the events of the last forty years have proven him spectacularly right. Yudkin's insights are even more important and relevant now, with today's record levels of obesity, than when they were first published. Brought up-to-date by childhood obesity expert Dr. Robert H. Lustig, this emphatic treatise on the hidden dangers of sugar is essential reading for anyone concerned about their health, the health of their children, and the wellbeing of modern society.

Background

In recent years as the battle with white processed sugar has been well researched. It is now evident that Sugar is indeed addictive and a poison to the human system. The developing case against sugar was also manifest in the 2003 version of WHO's "Diet, Nutrition and the Prevention of Chronic Diseases", which recognised that there were good reasons for restricting sugar intakes to less than 10% of total calories, not just because of dental caries, but "on nutritional grounds alone". These grounds specifically included obesity. The subsequent controversy with the food industry over the global strategy to achieve this target was a turning point for some companies, who recognised that sugar and sweet products were now irremovably on the nutrition agenda.

A balanced diet should include absolutely no intake of white sugar, in any form. Sugars of more complex , type from fruits is far more beneficial as they longer chain molecules are broken down on the liver and released over time, for efficient energy use in the body.



CHAPTER SEVEN

SELF HELP ACTIVITIES & WORKSHEET

RESILIENCE AS A TOOL FOR SELF-DEVELOPMENT

Resilience is emotional strength. Being resilient is about understanding your thoughts and feelings and finding small ways to change how you think or feel. This can change how you respond and behave in certain challenging or stressful situations.



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You can't always change other people or the situation you are in – but you can change your thoughts, feelings, and actions to work out ways to cope with difficult times.

Resilience is a skill that can require some development, but practice makes progress. Just like learning any new skill, it can be tricky at first. But with practice, it can become easier and easier.

Exercises to create resilience and self-acceptance includes;

- Foster self-acceptance
- Improving approaches to reduce tension

- Foster self-esteem
- Be conscious and focus on the moment
- Expressing sentiments wisely
- Choosing to react to stress in a way that doesn't hurt yourself or those around you

Here are a few exercises which will help you achieve daily emotional resilience. Whether you are fighting and going through some toxic stress or not, these simple day-to-day activities are useful tools to strengthen your resilience.

Resilience By Power Of Positivity

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Set aside a few minutes to list any five thoughts that do bother you at the moment. Write them on a piece of paper, or in a notebook for your laptop. Try replacing negative thoughts with positive ones next to the column where you listed the negative thoughts.

Some examples of alternative thought are shown in the table below:

Negative thought:

- This will never go away
- I lose my grip on Life

Alternative constructive thought;

- I saw worse times pass by.
- I can get over again.

Resilience With Self-Consciousness

Self-awareness is about understanding the A-B-C of our mind, where A is the antecedent or the trigger that has contributed to the present circumstance, B is the conduct or the way we have chosen to respond to it, and C is the effect that our behaviours and emotions are likely to bring. Identifying the A-B-Cs of any traumatic experience makes an individual more resilient and gives them the strength to cope effectively with adversities.



Resilience Of Gratitude

Gratitude is one of the most powerful emotions we can create. Once we learn to value what we have, we are much more resilient than before, rather than moaning and worrying over what we have not or what we have lost. All about 'Stop, Look and Go' is gratitude.

Lack of appreciation stops us from moving forward and brings our recoiling strength down. We can keep a journal of gratitude, where we list everything for which we are grateful, even in times of stress. Filling

out the journal columns will be a gentle reminder of all the good things in life to ourselves.

Resilience of OM

Emotional resilience starts when we can use those coping mechanisms that we know exist but have never used before. Driven practices of meditation and mindfulness were positively linked to emotional resilience. By practising simple meditation daily (2016), the emotional turmoils that follow a stressful experience can be resolved purposefully.

For more information, visit www.the-thridspace.com

SELF-CARE & COPING STRATEGIES

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The following activity helps you to identify ways to manage challenging emotions and build resilience. These Self-Guided Activities are;

- Leaving your comfort zone
- Build up your ability to adapt and respond positively to change by changing your response next time faced with change.
- When faced with a problem, try listing out many ways to solve it—experiment and test out your ideas.
- Stretch yourself in small ways. It's not always big challenges but small ones that can make or break the day. Try small changes.
- Develop curiosity and ask questions about how things work.

- Find a new use for an old tool.
- Take a step back and re-evaluate priorities.
- Consider mentoring someone else. We can learn by teaching others.
- Find a process that isn't working as well as it could and find a way to improve it.
- Develop a spirit of persistence.
- Find the silver lining.
- Be willing to make mistakes. Learn from them.
- Take a class in something different than what you typically do every day.
- Instead of responding to change with "how it won't work" try thinking of ways to help it work out.
- Observe and list out all the changes in your environment.
- Take your list of change observations and figure out from that list if you need to learn something new.
- Become self-aware of how you affect those around you. Practice active listening.
- Try to think ahead of today and predict an outcome for an event, trend, or process. See if it comes true. Even better, try to predict and positively influence something that may happen in the future.

- Develop a change support network. Surround yourself with people who positively adapt to change.
- If something is typically upsetting or pulling an emotional trigger from you, resolve to remain calm.
- Accept additional responsibilities and figure out a way to manage time differently to adapt to the change.
- Set a new goal and set out to accomplish it.
- Research and read about new trends in your industry or field.
- Invite someone to lunch and learn about their work, their barriers, and how they adapt to change. Learn from them.
- Change how a meeting runs to encourage a team to respond differently to topics.
- Offer to help someone out that may seem overwhelmed.
- Let go of something you can't control. Get some sleep and rest on the fact that change can be useful.



RESILIENCE ACTIVITIES FOR ADULTS

We'll provide several resources for building resilience, but first, let's take a look at what the American Psychological Association has to say about building resilience.

According to the APA, there are ten ways to build resilience, many of which will be applied in the training, exercises, and activities listed later:

- Making connections and building your social support network;
- Avoiding the tendency to view crises as insurmountable challenges;
- Accepting that change is a natural and unavoidable part of life;
- Moving towards your (realistic) goals;
- Taking decisive actions that will help you face your challenges;
- Looking for opportunities for self-discovery;
- Nurturing a positive view of yourself and your abilities;
- Keeping things in perspective and in context;
- Maintaining a hopeful outlook on life;
- And taking care of yourself.



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These ten basic principles of improving resilience can be applied on your own, in a guided therapeutic relationship, or in training and courses on resilience.

Resilience Training

This training program was designed to help parents, teachers and other significant adults learn how to develop resilience between themselves and the children and young people with whom they communicate.

Building on Stress

Identifying our strengths and building on them is an excellent way to create resilience and be our best self.

This training is based on the idea that only resilient adults can truly facilitate the building of resilience in children and adolescents. That's why their first emphasis is to help adults become more resilient before they are encouraged to develop resilience in others.

Adult Sustainability Plan

This program is designed for adolescents and adults over 16. It is particularly useful for older students who are dealing with stress or pressure from school, family and transitions to come.

This plan will be of assistance to participants:

- Identify feelings and build empathy;
- Control and regulate emotions which are difficult or intense;
- Know calming skills;
- Practice caution;
- Prevent bullying, for bullies and victims alike;
- Resisting social pressure and creating healthy relationships;
- Compromise, and stop confrontation in difficult situations;
- Choose matching role models;

- Set goals which are practical and achievable;
- Learn skills in organization and the focus;
- And develop friendships and relationships which are not based on the internet.

Reaching In Reaching Out (RIRO)

The Reaching In Reaching Out Resiliency Skills Training program can help if you are a parent, coach, therapist or a mental health professional looking for a more structured approach to helping clients or children build resilience.

It consists of 12 training hours, divided into two parts:

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Part 1 helps adults develop their own resilience base and learn resiliency skills that they can model and promote in their kids. Such credentials include:

- Identifying and enhancing the ability to be resilient.
- When feeling tension, using techniques to remain calm and focused.
- Recognizing how thoughts can affect coping capacity.
- Challenging patterns of thinking which hinder resilience.
- Generate alternative ways of confronting conflict and stress.

Part 2 teaches participants how to apply these skills to children by:

- Modelling skills and promoting infant resilience.
- Using their own coping abilities to help them comprehend the actions of their children or clients.
- Using child-friendly approaches to incorporate resilience skills into their work.

ACTIVITIES FOR CHILDREN TO STAY RESILIENCE

Here are some ideas to create resilience in children and teenagers, whether they're your children or those you support:



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Control

Provide opportunities that bring a sense of power. Being sick will cause a young person to feel dreadfully out of control. Help a child or teen feel more in control by offering choices, letting him make decisions when necessary, or helping him realize that he can play an active role in his emotional health (Tip: Digging Deep can certainly help with that!).

Coping

Help a young person feel more competent by helping her identify how she is dealing with her challenges and coping with them already. Encouraging a child to ask questions, engage in the management of their

care plans, or know as much as possible about their condition or care if all forms of promoting competency are sufficient.

Competence

Respect the coping method of a young adult, no matter what it is: avoidance, isolation, denial, constructive reframing, etc. There are many ways to cope with it, and remember, coping is a safe way to get through a crisis. At the same time, provide suggestions for alternative coping mechanisms, or even safer ones, such as journal writing, emotional speech, painting, or pet therapy.

Confidence



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Help create confidence by rewarding the youth for overcoming challenges and attributing this to what the child has achieved, as opposed to attributing it to good luck or chance. Provide opportunities for building confidence one step at a time, but help the youth appreciate one achievement before moving on to the next one.

Connection

Give a child a good sense of emotional security by allowing him to share all of his feelings, and embrace and support him whatever his emotions might be. Feeling heard contributes to strengthening the emotional bonds.

Character

Reinforce the sense of character of a child by encouraging her to understand who she is, what her beliefs are, and what strengths and talents she has to share with others.

Contribution

Help a child or teen recognize that though he may be in a position to receive more than he can give because he is in it, the world is a better place. Explore circumstances where the young person should truly feel like he is contributing and find ways to incorporate those circumstances into their lives.



CLOSING STATEMENT

There are several ways to create resilience, so the normal inclination is to use any of the mentioned techniques the next time you find you need a boost in your resilience.

- Turn off the news, and pick up this book. Immerse yourself in, and find activities therein to build your resilience. The difference between where you are and where you could be is your resilience. Instead of regret, build an attitude of resilience. Instead of pain and sadness, seek ways to find happiness and be stronger.
- Let yourself express your emotions and feel them. Having a good cry can sometimes cleanse emotionally.
- Take a stroll and pass.
- Exercise and activity will help increase your level of strength and release endorphins into your body.
- Consider a moment in the past when you were feeling resilient.
- Tap what allowed you to find a sense of bravery, power and toughness.
- Talk to someone you love and feel confident.
- Have a frank and substantive dialogue.

- Taking time off recharging.
- Unplug the electronic devices and let yourself relax and think for a moment.
- Think of someone who exudes toughness and forms behaviour.
- Go within, and connect through meditation or prayer with your higher power.
- Write them down. It can help you feel better about where you are on this journey by writing down your thoughts and feelings.
- Reconnect with others and help resilience develop.
- Be patient with yourself. Have compassion on your standards, and ease them.
- Listen to inspiring music.
The logo features a stylized eye icon above the text "e Third Space" and "Positive Transformation" stacked vertically.
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- Take several breaths deeply. Breathing deep is soothing and healing.
- Take some inspired action. When you're feeling overwhelmed, doing one small thing can help you move forward.
- Practice conscientiousness in daily life. The more you practice being, the better and better you'll be feeling at the moment.
- The moment you start to believe you can come back is the same moment when things are going to start going your way. Your conviction that's it. Working to be more robust.

I hope you have really enjoyed reading this book!

CONCLUSION

The key factors which contribute to resilience

There are several ways the durability can be improved. Many of which include having a strong support group, maintaining positive relationships, a strong self-image and a positive attitude.

Additional factors which contribute to resilience include:

- Having the ability to make realistic plans.
- To be able to execute those plans.

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- Able to control your emotions and desires efficiently in a safe way.
- Good communication skills.
- To believe in your strengths and abilities.
- Getting strong experience in problem-solving.

Developing resilience will help you maintain caring relationships with others and keep your attitude optimistic and simple. This will also help

you develop strong coping skills and improve your critical thought abilities.

Many who build resilience appear to deal with life far better than those who aren't resilient and may be much happier.

Of course, some people are more resilient, but you can work to improve your resilience level. It would be best if you learned how to come back from adversity healthily.

In the end, resilience is a process and skill that can be cultivated and nurtured.

Is resilience a strength of ability, or strength of character?



Your resilience level determines how fast you are getting back up when the air is knocked out of you. This lets you work through the situations of life, and tackle head-on challenges. Only endurance is compared to learning how to play the guitar. If you try to play for the first time, your fingers get sore, and you get irritated. Some may also leave after lesson two or three.

A resilient person pushes past that initial discomfort and soon begins to realize that the joy and satisfaction ahead are greater. As part of that process, the more you practice, the harder and stronger your fingers become.

The process soon becomes effortless and even pleasurable. Essentially, the more you practice, the more resilient your fingers are. The more you play, the more your fingers can tolerate the tension of the string, and the strength needed to play well.

Resilience is a characteristic of character and a force that can be acquired.

Ultimately, resilience is not an act of but a habit, the more the repetition the stronger the resilience.



"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

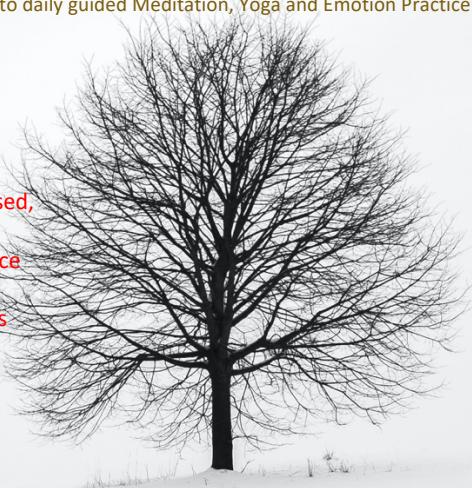
Buddha

"This is a must have book which covers the origination of resilience, learn about the science behind resilience and how to cultivate and practice resilience using the 4 domain: Emotion, Physical, Mental and Spiritually. This self help guide also contains useful links to daily guided Meditation, Yoga and Emotion Practice for a healthy and a purposeful life"

Dr Kelvin Scott

"Conventional, Principle-based, Science and Wisdom – covers all aspects of resilience for a healthier mind, heart and soul. Love the useful links on daily practices"

Dr Sheryln Wong



"A well written self explanatory guide book on resilience, which comes extremely useful in regaining yourself in the post pandemic world and toxic stress environment. Be kind, be compassionate and creating value is the key to happiness"

Tasha, an African America living in Asia

About the Author

The ThirdSpace is a Project For Good for the community with the focus in Positive Transformation www.the-thridspace.com

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(Picture credit @Fabrice Villard @fabulu75 @unsplash)