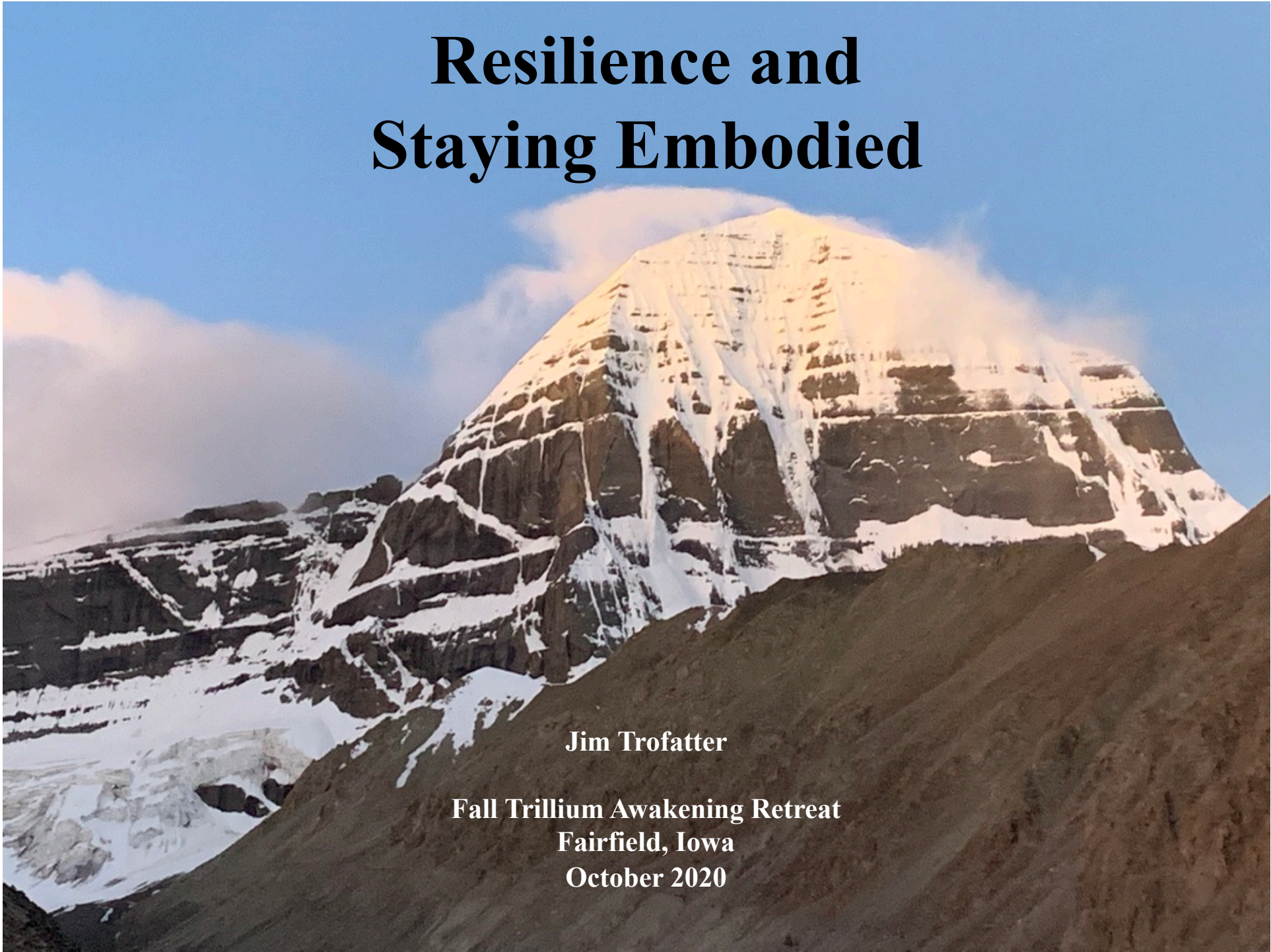
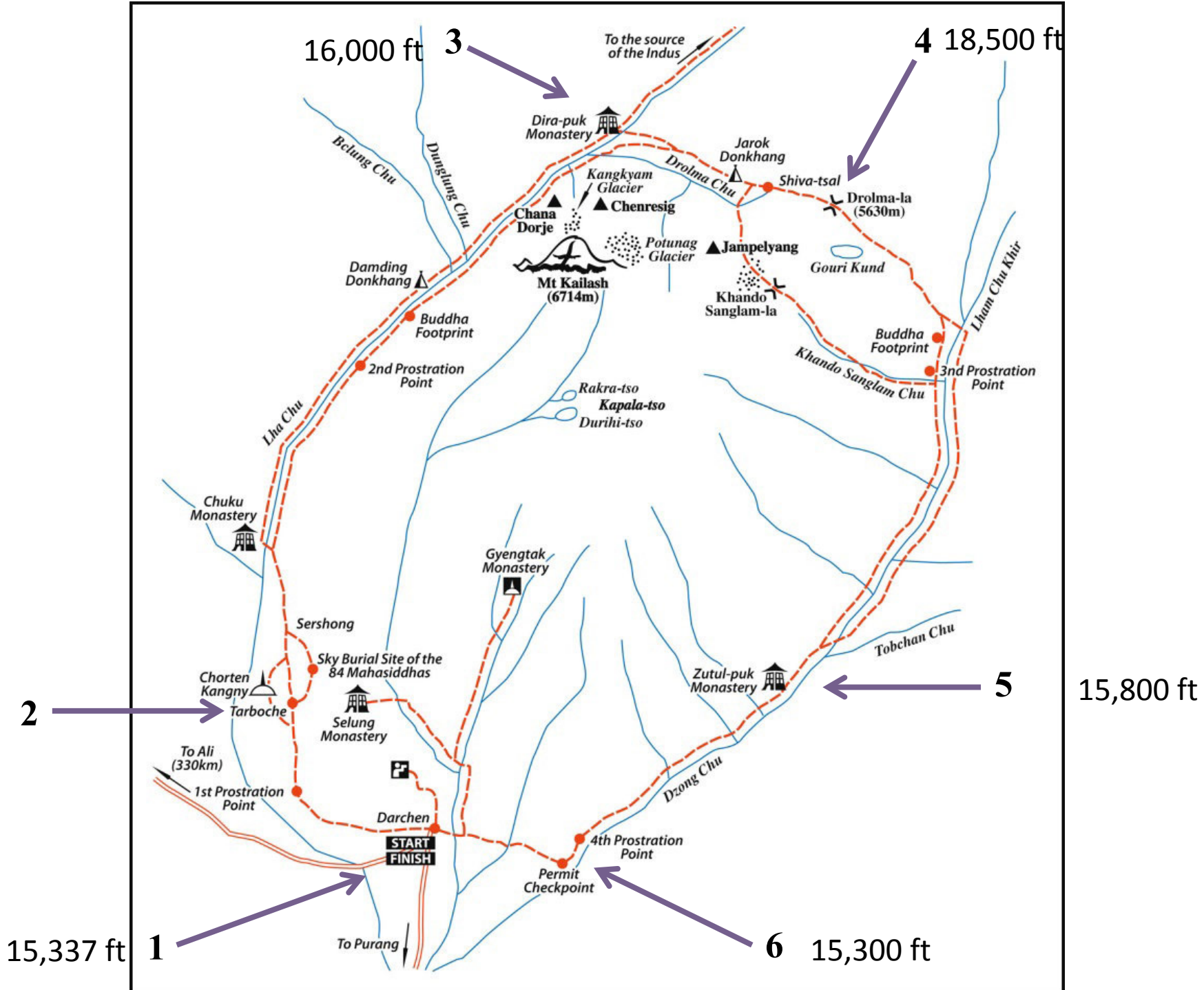


# **Resilience and Staying Embodied**

**Jim Trofatter**

**Fall Trillium Awakening Retreat  
Fairfield, Iowa  
October 2020**







# Resilience and Staying Embodied

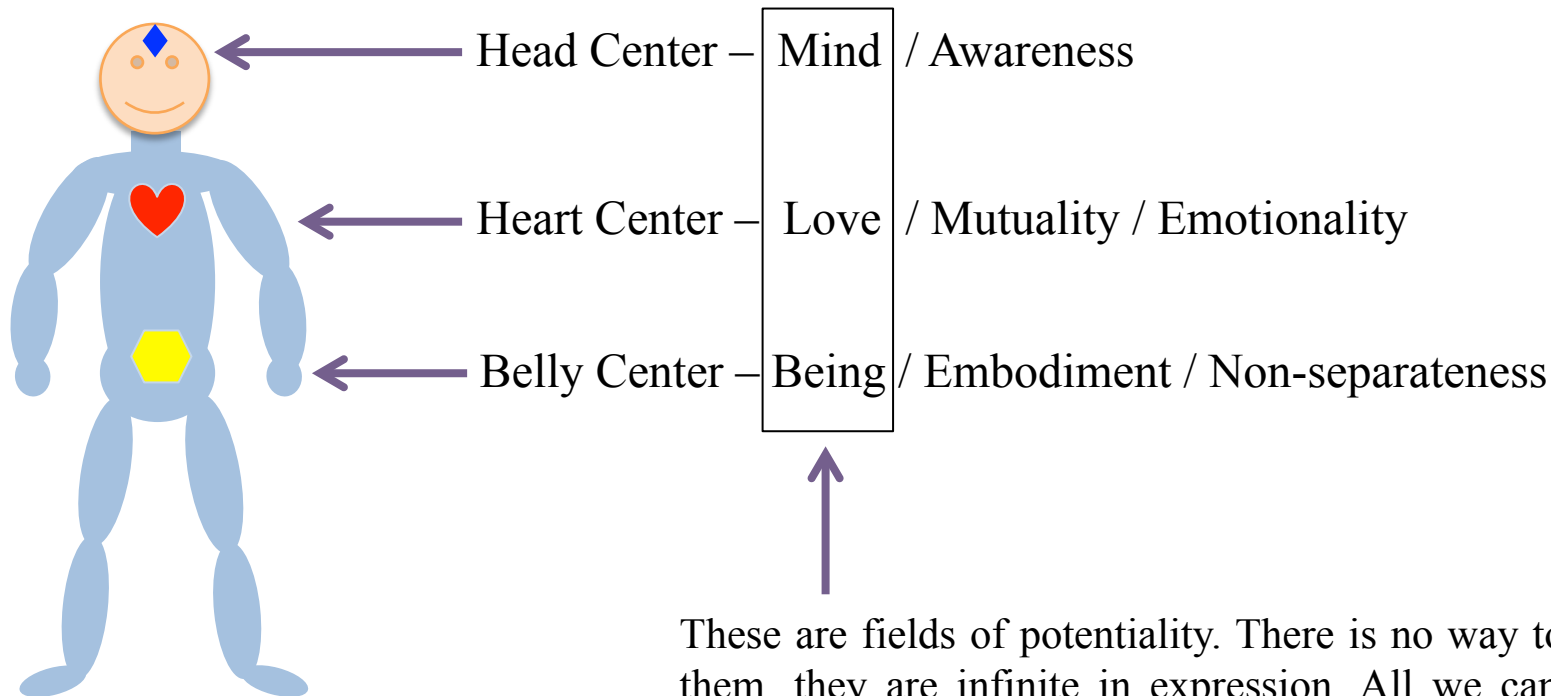
## Definition by the American Psychological Association:

**Resilience:** Is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or risks, or workplace and financial stressors. It means “bouncing back” from difficult experiences which is defined as getting back up when we’re knocked down and continuing on with our lives.



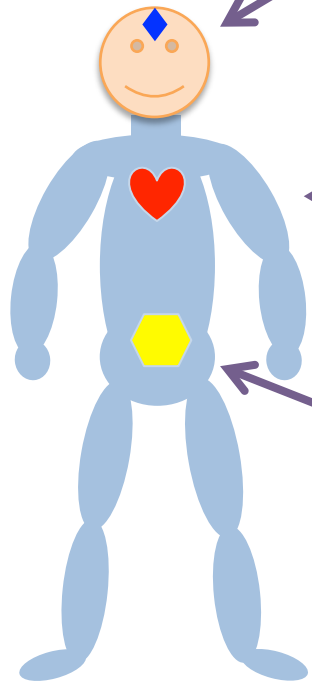
## Three Centers Essential Qualities

**Essential Qualities** – At birth, our essential qualities are sets of potentiality that are innate capacities present within the Totality. Individuals can tap into these potentialities, explore them in their unique way and thus embody them. This leads to the paradoxical experience of feeling more solidity as a human and yet also more spaciousness at the same time. An essential quality can never be completely known since it is an aspect of infinite consciousness and cannot be truly separated from it.



These are fields of potentiality. There is no way to actually describe them, they are infinite in expression. All we can do is experience certain qualities or flavors of these fields. These flavors I call essential qualities.

## Essential Qualities



Head Center – Mind

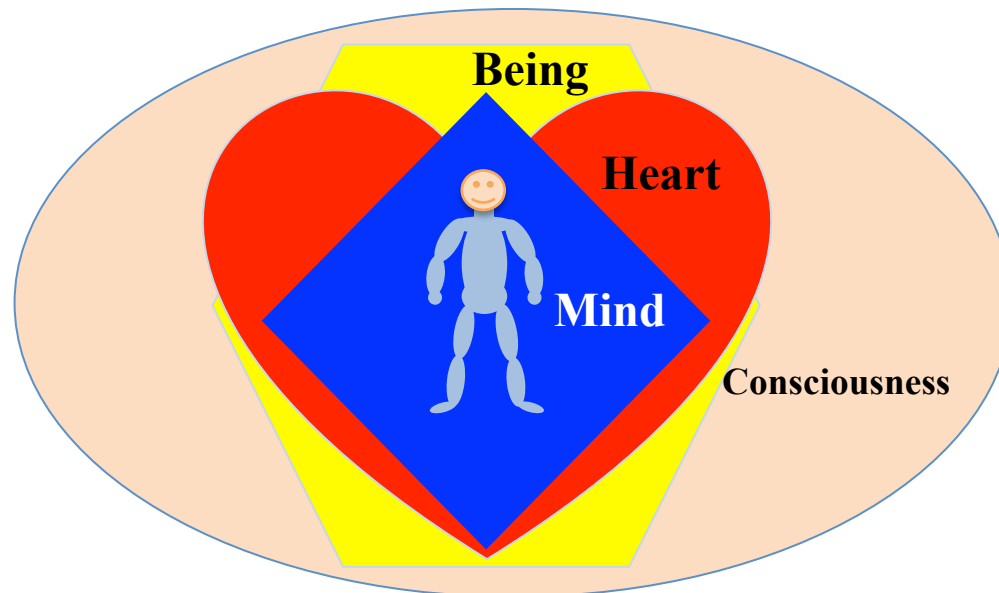
– Clarity, Luminosity, Brilliance, Understanding, Discernment, Intelligence, Stillness, Silence, Resilience

Heart Center – Love

– Unconditional Love, Personal Love, Kindness, Interpersonal Love, Courage, Devotion, Faith, Compassion, Innocence, Empathy, Beauty, Awe

Belly Center – Being

– Strength, Power, Playfulness, Solidity, Sovereignty, Emptiness, Gender, Identity



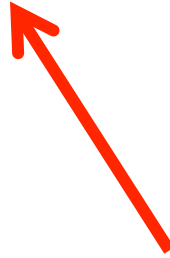
## What Resilience is Not

Helps people stick with long term struggles, no matter how difficult



Grit

Helps people bounce back from short-term struggles



Helps people recover from setbacks



Helps people avoid setbacks in the first place



Mental Toughness

vs

Resilience

vs

Fortitude



Strength of mind that enables people to encounter danger or bear pain or adversity with courage.

Is the ability to adapt well during times of adversity or trauma.



Is the ability to exercise inner strength during times of adversity or trauma.

Mental Endurance



Is the ability to exercise inner strength in every day life and the ability to deal effectively with all challenges. This requires will power, self-discipline and perseverance. Not specific to bouncing back from trauma or adversity

## What does Resilience Look Like?

- We maintain the capacity to make realistic plans and take steps to carry them out.
- We maintain our skills in communication and problem-solving.

### Digging hole to China



<http://www.woollydragon.com/wp-content/uploads/2010/03/Orchard-work-002.jpg>



<https://i.pinimg.com/originals/7e/4d/2a/7e4d2ac491c62a53d8fad7a0245fa2e2.jpg>



<https://successunlimited-mantra.com/index.php/blog/ways-to-improve-your-problem-solving-skills>

- We maintain a positive view of ourselves and confidence in our strengths and abilities.
- We maintain the capacity to manage our strong feelings and impulses.



<http://psychology.iresearchnet.com/social-psychology/self/phenomenal-self/>



<https://www.traumarecoveryclinic.org/managing-strong-emotions-therapy-group.html>

**American Psychological Association**



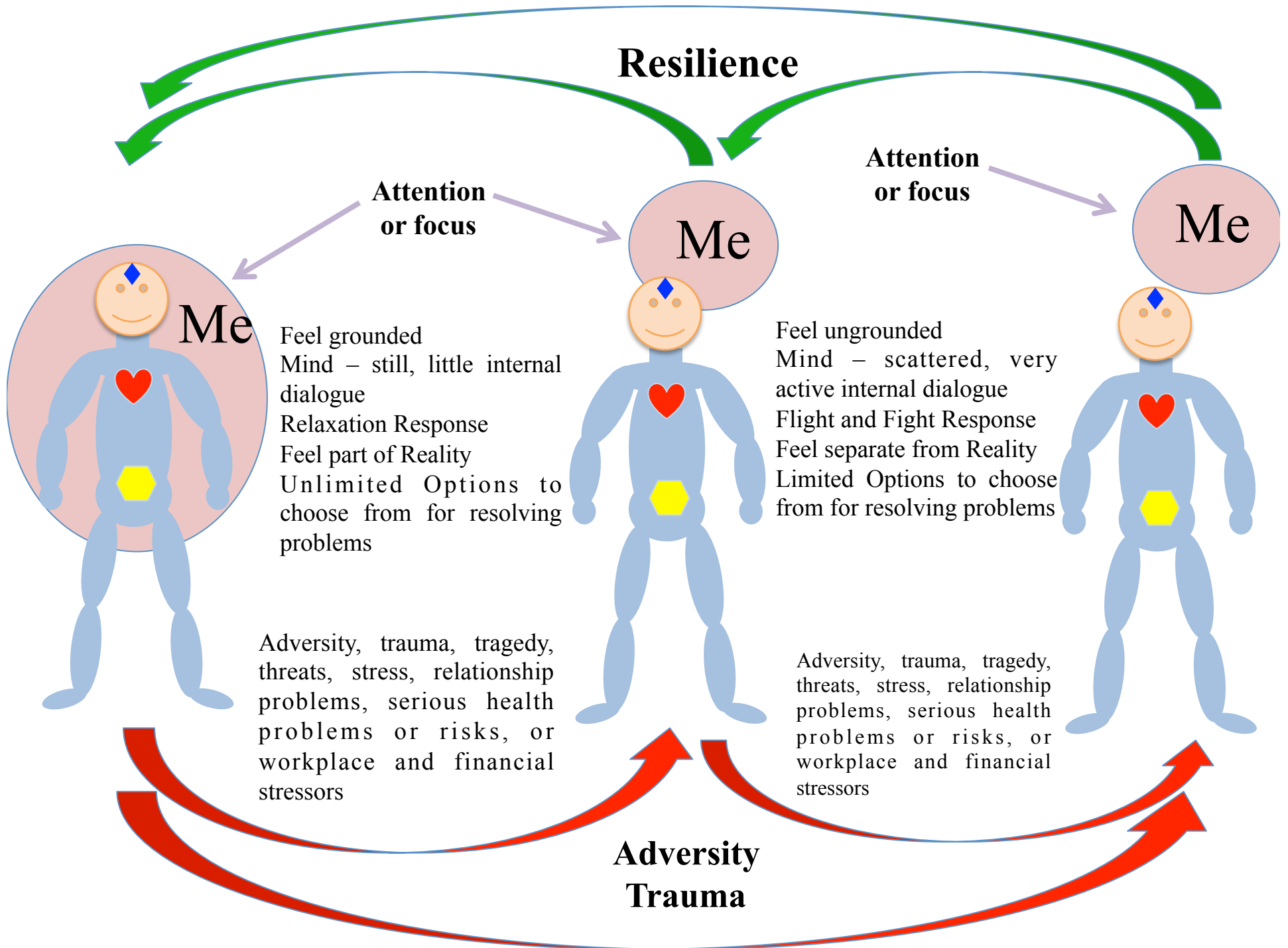
Author and resilience expert Glenn Schiraldi provides even more examples and characteristics of resilient people, listing strengths, traits, and coping mechanisms that are highly correlated with resilience:

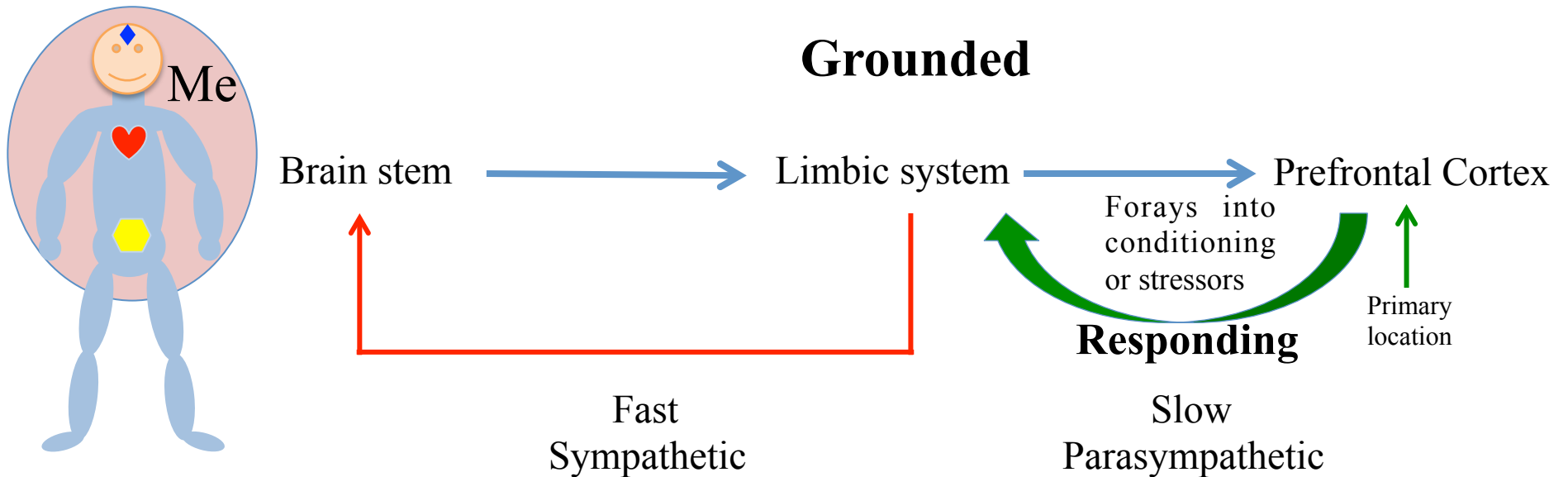
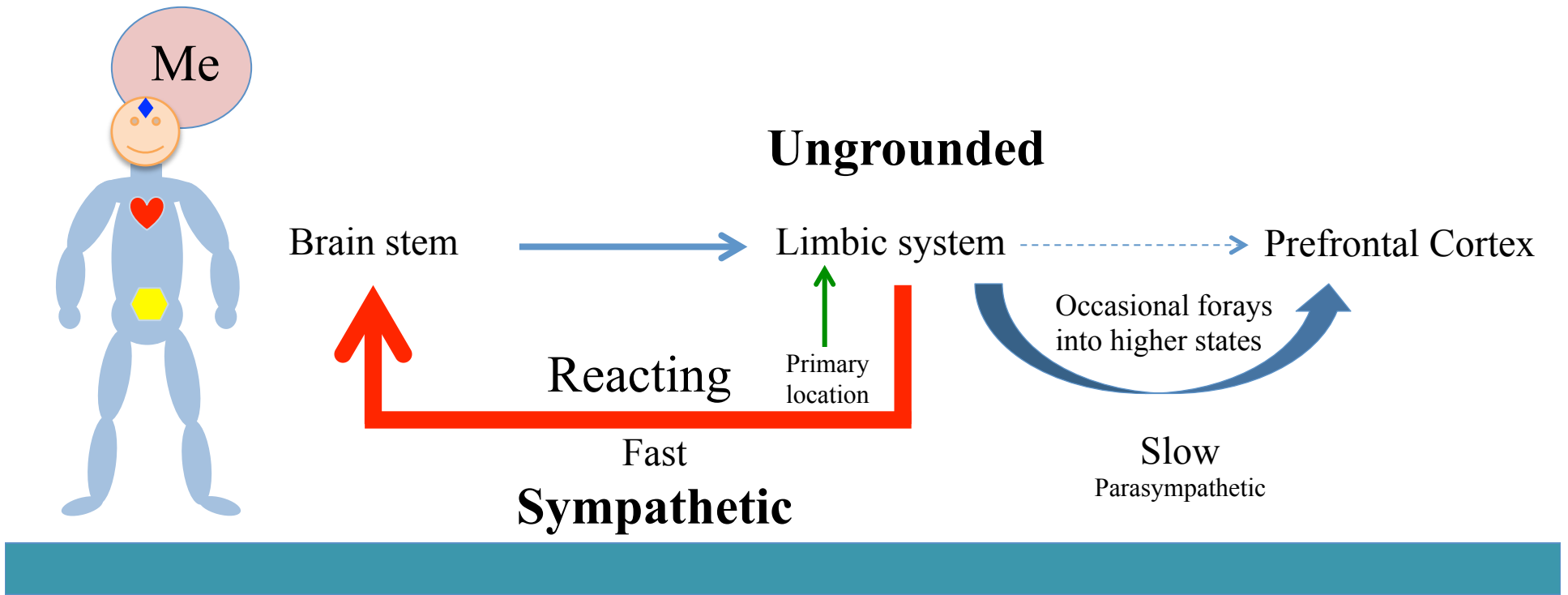
- Sense of autonomy
  - having appropriate separation or independence from family dysfunction
  - being self-sufficient
  - being determined to be different—perhaps leaving an abusive home
  - being self-protecting
  - having goals to build a better life
- Calm under pressure (equanimity, the ability to regulate stress levels)
- Rational thought process – ability to maintain perspective
- Self-esteem
- Optimism
- Happiness and emotional intelligence
- Meaning and purpose (believing your life matters)
- Humor
- Altruism
  - learned helpfulness
  - love,
  - compassion

In addition, these characteristics are also mentioned by Glenn Schiraldi:

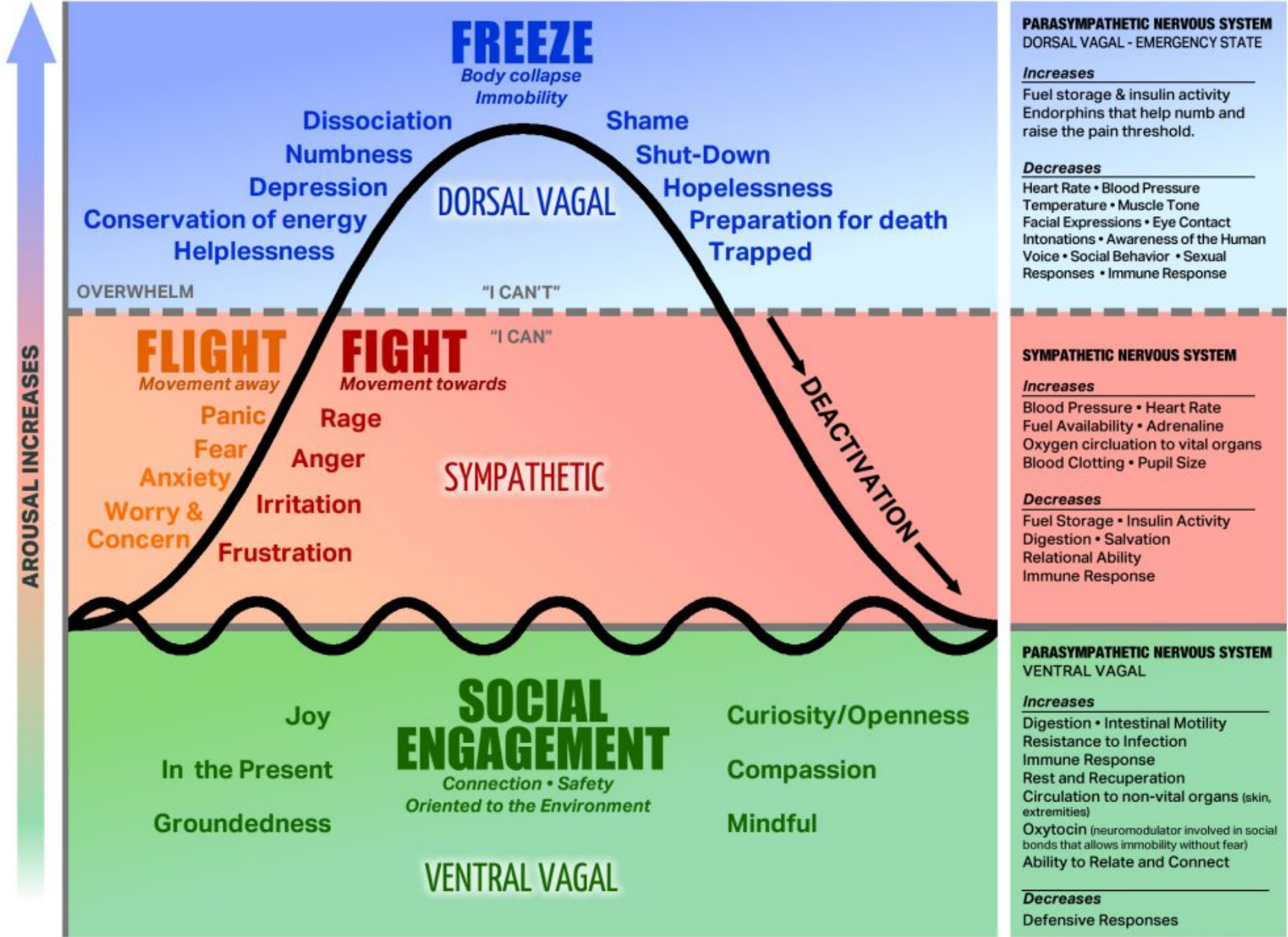
- Character:
  - integrity
  - moral strength
- Curiosity (which is related to focus and interested engagement)
- Balance:
  - hobbies
  - educational pursuits
  - jobs
  - social and cultural pastimes
- Sociability and social competence
  - getting along with others and ourselves
  - using bonding skills to build rapport
  - are willing to seek out and commit to relationship
  - enjoying interdependence
- Adaptability:
  - are persistence
  - have confidence
  - having flexibility
  - accept what can't be controlled
  - use creative problem-solving skills and active coping strategies
- Intrinsic religious faith or sense of the numinous
- A long view of suffering which might entail proper perspective and reviewing assumptions about life
- Good health habits:
  - getting sufficient sleep
  - eat right and have a good sense nutrition
  - exercise regular to maintain the our bodies
  - don't use alcohol or other substances immoderately
  - don't use tobacco at all
  - maintaining good personal appearance and hygiene

# Resilience





# Limbic System and Fight – Flight – Freeze Responses

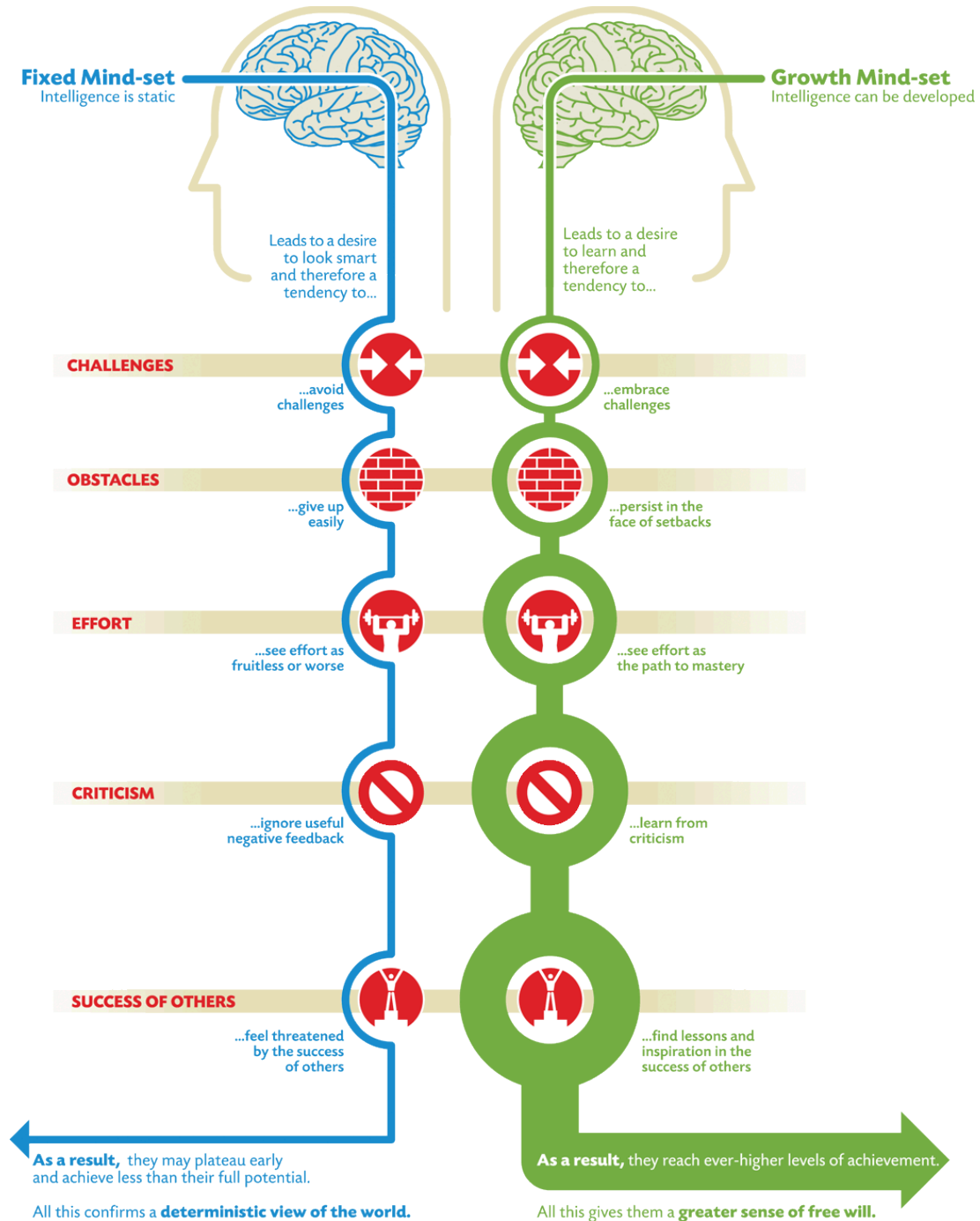


Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine  
<https://www.thequietway.com/cancer/fight-flight-or-freeze-our-response-to-chronic-stress-or-trauma/> [rubyjowalker.com](http://rubyjowalker.com)



## Two Mindsets

Dr. Carol Dweck found that people's theories about their own intelligence had a significant impact on their motivation, effort, and approach to challenges. Those who believe their abilities are malleable are more likely to embrace challenges and persist despite failure. Her model of the fixed vs. growth mindset shows how cognitive, affective, and behavioral features are linked to one's beliefs about the malleability of their intelligence.





## 10 WAYS TO BUILD RESILIENCE

**Make connections.** Good relationships with close family members, friends, or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

**Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

**Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of personal strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality, and heightened appreciation for life.

**Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

**Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.



**Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

**Move toward your goals.** Develop some realistic goals. Do something regularly – even if it seems like a small accomplishment – that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

**Take decisive actions.** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

**Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

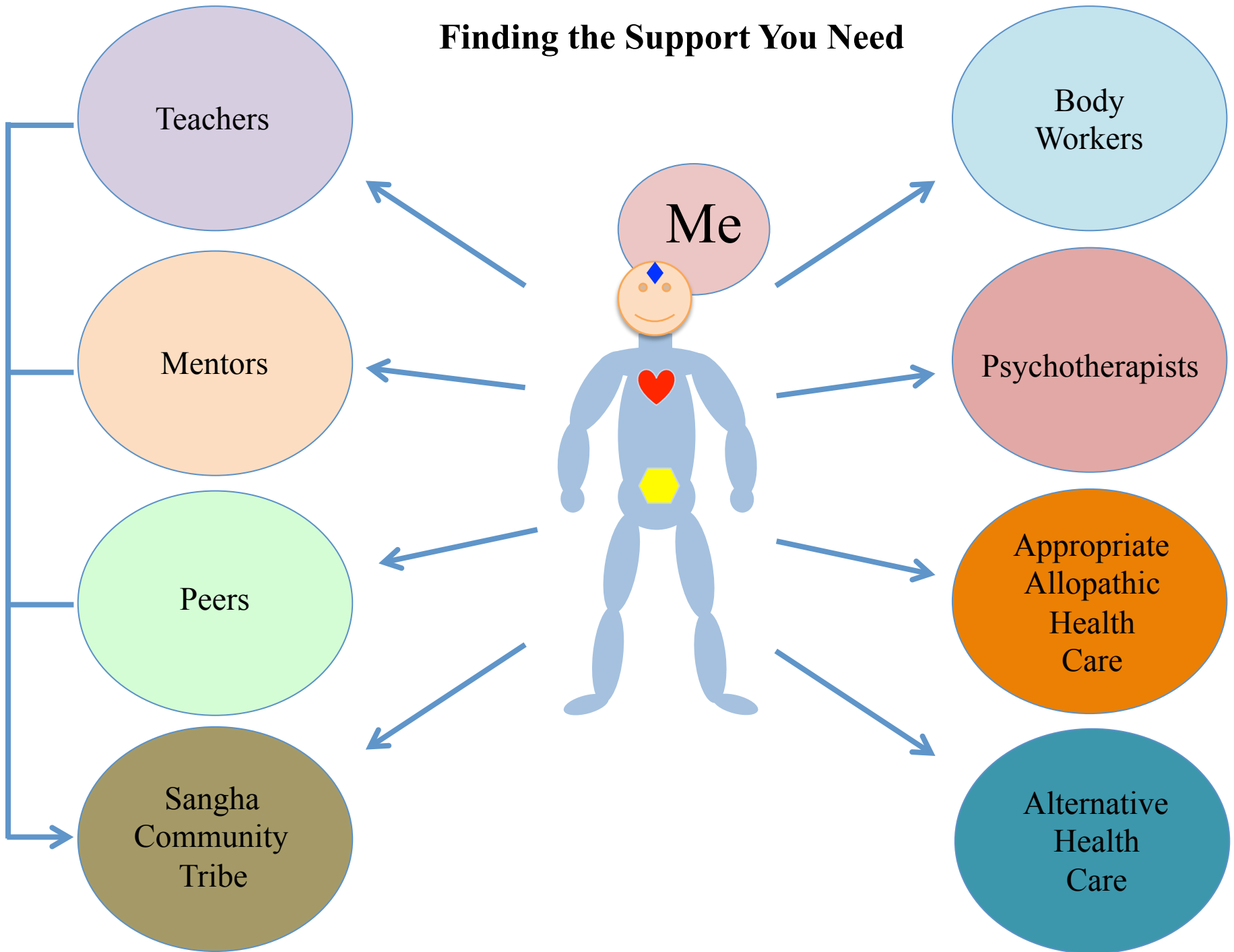
**Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope. **The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.**

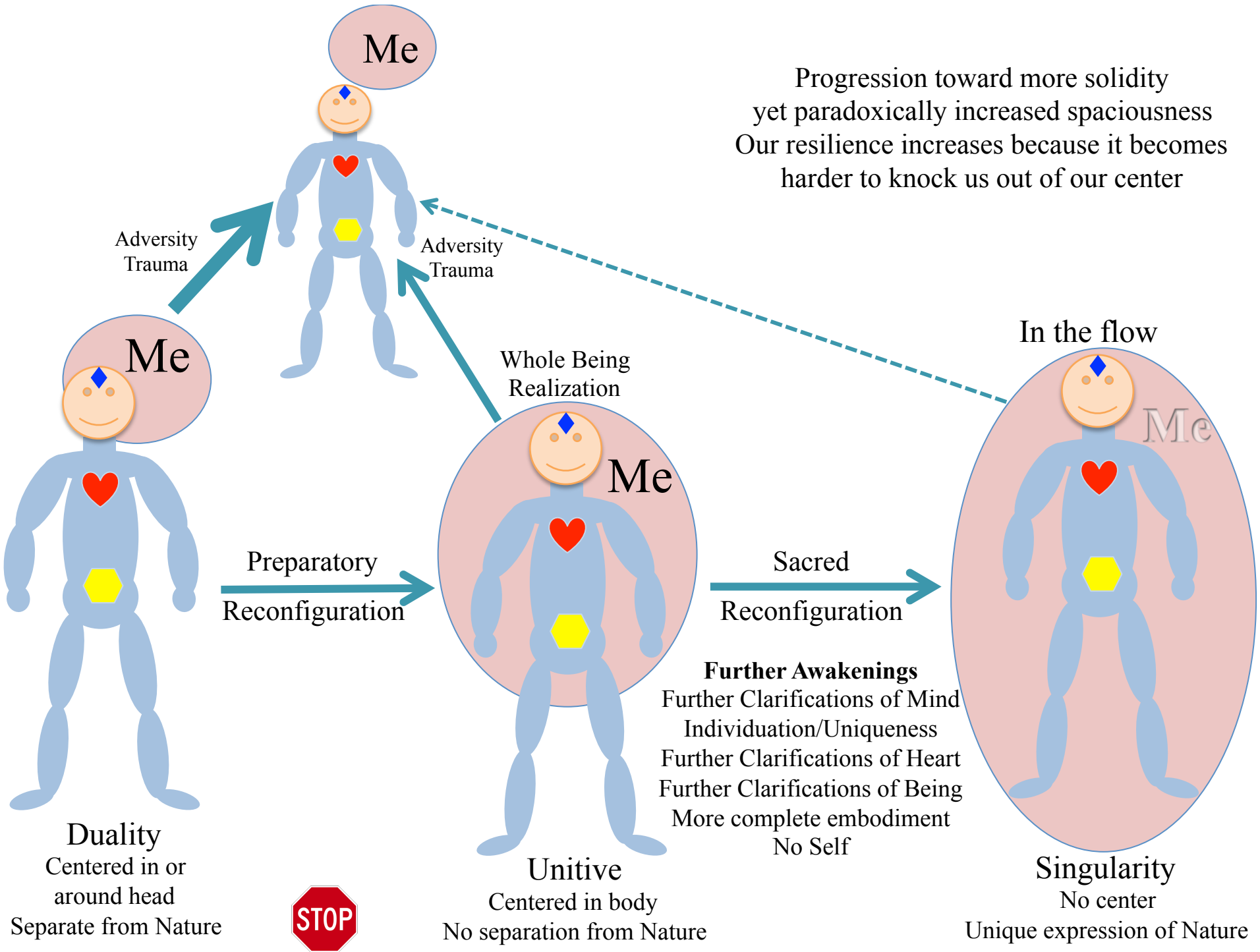
**Self-Learned Resilience:** Self-learned resilience, as the name implies, is the resilience that you build up in yourself through concerted effort. It is the result of being aware of the opportunities for self-development and the courage to take advantage of them. There are many ways to build up your own reserve of self-learned resilience. Below are just a few ways to go about it from three different sources.

- Allow yourself to feel a wide range of emotions and process your emotions with the help of a therapist.
- Maintain a routine and get some rest and adequate amounts of sleep.
- Write about your experience and share it with others.
- Change the narrative by free writing about the issue or deciding to focus on the positives.
- Find a sense of purpose in your life, which will help boost you up on difficult days. Make every day meaningful. Do something that gives you a sense of accomplishment and purpose every day. Set goals to help you look toward the future with meaning.
- Build positive beliefs in your abilities to help you increase your self-esteem.
- Develop your problem-solving skills through strategies like making a list of potential ways to solve your current problem.
- Cultivate forgiveness by letting go of grudges and letting *yourself* off the hook.
- Face your fears and challenge yourself; perhaps expose yourself to things that scare you in increasingly larger doses.
- Meditate and practice mindfulness; a Body scan is a good way to work on your meditation and mindfulness skills.
- Learn from experience. Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times.

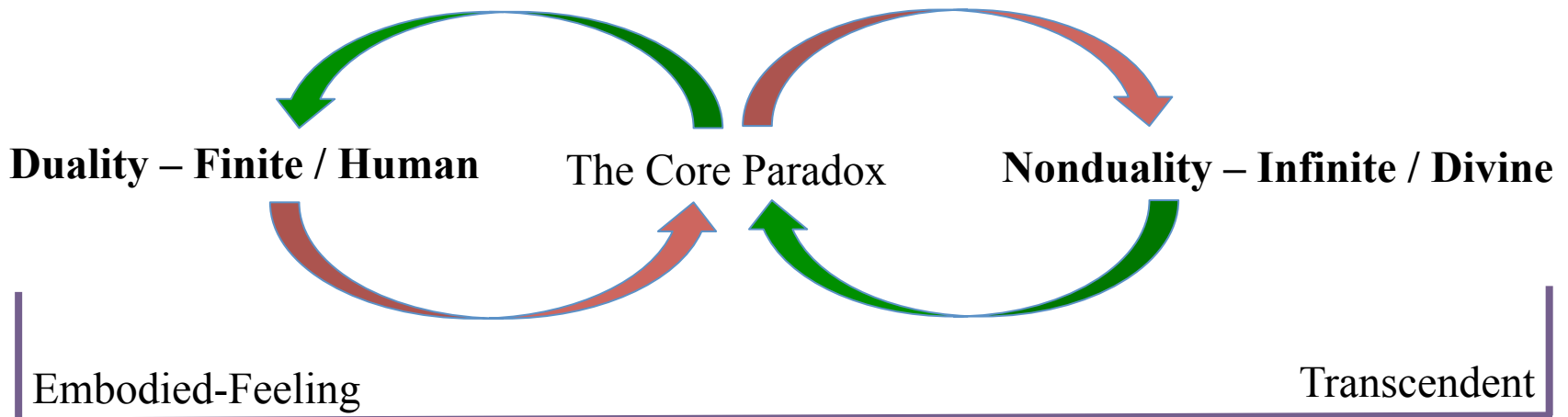
# Finding the Support You Need



Progression toward more solidity  
yet paradoxically increased spaciousness  
Our resilience increases because it becomes  
harder to knock us out of our center



## In the flow



## Consciousness

The infinite transcendent ground which is always registering everything while remaining untouched and unbounded.

## Questions for Breakout Rooms

Think about a time when you were thrown off center by an event or trauma:

- What was your initial response?
- If you felt, ungrounded, how long did it take you to get back to a grounded state?
- What internal and external resources did you use to get back to a grounded state?
- In hindsight, what resources did wish you had at the time?