



RESILIENCE

Reduce stress. Enhance mindfulness. Improve well-being.

TOPICS

INSIGHTS

PRACTICES

Part 1: GRATITUDE

Resilience is the core strength you use to lift the load of life. Building resilience is building a resilient brain.

Our brain struggles with focus, fatigue and fear. Most of the time, the brain is in its default (distracted) mode.

MORNING GRATITUDE

Think of five people you appreciate and send them silent gratitude.

GRATITUDE JAR

Write grateful notes to yourself and save them in a jar.

Part 2: MINDFUL PRESENCE

The brain focuses on what it finds of value (interesting and threatening).

Over time, what was once interesting and attractive loses novelty and you notice it less.

Practicing mindful presence can help you focus on what is most important and meaningful.

TWO-MINUTE RULE

Give at least two minutes of undivided attention to someone in your life who deserves that attention but isn't getting it. Do not try to improve or change the other person in that time.

CURIOUS MOMENTS

Observe what's around you with mindful attention, with a deeper sense of curiosity.

Part 3: KINDNESS

Areas of the brain that you use more become stronger and better connected.

You can intentionally change your brain's innate wiring to move past the tendency toward negativity and fear.

KIND ATTENTION

Assume most people you meet/see are special and have struggles. Send them a silent good wish.

Part 4: RESILIENT MINDSET

The choices you make powerfully influence your well-being.

Changing how you think is the first step to changing how you live.

RESILIENT THINKING

Integrate these five timeless principles in your thinking: Gratitude, Compassion, Acceptance, Meaning, Forgiveness

BOOKS

Mayo Clinic Guide to Stress-Free Living
Mayo Clinic Handbook for Happiness
New book - Mindfulness Redesigned for the Twenty-First Century by Dr. Amit Sood
<https://www.resilientoption.com/>
<https://www.myhappinespal.com/>

TWITTER: @amitsoodmd
Resilience.MayoClinic.Org