

Resilience - Class 1

Introduction



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February 2020
West University Senior Center

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Course outline



- Feb 6 – Why and how meditation helps us to be resilient
 - The Problem - Why we are not resilient.
 - The Solution - How we can become resilient
 - Beginners Meditation
- Feb 13 – Mental discipline and self-control
 - Meditation – formal practice
 - Mindfulness – informal
 - Micro Practices – aspirational
- Feb 20 - Grit - Letting go – Being Proactive
- Feb 27 Compassion – Generosity
 - People skills – Emotional Intelligence

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Non sectarian

- Great wisdom from multiple sources
 - Christian, Buddhist, Jewish
 - Secular – Stephen Covey
- Not trying to change your beliefs.
- Wide variety of practices
 - Pick the ones that inspire you and drop the rest.

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A Way Not THE way

- Spirituality
- Religion
- Yoga, Tai Chi, Exercise
- Nature

All of these alter your disposition and bring you into the present moment and out of your head

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Guided Meditation

- Formal Practice
 - Deep Breathing
 - Counting
 - Felt sense
 - Both



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The Problem

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The Problem

Why aren't we resilient

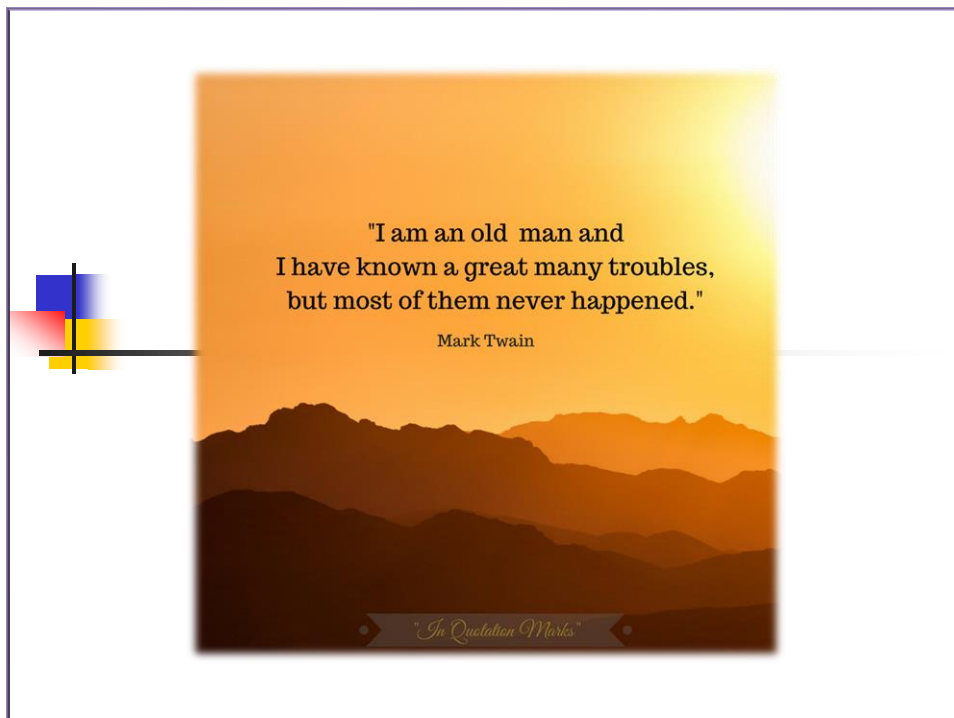


- Our reactions to difficult situations make things worse
- Reactivity
 - Blame, Catastrophizing, Ruminating, anger and revenge

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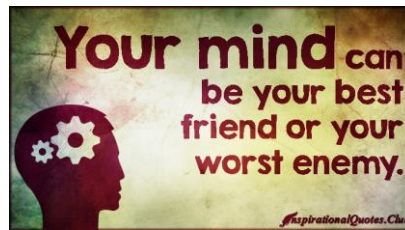
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- My mind is like a bad neighborhood. I try not to go there alone. Anne Lamont

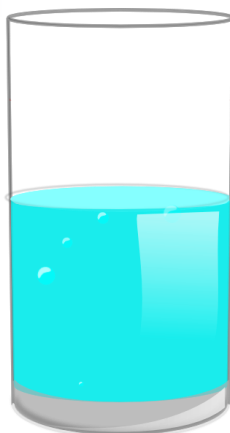


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Most people



Velcro for negative experiences

Teflon for positive experiences

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Think about this

- When things go wrong **do you have to:**
 - Feel bad?
 - Get angry?
 - Find someone to blame?
 - Become emotional?
 - Get caught in a negative story line?
- Are there times when these responses are not helpful?
- Do you respond in ways that are not helpful?

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Think about this

- What would your life be like if you could respond to difficult situations from a sense of well being:
 - Confidently
 - Optimistically
 - Compassionately for yourself and others
 - With focused on constructive actions
- How could you cultivate the mental discipline and disposition to respond constructively?
- **There are many times that it is appropriate to get angry! Don't get angry at getting angry!**

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Micro Practice

- Long slow breath

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The solution

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Rick Hanson

The book - "Resilient"

- Meditation Mindfulness - mental Discipline so that
 - You are aware when you are triggered
 - You can focus your energies to positive solutions
- Positive Psychology - cultivating a sense of well being so that
 - Look at life with optimism, confidence and compassion
 - Cope with issues much better
 - Avoid problems.

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"Resilient"

By Rick Hanson

- Compassion
- Mindfulness
- Learning – (micro practices – gratitude - compassion)
- Grit – (Proactive – letting go)
- Gratitude
- Confidence
- Calm – Meditation and mindfulness
- Motivation
- Intimacy – Comes out of compassion
- Courage
- Aspiration
- Generosity – Comes out of compassion

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"Skills Professional and Personal



Non Sectarian
Professional
Perspective

Spiritual
Personal
Buddhist
Perspective



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Positive Psychology



Cultivating



- Meditation
 - Focus
 - Concentration
 - Awareness
- HEAL
 - Compassion
 - Letting Go
 - Gratitude
 - Confidence
 - Reverence
 - Humility

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Definition

What is resilience?

- Definitions from the web
 - 1. The capacity to recover quickly from difficulties; toughness.
 - 2. The ability of a substance or object to spring back into shape; elasticity.
- My experience of resilience
 - **Having the mental discipline to act constructively in spite of difficult situations.**

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Neuroplasticity

- Neurons that fire together wire together
- **We can train our brains through practice.**
 - Compassion
 - Gratitude
 - Mindfulness

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Micro Practice Aspirational

■ Gratitude



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Approaches

- These techniques are used in Google's Meditation Program "Search Inside Yourself"
- Micro Practice
 - Can be done throughout the day.
 - Can be done for very short periods of time
- Aspirational Practice
 - Evoking a positive mental state such as
 - Gratitude
 - Compassion
 - Lovingkindness

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Positive Psychology HEAL

■ ACTIVATION

- 1. **H**ave a beneficial experience

■ INSTALLATION

- 2. **E**nrich it: Stay with it, feeling it fully.
- 3. **A**bsorb it: Receive it into yourself.
- 4. **L**ink it (optional):

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The Good News Change begins with Me!

Wise Quotes

Yesterday I was clever, so I
wanted to change the world.
Today I am wise, so I am
changing myself

 **Rumi**

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Rick Hanson Quote

- Mental resources like
 - Determination, self-worth, and kindness
- are what make us resilient:
 - Able to cope with adversity and
 - Push through challenges
 - In the pursuit of opportunities.

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Rick Hanson Quote (contd)

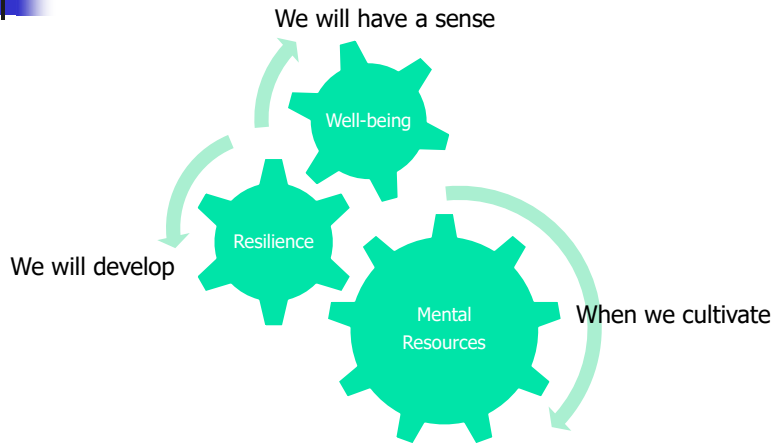
- While resilience helps us recover from loss and trauma, it offers much more than that. True resilience fosters
 - well-being, an
 - underlying sense of happiness,
 - love, and
 - peace.

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Positive Cycle of resilience



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Content

- Student to Zen Master
 - I have a relationship problem can you help me with it.
- Zen Master to the student
 - Yes, but don't tell me about the content of the problem, tell me how you experience the problem bodily sensations.
- Does this seem helpful?

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Get Grounded

- Get out of your head and in touch with your body before you deal with any problem
 - Thoughts drive emotions.
 - Stop the thoughts.
 - Focus on your bodily sensations
 - When you really have a felt sense of your body, your heart rate decreases you can begin to see with clarity and can find the best solutions to your problems.
- Sometimes you will say things when you are emotionally charged that are self-destructive

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Benefits of Meditation

- Sense of well-being
- Coping with stress
- Ability to focus and concentrate on any task.
- Ability to listen with compassion with cultivates nurturing relationships
- Manage emotions more effectively
- Helpful to your immune system
- Longevity – meditation impacts the tellurides.

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Study by British Government

From "Mindfulness @ Work: Reduce stress, live mindfully and be happier and more productive at work" by Anna Black

- The number of days off for stress, anxiety and depression have fallen by 71% over the following three years.
- Absences for all conditions dropped by 50% over that time.
- 80% of participants reporting improvements in their relationships,
- 79% improvements in their ability to relax,
- 64% improvements in sleep patterns
- 53% improvements in happiness at work.

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Optional Homework

- Do the formal guided meditation on a daily basis.
 - You choose which of the three options. Long slow breath with: Counting, Noticing sensations, Counting and noticing sensations
 - You commit to the amount of time you feel you can do and set a timer.
- Micro Practice
 - On Even days: Twice a day do a gratitude micro practice.
 - On Odd days: Twice a day just pause, and breath long slow and deep for at least 5 breaths. You can do more if you want.
- There are also several guided meditations you can try instead
 - BeingMindful.com -> "Resources" -> "4 week program" -> "Meditations"

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BeingMindful.com

- Guided Meditations
- 28 Day Challenge
 - Resources Tab – “4 Week Challenge”
- Any questions
 - Contact me at Stan@BeingMindful.com
- Newsletter
 - BeingMindful.com top far right

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Questions?



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- Anyone who has so little knowledge of human nature as to expect to find happiness by any means other than changing their own disposition will spend a lifetime in useless endeavors.