

# Positive Psychology Resilience



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**Luna Recovery**

**Stanley Merrill**

**April 14, 2020**



# Objective of today is to Motivate you to meditate

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- Why meditate?
  - How can watching my breath be helpful?
  - What problem does it fix?
- Meditation cultivates
  - Calmness
  - Recognition: Awareness – Self-Reflection
    - Objective observer
  - Regulation: Mental discipline
    - Think before you act



# Agenda

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- Guided Meditation – Experience
- The problem
  - Human tendency for reactivity.
  - Ready, Fire, Aim.
- Positive Psychology
  - Mediation
  - Aspirational Practices



# Training Wheels Guided Meditation

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- 1. Long slow breath
- 2. Counting and long slow breath
  - Count on the in-breath
  - Count on the out-breath
- 3. Counting and felt sense and long slow breath
  - Continue counting
  - Focus on nostrils as you breathe in
  - Focus on your lips as you breathe out.
- 4. Felt sense and long slow breath
  - Stop counting
- 5. Just Felt sense – Training wheels are gone!
  - Stop long slow breath



# The Problem

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# The Problem

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## **CIRCUMSTANCES Out of our Control**

**Illness**

**Difficult People**

**Personal Loss**

**Financial Loss**

**Failure**

**Old Age**

## **Our Reactions In our control**

**Fear and Anxiety**

**Anger and Hatred**

**Reactivity**

**Catastrophizing**

**Helplessness**

**Blame**

**The Question – Are our reactions Helpful?**



# Serenity Prayer

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- Grant me the serenity to accept the things I can not change.
- The courage to change the things that I can and
- The wisdom to know the difference.

**The Challenge**  
**Maintain serenity in spite of problems we can not fix**



# Problem

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- WE DON'T CARE IF THE RESPONSE IS HELPFUL, BECAUSE WE FEEL THAT IT IS JUSTIFIED!
- Self-righteousness is an intoxicating emotion.
- Our responses are instinctual, but our instincts don't always serve us well.





# Self Reflection

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- Do you get agitated about things you can not change?
  - Red lights, long lines, spilt milk, etc.
- Do you respond to situations in ways that are not helpful?
- Do you find it difficult to calm down?



# Fear, Anxiety and Anger Aren't always **BAD**

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- They can motivate you to take constructive action.
- The question is
  - What do they cause you to do?
  - What do they stop you from doing?
- Fear can cause you
  - To work harder and
  - Plan better
  - It can paralyze you
- Anger can inspire you to fix problems.



# Meditation and Mindfulness

An approach not **THE** approach

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- Other complementary approaches for resilience:
  - Nature
  - Friends and family
  - Sense of purpose
  - Physical activity
  - Spiritual
  - Psychology – Jungian – Cognitive Therapy
- Meditation can be done in conjunction any or all of the above.
  - Awareness and Mental Discipline help with everything.

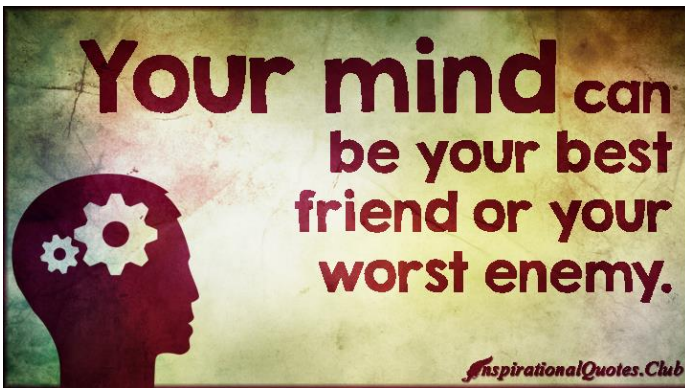


# Goal

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- NOT TO STOP
  - Anxiety, fear, thoughts, anger
- Be aware of
  - Anxiety, fear, thoughts, anger
- Have the presence of mind to take constructive actions instead of repeating habitual self-destructive patterns

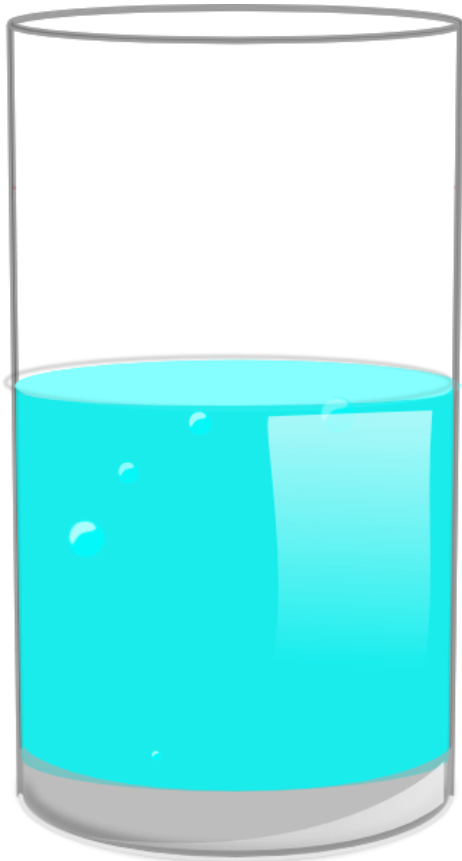
# Be aware when You are



- Catastrophizing
- Exaggerating
- Ruminating
- Dramatizations
- Blame
- Hatred
- Anger



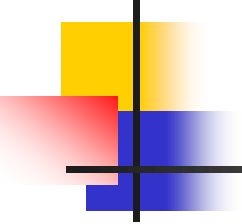
# We are wired to be:



**Velcro for negative experiences**

**Teflon for positive Experiences**

**- Needed for survival**



# The Solution

## Positive Psychology

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- Rick Hanson – “Resilient”
- Preventative! - Avoid depression – Don’t wait
- Cultivate attitude / disposition
  - Sense of well-being
  - Calmness
  - Confidence
  - Optimism
  - Gratitude
  - Self-compassion
  - Compassion

# Resilience

## Sense of Well Being

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A

**Sense of well-being**

**In spite of**

the inevitable challenges of life.







# Skills of Resilience

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Striving – values - realistic goals

Wisdom  
Education  
Experience

Psychological insight - People Skills

Gratitude – Humility

Aspirational  
Practices

Grit - Confidence

Agency – Take responsibility - Discipline

Meditation

Awareness – Calmness – Objective observer

# Your Disposition Your Responsibility

THE WORLD IS NOT FAIR

- Your

- Attitude
- Disposition
- Values
- Emotions
- State of Mind

- Are your responsibility

**EVEN when the problems are not your fault**





# Positive Psychology

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- Meditation Cultivates
  - Recognition: Awareness – Objective observer
  - Regulation: Mental Discipline –our thoughts and emotions.
- Aspirational Practices
  - Nurture your mind
  - Micro Practices – just a few minutes throughout the day
  - Cultivate positive experiences
    - Savor them
    - Reminding yourself of the positive aspects of life.
    - Not Positive thinking, just avoiding negative thinking



# The techniques Future Classes

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- Meditation
- Mindfulness
- People Skills
- Letting go == Proactive
- Gratitude – Aspirational Practice
- The Craving Mind - Habits



# Blogs

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- [BeingMindful.com – Blog Page](#)
- Topics
  - Coping with Stress – 10 minute mediation
  - Gratitude
  - Sleep
  - Resilience

# BeingMindful.com



- Email: [Stan@BeingMindful.com](mailto:Stan@BeingMindful.com)
- Go to [BeingMindful.com](http://BeingMindful.com)
- Resources -> Handouts -> Luna Recovery
  - PDF of Slides,
  - Feedback link



# Optional Homework

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- Training Wheel Meditation
  - 5 minutes morning and evening
- Gratitude aspirational practice
  - Twice a day.
- Throughout the day
  - Are your thoughts helpful?
  - Are they true?

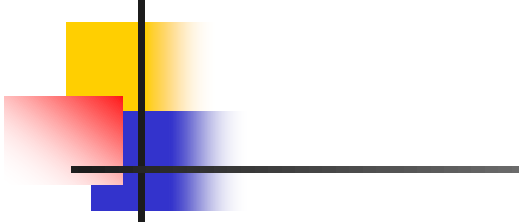


# Questions?

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# Samuel Johnson

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- He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts.