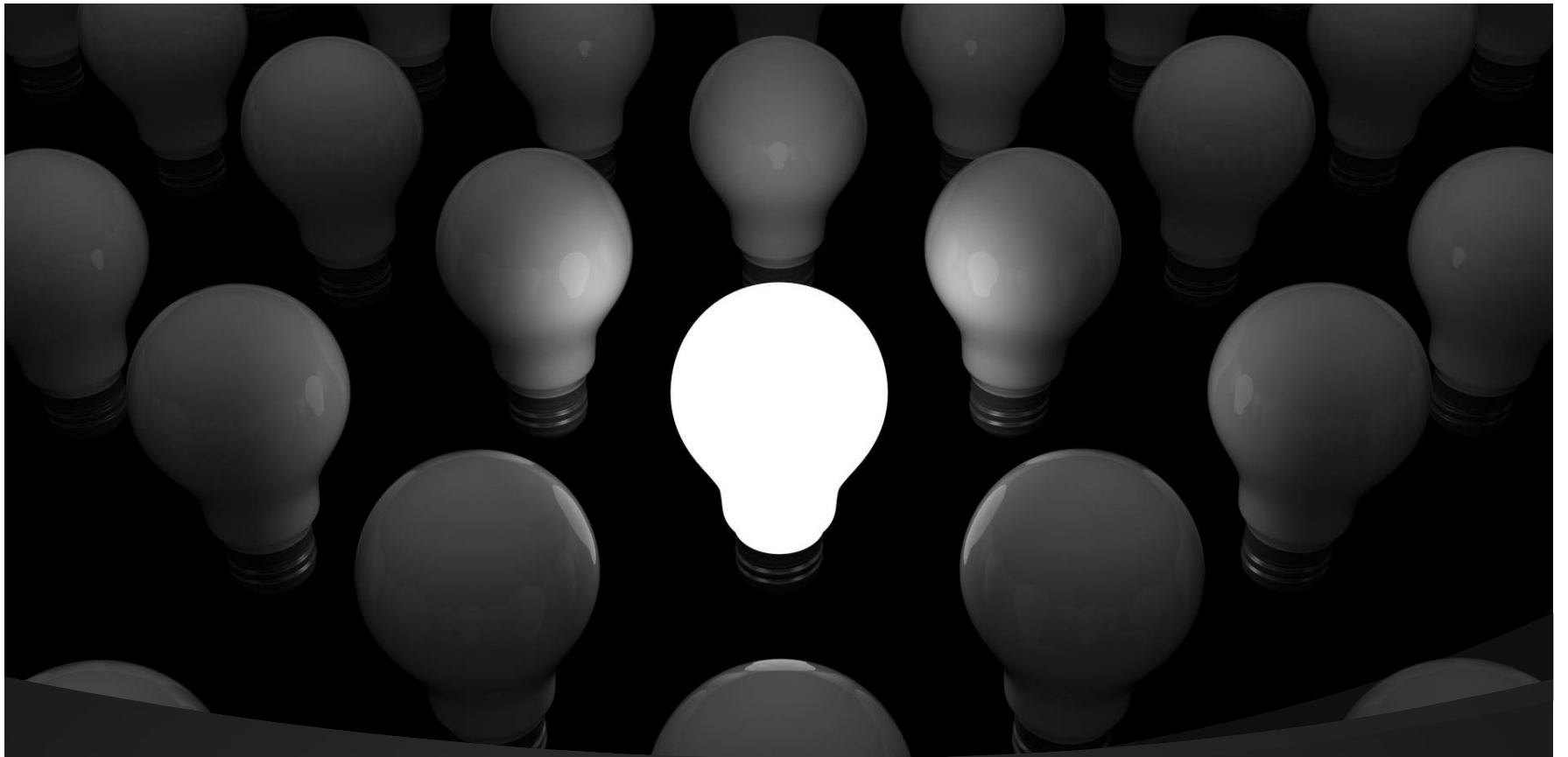


B- Empowered



Experience ...

RESILIENCE IN TROUBLED TIMES



1. Self Awareness

BODY & MIND

Exercise: Covid-19 Crisis



- ▶ **What do you (or someone close to you) think about the Covid-19 crisis?**
 - ▶ How does this affect you physically?
 - ▶ How does this affect you mentally?
 - ▶ How does this affect you emotionally?
- ▶ **Which of these need to change?**

Exercise: Covid-19 Crisis



- ▶ **What are the choices you can make to change?**
- ▶ **Decide on which choice to make**
- ▶ **What action will you take based on the choice you've made?**



2. Attention

FOCUS

Exercise



- **Perform a mindfulness exercise**
 - Choose anything you like!
- **Report back on the exercise**
- **Which of these did/can it bring you?**

1. Balance
2. Clear Sightedness, perspective
3. Stability
4. Other

1. Control
2. Competence
3. Coping
4. Confidence
5. Connection
6. Character
7. Contribution



3. Letting Go – Physically

BODY

Exercise



1. **Breathing**
2. **Muscle Tense & Release**



4. Letting Go - Mentally

THOUGHTS

Exercise



- ▶ **The Thought Highway**
 - ▶ No stopping cars
 - ▶ No chasing after the cars
 - ▶ Don't interfere with the traffic
 - ▶ No collisions
 - ▶ No traffic jams



5. Accessing & Sustaining Positivity

FEELINGS



I promise myself

- To be so strong that nothing can disturb my peace of mind.
- To talk health, happiness, and prosperity to every person I meet.
- To make all my friends feel that there is something worthwhile in them.
- To look at the sunny side of everything and make my optimism come true.
- To think only of the best, to work only for the best
and to expect only the best.
- To be just as enthusiastic about the success of
others as I am about my own.
- To forget the mistakes of the past and press on to the
greater achievements of the future.
- To wear a cheerful expression at all times and give a smile
to every living creature I meet.
- To give so much time to improving myself that I
have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.
- To think well of myself and to proclaim this fact to the world,
not in loud words, but in great deeds.
- To live in the faith that the whole world is on my side,
so long as I am true to the best that is in me.

CHRISTIAN D. LARSON

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Exercise



Write down some affirmations.

Start with "I am "



Circle one that resonates most with you



Share that one with the group and tell us why it resonates



Now ...
Go out and be Resilient !!!

Thank you !

