

"May the Force be with you is charming but its not important. What's important is that you become the Force - for yourself, and perhaps for other people."

- *Harrison Ford*



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Fold me

Fold me

MAY THE FORCE BE WITH YOU

 Varies

 Varies

 Varies

Resilience: A Positive Force in Your Life

When you are being chased in the savanna by a wild animal, your stress response is supposed to save your life—it mobilizes your attention, muscles, and immune system to get you quickly out of danger. When animals escape, they come right out of fight-or-flight mode and into “rest-and-digest” mode, where the parasympathetic nervous system is working to replenish their resources.

That stress response is supposed to be short-lived because it wears down your body, your health, and your energy. It also impacts things like your emotional intelligence and your decision making. When you're tightly wound up, you are more likely to react to situations than to respond with reason. When you're not feeling threatened, you're in a calmer and happier place. You will be better able to access your prefrontal cortex or executive functions of your brain and think better and have more empathy. You'll notice others and take the time to reach out and ask if there's anything you can do to support them.

PRACTICE

Research suggests three practices that build our resilience and put us into a calmer, more relaxed state—a state from which we can cope better with whatever life throws at us.

1. **Practice Breathing** - Our breathing is a powerful way for us to regulate our emotions, and it is something we take for granted. Through your breath, you can activate your parasympathetic nervous system—the calming response in your body. The key is to make the exhale twice as long as the inhale.
2. **Practice Self-Compassion** – Self-criticism destroys our resilience. Be mindful of your emotions - observe and notice them, without judging. Self-compassion involves understanding that everyone makes mistakes and that it's part of being human. Practice speaking to yourself the way you would speak to a friend, warmly and kindly.
3. **Practice compassion for others** - Service is one of the most profound ways to nourish the community around you, and also to nourish, inspire, and energize yourself and improve your overall wellbeing.

*(Emma Seppala, Building Resilience in Times of Chaos, 2016)