



 Wednesday 15 Nov 2023 @ 10:00 AM

When we think about resilience, we first have to accept three inevitable truths that are worth getting comfortable with: Pain is inevitable, Uncertainty is inevitable, We have to do the work, and this work never stops.

But accepting pain and uncertainty we can take responsibility focus on what we can control and do the work.

Which cat best describes your mood today?



Take a mindful action today:

- Practice the A.W.E. method at least three times each day for about five to fifteen seconds at a time.

Post Session Reflections:

Stress is the bodies biological response to a threat. And Acute stress protects, strengthens and enhances our abilities. It helps us cope with change and respond successfully to emergencies. Long term chronic stress however is does the opposite and affects our physical and mental health. Luckily we have tools that can help us switch off this biological response, like the AWE method.

After session actions:

One of the ways in which we can mitigate the 'harmful' effects of stress is through firing up our 'Safety Cytokines'. We can do this through the AWE method. A = for Attention, meaning focus your full and undivided attention on something you appreciate, W=Wait, means slowing down or pausing, E = Exhale and Expand, amplifies whatever sensations you are experiencing.

Additional Resources for you!!

The Power of Awe: Introducing the Scientifically Proven A.W.E. Method:

<https://www.publishersweekly.com/9780306828973>