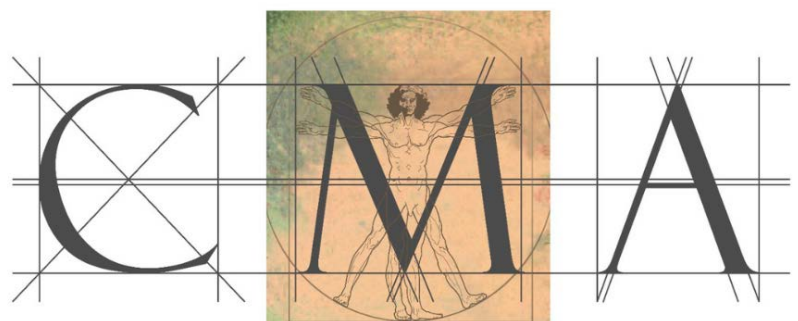


handbook



Resilience and mental wellness

from



COMPLEMENTARY MEDICAL ASSOCIATION

welcome



Usually, when we think of resilience, we automatically think of it in terms of mental strength; guts, grit and gumption. However, there's so much more to it than that.

Resilience is hugely important, from a mental health perspective of course, but physical and emotional resilience are also crucial to our overall wellbeing. In this eBook we'll look at what constitutes holistic resilience and I will share with you some easy and practical steps you can take to boost your own resilience – mentally, physically and emotionally.

During the COVID-19 challenge in particular, we've all had to dig deep and have been discovering aspects of ourselves we didn't know existed and strengths that may have lain dormant. I hope that you find this eBook helpful in continuing to nurture and grow these resilient traits, during the pandemic and beyond.

Jayne Goddard

01 How to be more grateful

04 Seven things people who believe in themselves do differently

06 How to live your life with purpose

09 Weed weaknesses out of your life

12 How exercise helps you become more successful

14 How to add self care into a busy day

18 Five tips for being your best at work

5
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
36
37
38
39
40
41
42
43
44
45
46
47
48
49
50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69
70
71
72
73
74
75
76
77
78
79
80
81
82
83
84
85
86
87
88
89
90
91
92
93
94
95
96
97
98
99
100

*20 Four powerful ways to imagine your
success into reality*

*23 The benefits of becoming more
comfortable expressing your emotions*

25 Thank you

Contents

HOW TO BE MORE GRATEFUL

There's so much emphasis on getting ahead, being successful and striving for change that it can be hard to remember that you already have so much for which to be grateful. Even worse, the constant pushing to change your circumstances can lead to dissatisfaction, and keep you trapped in a cycle of always feeling you're not good enough.

Free yourself from the shackles of 'must try harder' by remembering to stop and appreciate what you've already achieved, and what blessings you already have in your life. Keep in mind that you are free to be content right now. Here are some tips to help free you from the cycle of discontent.

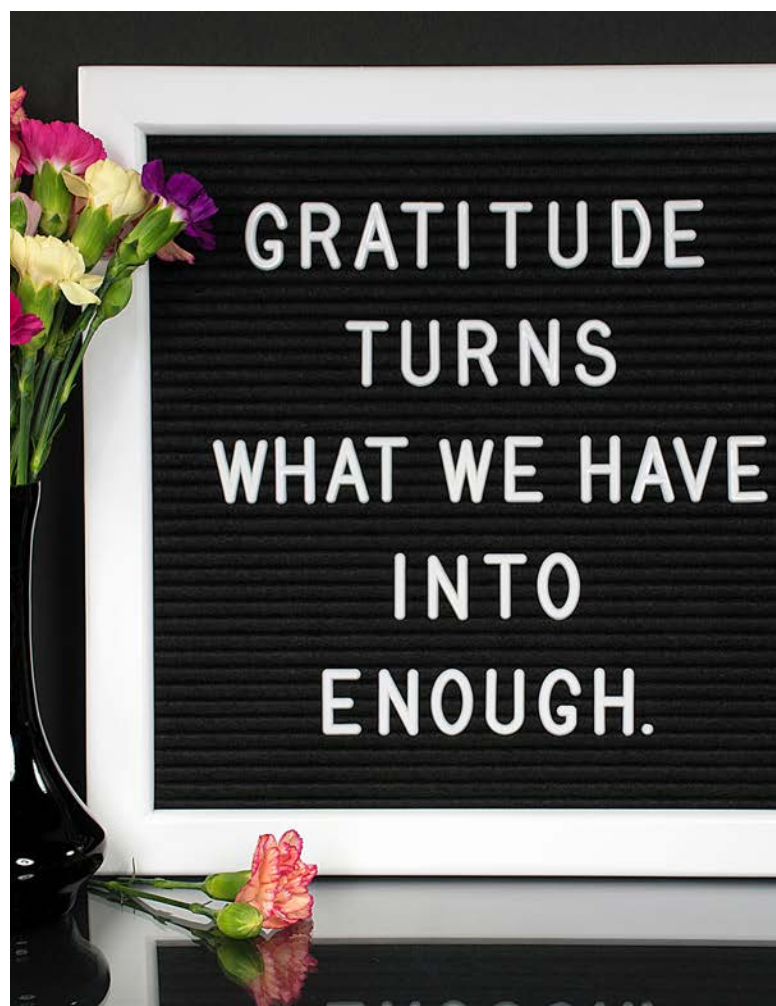


1. *Change your focus*

Research has shown that the more you cultivate a habit of gratitude, the better able you are to weather the ups and downs of life.

As you perceive life to be positive, you will come to expect more of the same. You can retrain your brain from negative self-talk to greater thankfulness, gratitude, and happiness.

By practicing gratitude, you rewire the neural pathways in your brain so that it becomes your mind's default setting. You learn to look for the good in things instead of focusing on the bad.



2. *Step away from more stuff*

If you're like most people, you have more than enough possessions. The current mantra is that spending brings happiness, but deep down you probably know that it doesn't. Sure, buying yourself a new car or outfit makes you feel good at the time, but that spender's high wears off pretty quickly.

Break the habit of buying the next shiny thing and appreciate what you've got right now.



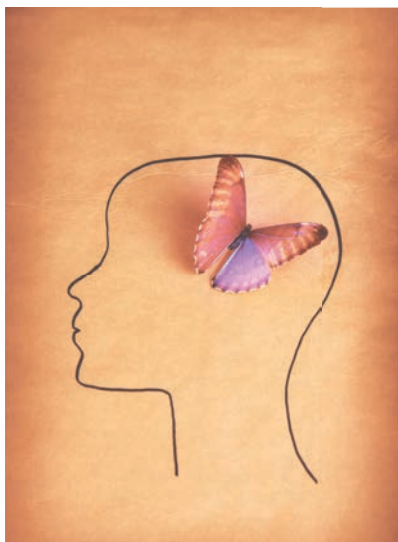
3. *Develop a mindfulness practice*

Mindfulness and meditation can help you focus on the good that's already in your life. By focusing on the present, you free yourself from that familiar yoyo-ing of brooding over past disappointments and future anxieties.

You can easily integrate mindfulness into your day. Whatever you're doing, pause and focus on your breath. Ask yourself: what are five things I'm grateful for in my life right now?

Your five items can be anything from having a roof over your head to having a job, your partner or your health. Or you can be grateful for a comfortable chair or clean sheets! Choose anything that makes you feel good at that very moment.

Choosing gratitude and contentment doesn't mean being stagnant or giving up. It means stepping aside from judgment and freeing yourself from the bonds of negativity.



Everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.

Viktor Frankl

SEVEN THINGS PEOPLE WHO BELIEVE IN THEMSELVES DO DIFFERENTLY

What is about people who believe in themselves? We see it in the way they carry themselves, in the way they converse with others, and in the things they accomplish. Self-belief in action is an amazing thing to see, and something everyone should aspire to. At the same time, we very quickly become intimidated by this kind of change. It seems like it would be hard to change how you think and feel about yourself. We tend to stall out before we begin because it seems like only 'special' people are going to get 'there'.

But is that true? A closer examination shows us otherwise. In fact, you'll find people who believe in themselves have a lot of traits in common. Let's look at some of those now.



01 THEY KNOW WHERE TO FIND HAPPINESS

...and it's not where you've been looking. People with self-belief know true happiness is something that comes from inside, not from how many toys you have or how many digits you have in your bank account.

02 THEY'RE REALLY NOT INTERESTED IN WHAT EVERYONE ELSE IS DOING

With no judgment and even less interest in comparing themselves to others, people who believe in themselves tend to focus more on what they're doing. The competition simply doesn't matter.

03 THEY PICK THEIR BATTLES

When you lack self-belief, you tend to say 'yes' to everything. The problem? If you don't value your time, no one else will either. Learning which things to say 'yes' to and more importantly, how to say 'no', shows the world around them their time is worth fighting for.

04 THEY KNOW WHEN TO SPEAK CONFIDENTLY

There's no waffling or room for wishy-washy statements in the world of self-belief. Your 'yes' means 'yes'. You use a phrase like, "I know..." or "I can..." without second-guessing or wondering if you really can follow through with what you're saying.

05 THEY LOOK FOR THE CHALLENGE

There's nothing like a little healthy competition with yourself. Self-belief means you know the value of pushing to get to the next level. To a person with this kind of self-belief, life becomes almost like a game to move up by facing a challenge straight-on.

06 THEY KNOW HOW TO FAIL

The person with self-belief isn't afraid to try, which sometimes means not accomplishing what they set out to do. When that happens, they take the lesson learned without making excuses or worrying about how it looks.

07 THEY DON'T NEED THE SPOTLIGHT

When you believe in yourself, you don't need accolades and are quick to point out the accomplishments of others. Most people with strong self-belief are modest. They know their value; they don't need someone else to underscore it for them.

The amazing thing about all of these traits is just how easy they are to develop in yourself. By taking the time to build habits of self-belief, you'll be amazed at how quickly you become one of those fantastic people who really believe in themselves.

HOW TO LIVE YOUR LIFE WITH PURPOSE

Finding your purpose in life can turn everything around. It can make your life immediately more meaningful, giving you a reason to bound out of bed in the morning instead of grouching your way to the coffee pot.

Living with purpose helps to make the tough times easier to deal with, and the good times even better.



1. Know your beliefs

Living with purpose starts with understanding your own personal system of values and beliefs. What is important to you? What really matters? When you understand your beliefs, you can start to live by sticking to what is really important in your moral universe. You have an inbuilt list that you can use to guide the way you make decisions and priorities. It is the bedrock of integrity and how others will judge you. Living in alignment with your beliefs will earn you respect and trust.


2. Get clarity on your priorities

Your priorities are shaped by your purpose. Once you know your life purpose, it becomes easier to work out what you want to do and how to achieve your goals. This clarity means that saying no to some things and a hearty yes to others becomes more natural, and you'll get ahead much faster.

3. Aim for balance

Once you're comfortable with your life purpose, some of the striving and anxiety of life can ease off. You don't have to work 24/7. You know how important it is to stay healthy, emotionally, and physically. People living with purpose make sure to connect with the people they love, and they don't forget about self-care.

When your life is on course with its purpose, you are at your most powerful.



4. Follow your passion

Knowing your passion will help you find and nurture your purpose. Passion means energy and motivation; it means being really engaged with life and focusing on getting the most out of it. A new day is full of opportunities and promise, and you're ready to go for it!

5. Feel your contentment

This might sound a little surprising, but living a purposeful life gives you time to smell the roses. Knowing your life purpose takes the anxious edge off things and allows you to feel grateful for where you are now, as well as excited for the future.

6. Live in the present

Perhaps the best gift of a life of purpose is that you relish every moment. There's no room in your life for regret because everything you do is part of the big adventure. Challenges and setbacks become easier to ride out because you're not letting failure define you. Being plugged into the present allows you to feel the abundance that's already in your life.



chapter four

WEED WEAKNESSES OUT OF YOUR LIFE

Everyone has weaknesses. We're born with them. We grow with them. We lose them, develop them, and lose them all over again. It's part of the growing experience.

So, if you're trying to pass off your life as one with no weaknesses, you may be having a tough time. It takes time to get to a point where you graduate your attributes from weak ones to strong ones, but it is 100% possible. Start with a few solid ways to weed weakness out of your life.



Five things to try:

1. Make it a Game

When you zoom out and think about your weaknesses, you can make a list out of it. Write them all down. Then, attack your list as if it were a to-do list. These are definitive attributes that can be improved or changed, so why not go for it?

2. Learn from Others

You are not alone here. You're certainly not the only person who has had/will ever have this weakness. You have tons of people to look up to and learn from, so use this to your advantage. Find someone who has similar weaknesses or similar habits as you. Ask them questions. Learn from them. Then, apply it to your situation.

3. Think About What You Cannot See

Have you ever received criticism from someone and been completely shocked? Sometimes we don't realize our weaknesses until it is brought to our attention. If you're starting on a self-improvement project, try asking your friends and family what they think you can improve about yourself.

4. Take it a Step Further

Weaknesses are not surface level, so they shouldn't be treated that way. If you have a hard time speaking in public, there is likely a deeper-seated issue causing that surface-level weakness. If you don't like to do your work on time, there's probably something triggering that. When you analyze your weaknesses, don't just think about how you want to improve them. Think about why they are there in the first place. Ask yourself questions like "Why do I really feel this way?" or "Have I always felt this way?" Get to the crux of your weakness, and then work to crush it.

5. Recognize that Strengths Always Trump Weaknesses

No matter what your strengths are or what your weaknesses are, the good always trumps the bad. Don't be too hard on yourself throughout this process. You have so many good things going for you, so don't let yourself forget about those. When you're asking your loved ones about your weaknesses, ask about your strengths. When you're making a list of things you want to improve about yourself, make a list about the things you pride yourself on. Keep up the morale and push through!



“

|

THE HUMAN
CAPACITY FOR
BURDEN IS LIKE
BAMBOO - FAR
MORE FLEXIBLE
THAN YOU'D EVER
BELIEVE AT FIRST
GLANCE.

Jodi Picoult

|

”

HOW EXERCISE HELPS YOU BECOME MORE SUCCESSFUL

You have a lot of energy and are full of visions of dreams fulfilled. You want to succeed in life. But how can you when you're not moving? Oh, sure, you've got some great ideas about what you want to do. You're probably even working toward them. You might even have the entire future laid out in a precise roadmap and are busy ticking off each item on the list. But consider this: you're still failing if you're not fit.

In short, you need to exercise.
Why is exercise so important to success?



EXERCISE HELPS YOU PRACTICE SKILLS YOU NEED ELSEWHERE

You're never going to succeed if you haven't set up some serious goals and added them to your schedule. People who exercise are used to doing both things already. In fact, this kind of dedicated planning is probably already second nature.

EXERCISE INVITES YOU TO GO DEEP

Feeling a little burned out, or bogged down by bad habits? Both of these problems fade with exercise. When working out, you give your mind a chance to rest. Better yet, the healthy brain chemicals triggered by activity, such as dopamine, replace malaise with a feel-good kind of reaction instead. You get into the zone and can let your mind run free, exploring new thoughts and ideas while growing more fit and healthy with each step. Many a knotty problem has been worked out while working out.

EXERCISE DROPS STRESS

No, you can't tell the people around you what you really think of them. Exercise gives you a safe outlet to burn out anger, rage, frustration, grief or a host of other emotions aroused by others throughout the day. This clears your mind to get you back on track with what's important.

EXERCISE BUILDS YOU UP

When you're working out, you can't help but feel better about yourself. After all, the very act of exercise makes your body feel good instead of lethargic and heavy. As a result, your self-talk shifts. You become more positive in what you say, and even more optimistic about outcomes, especially as you see yourself realizing exercise goals. You visualize success.

EXERCISE KEEPS YOU ON SCHEDULE

When chasing goals, it's really easy to keep working without stopping. This will eventually kill you if you're not careful. By taking an exercise break, you put a stop to the day and remind yourself there's a lot more to life than work. This helps keep you in balance so you can return to your hopes and dreams with a more rested mind tomorrow.

Without your health, you're never going to truly be able to achieve anything. In the end, the most significant benefit to your future success through exercise comes from the fact you're healthier overall. Period. So, get moving, be consistent, and have fun. Success is out there waiting for you.

chapter six

HOW TO ADD SELF CARE INTO A BUSY DAY

Where do you fit into your day?

If you're like most people, you're pretty busy. You're already dealing with work, relationships, and a whole lot of day-to-day actions. You're running in every direction at once. How in the world are you supposed to fit self-care into a day like that?

Thankfully, it's easier than you think. Try these five ways to add self-care into your busy day.



Ask some important questions

Self-care isn't always about over-indulging yourself. Truly, at its core, self-care is more practical than you might think. You start by asking yourself what you need right now. Meeting these basic needs should be at the center of self-care.



Map it out

Self-care is never going to just happen. Unless you are intentional, you will never make time for it. By making use of your calendar and scheduling time for yourself you are more likely to succeed in meeting your basic needs. Start small by building in the habits which will help you the most. You can begin by adding in regular exercise date several days a week, or by making a meal plan to help you eat healthier. As you achieve one goal, add in another. The key is not to overwhelm yourself all at once.





Figure out what comes first

How are you when it comes to priorities? If you're like most people, just deciding where to begin can be difficult. Here you need to figure out the difference between important and urgent. If something is important and not urgent, you can add it to your schedule. If something is urgent and not important, give it to someone else to do. But if something is urgent and important, do this first.

Learn to say no

You should never feel like you have to say "yes" to everything. Sometimes the best form of self-care is learning how to say "no." By setting solid boundaries, you protect yourself from activities which will only leave you drained and give you no benefit at all.





Do the small stuff

We think the little things don't matter, but they do. By ensuring you take care of the basics such as making sure you get enough sleep, practicing good hygiene, eating right, and exercising, you will keep your body in tiptop form. These things also have a solid impact on your mental health.

When we get busy, we tend to forget all of these things so easily. When you're making an effort to take care of yourself, you have to be intentional in what you do.

Remembering these 5 tips will go a long way toward keeping you healthy and happy no matter how busy you get.

An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.

FIVE TIPS FOR BEING YOUR BEST AT WORK

Being your best at work means not only putting your best foot forward but also continually working to better yourself. This doesn't always mean turning in the best project or attending all the professional developments. Keep reading to learn basic ways you can show up with your best at work every day.



1. Get to know your colleagues

Learning about your colleagues has many benefits. You don't have to be out to make friends, but learning about others can benefit you in many ways. First, it shows you care, and people like it when people are considerate. Second, it will help you find things in common that you can come back to when work gets tough. Finally, getting to know people will help you learn how to work better. Derek prefers exact instructions and asks lots of questions, while Suzy is a big-picture type of person who tends to skip over minor details. Getting to know means learning how to work better.

2. Don't be a gossip

No one likes an office gossip, except maybe the other office gossip. Getting caught up in drama can be a distraction and can earn you a bad reputation with your coworkers and supervisors. You want to be someone that can be trusted with information. Keep your business to yourself and remember, loose lips sink ships.

3. Stretch your skill set

Stretching your skills as well as learning new ones allows you to continue growing your tool bag. This will make you a more valuable team member and will help you if you ever decide to look for a new position elsewhere.

4. Become a mentor

Mentoring can be done in and outside of the office. The new intern that is lost? Take that person under your wing and help them find their way. You will be a valuable friend and show that you are willing to help others. You can also do outreach in your profession in schools and other community programs.

5. Be a friend

You don't have to be BFFs with every person in the office but be friendly. Ask how others are doing, encourage, start a meal train if someone is sick or on parental leave. Not only will others appreciate and remember your kindness, but they will be willing to return the favor if the need arises.

FOUR POWERFUL WAYS TO IMAGINE YOUR SUCCESS INTO REALITY

Everyone has big dreams. Everyone wants to be successful. Maybe you see yourself making an Oscars acceptance speech or winning the Nobel Prize. Perhaps you want to be a successful entrepreneur or an elite athlete.

Whether you want to be winning an Olympic medal or making your first million, you can use the power of visualization to make your dreams of success a reality.





Picture yourself winning

Just wanting to be successful isn't enough. You have to be able to taste your success. Picture yourself being offered that promotion, being congratulated by friends and family, seeing your new business cards. Make your success as real and detailed as you can. How good does it feel?

Create a vision board

Vision boards help to make your dreams concrete. You can use pictures, photos, affirmations, and quotes to create a picture of the life you want. A vision board can be a poster, a Pinterest board, a whiteboard, or a journal. Make you sure you keep your vision board where you can see it every day and add to it when you need to or when you find a new photo or quote that really speaks to you.

Feed your dream

You can make your visualization even more potent by nourishing it with positivity. Don't put all the good feelings in the future but feed your dream with happy memories. Think of times when you felt happy, successful, and content with your life.

Find your trigger

Finding your own personal success trigger can be a powerful way to keep the momentum going and your energy high. Write down your big goal, whether it's winning an Oscar or scholarship, or running your own business. Make it a positive statement that is straightforward and concise. For example, "I will be promoted to Vice President next year." Look at your trigger statement every day. Maybe make it your computer wallpaper or your smartphone's lock screen. When Jim Carrey was a young actor trying to make it big, he famously wrote himself a \$10million check dated far into the future. When that day came, he was offered \$10million for his role in Dumb and Dumber. Remember that story when you see your trigger statement and think of how good it will feel to achieve your goal.

These positive images reinforce to your mind that you have already proven you can have a happy, fulfilled life. Keep negativity at bay by reminding yourself that you have done it, you are doing it, you can do it!



”

*I planned my success.
I knew it was
going to happen.*

ERYKAH BADU

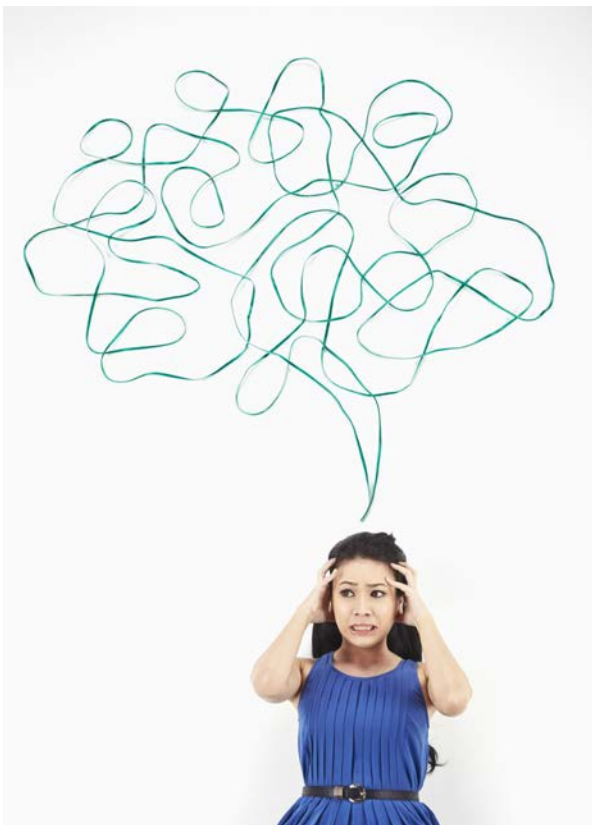
THE BENEFITS OF BECOMING MORE COMFORTABLE EXPRESSING YOUR EMOTIONS

“How are you?” has shifted from a point of conversation to a meaningless reflex. If you think about how many times you ask that question every day, you may realize it’s no longer achieving its point. “How are you?” could open up a can of worms. It could allow for meaningful discussion. It could give you the opportunity to talk about your psyche.

But so often, people respond like robots: “I’m good. How are you?” It becomes a pointless conversation –a mere exchange of wasted words. Instead, we could use it as an opportunity to get to know someone better or to express how we’re really feeling. There are many benefits of being comfortable with expressing your emotions; here are five of them!

Be free (and free others, too)

You don't realize it, but when you stifle your emotions, you stifle your freedom. You should feel free to express yourself at every phase of life. As soon as you allow yourself to be comfortable with your true self and your true feelings, you open up the door for others to be comfortable with you, too.



Tear down your fears

If you're afraid of showing your emotions, stand up to them. Tell them that you're not scared of them. Those feelings may be new and utterly foreign to you, but by confronting them, you're tearing down the sense of fear.

Be authentic to yourself

The real "you" comes with all of the feelings and emotions you're experiencing. Be true to that, and don't let the feelings get in the way. You may feel like your true self is one that doesn't come with baggage – that would be great, but no one is like that! We all come with goods and bads, and in order to honor the authentic "you," you need to be able to express your emotions openly and honestly.

Add flavour to your life

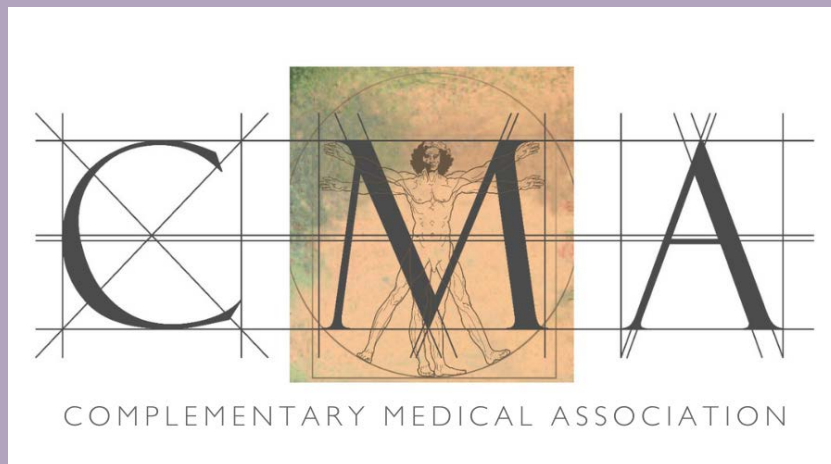
Believe it or not, being more honest and expressive can help you live life to the fullest more. It allows you to be you and to enjoy who you are more. If you're stifling your feelings or being ashamed of them, you're not living life to the fullest. Add flavor to your life by showing who you really are.

Get closer to others

Everyone feels emotions on different levels. No one knows precisely what you're going through, but people can relate to some degree. When you open up to others, you get closer to them. You can bond over shared emotions, or you can ask them for advice on your situation. Either way, intimacy, and friendship is always enhanced when you're able to open up more.



The next time someone says, "How are you?" think twice about your answer. Your reflex may be to say you're good, but maybe if you tell them how you really are (exhausted, over-the-moon, nervous, excited, etc.), you'll have a more in-depth conversation with them – and you'll free yourself to be able to talk about how you really feel!



Thank you!

We are so thankful that you have participated in this course, and we trust that you have found it valuable.

Here at The CMA, we work hard to create meaningful and helpful content. As a non-profit organisation, all funds received from courses such as this one go back to our mission of promoting ethical, responsible, and professional complementary medicine to the public and the medical profession. Thank you for helping us achieve our goals.

Jayne xxx

