

Resilience & Emotional Well-being



We can learn to flourish & grow this changing world

- Change can be an incredible opportunity
- The natural world is a source of healing
- Diet and lifestyle make a difference
- You can take control of your mind, your life and thrive

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Emotional Resilience Stress Management Managing Anxiety

Honouring and nurturing your-self is vital for emotional well-being. Having a sense of belonging in the world, and some form of spiritual practice, whatever is meaningful for you, have been shown in studies to enhance longevity and wellness.



Honouring and nurturing your-self is vital for emotional well-being.

An important coping mechanism is learning to manage stress positively;

motivating, the problems arise when it gets out of control and we haven't got the coping strategies to relieve or manage the stress. Anxiety is a common problem and this can be addressed in different many different ways.

a little bit of stress is

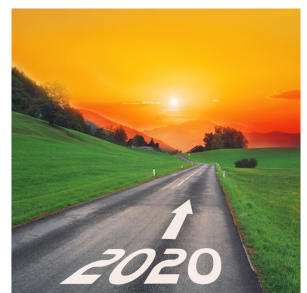
Learning to Thrive in the Face of Change

How do we adapt to change in a positive way?

Firstly we need to see change as an opportunity.

Resilience is about adapting to new circumstances, so we

need to be open to new ways of being Plan ahead—if you know what you want from life and where you are heading its easier to work out the steps to get there.



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Thriving in the Face of Change

Rome wasn't built in a day! Think about where you want to be in 5 years, then break it down.

Set the goal for 5 years and think where you need to be in 2 years, then break it down so where do you need to be in 1 year, 6 months and finally in 6 weeks

what is your starting point going to be?

Learn to be resourceful: when resources run low you need to find another way or source of what is needed. Our ancestors in hunter gatherer times only survived because they moved to follow the food.

Identify what your key requirements are and where you can find what you need.

Being willing to learn new ways builds confidence and opportunities in life. Every change is an opportunity to grow.

Not only do you open the door to a brighter future, learning new skills actually helps you feel happier. The experience of something new actually boosts the pleasure and reward chemicals

"With every choice you create the life you'll live; with every decision you design it."

Molli Marti

Connection to nature heals.

Just a walk in the woods or a stroll by the beach on a sunny morning can awaken the innermost feelings of happiness and peace.

Staying close to nature improves our physical, mental, and spiritual well-being. It

makes us feel alive from the inside, and we should not compromise this by spending our lives glued to social media and technology.

The Japanese have developed the practice of forest bathing and studies show that people who practice forest bathing have optimum nervous system functions, well-balanced heart conditions, and reduced bowel disorders.



Neurotransmitters are the brain chemicals that communicate information throughout our brain and body.

They send signals between nerve cells, called "neurons."

The brain uses neurotransmitters to tell your heart to beat, your lungs to breathe, and

your stomach to digest.

They can also affect mood, sleep, concentration, weight, and can cause adverse symptoms when they are out of balance.

Magnesium and Vitamin B 6 are key nutrients that impact

the balance of these vital chemicals in our brain.

We need Magnesium and vitamin B6 to make the calming neurotransmitters Serotonin and GABA but they are also co-factors which support the enzymes that breakdown the stress hormones when they've done their work



Neurotransmitters And Mood

<p>Serotonin <i>Happiness, sleep, relaxation and mood.</i></p> <p>Affected by light & exercise <i>Low levels lead to lost sense of appreciation and joy for life.</i></p>	<p>Dopamine <i>Movement, Feelings of Pleasure and reward.</i> People repeat behaviours that cause dopamine to be released. <i>Low levels cause fatigue and depression and play a role in addiction</i></p>
<p>Adrenaline <i>Fight or flight</i> Produced in stressful situation, increases heart rate, blood flow <i>Too much you can feel stressed and jittery</i></p>	<p>Noradrenaline <i>Alertness & concentration</i> Contracts blood vessels & increases blood flow <i>Too much leads to anxiety, agitation, insomnia, poor concentration, restlessness</i></p>
<p>Acetylcholine <i>Learning</i> Muscle Movement, Thought, Memory and Learning . Attention and Awakening. <i>Low levels leads to forgetfulness, loss of creativity, making mistakes</i></p>	<p>GABA <i>Calming</i> High levels promote focus, reduce anxiety, dampens response to stress & promote relaxation.</p>
<p>Endorphins <i>Euphoria</i> Produced during exercise, excitement and sex. Reduce pain and promote feelings of well-being</p>	<p>Glutamate <i>Memory</i> Involved in learning and memory. <i>Excess glutamate blocks production of GABA which can cause anxiety and a feeling of being wired.</i></p>

Resilience & Emotional Well-being: Practical Coping Strategies

Understand how you respond to stress

- Know your limits
- Know the signs
- Know what your personal top stress busters are



Identify your stress sources

- What is making you stressed?
- Work
- Relationships
- Money
- Health
- Change
- Fears about the Future



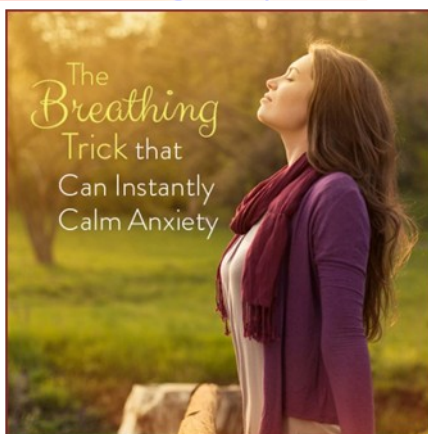
Identify your best positive stress coping strategies



Hold the relevant finger for 30 seconds – 2 minutes for emotional relief & breathe out the emotion



Meditation & Mindfulness to Support Resilience



4 second inhale, 7 second hold, 8 second exhale

Research has shown that mindfulness can have an incredibly positive impact on our lives; it has been shown to reduce stress, anxiety & depression.

It improves our focus, resilience and memory, and it has a whole host of health benefits, including increased immune function.

People who practice mindfulness report feeling calmer and happier, having more fulfilling relationships, and experiencing a greater sense of life satisfaction and wellbeing.

Mindfulness meditation may be just as important to our health and wellbeing as eating nutritious

food and getting regular exercise. And in the same way as we build our physical fitness through exercise, mindfulness helps us develop our mental fitness.

