

# HAPPY HOUSE

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## Cultivating resilience

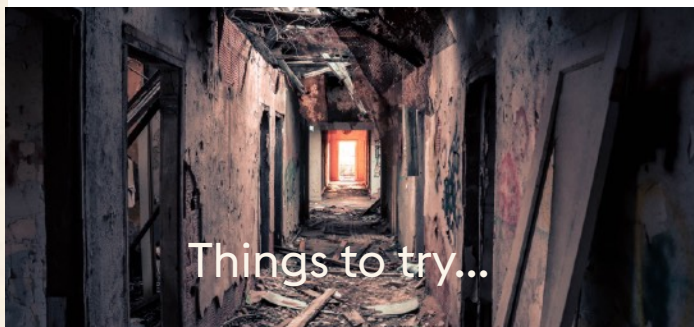


Resilience is the capacity to adapt to and recover after significant life challenges, stress, or trauma. Characteristics of a resilient persona include an awareness of our own capacity, emotions, reactions and behaviours, an open mindset, an acceptance that part of being human is to experience change and a willingness to adapt to that change.

Studies suggest that the more resilient we are the happier our lives can be.

### You will need:

Pen  
Notebook  
A quiet space to reflect and write



### Things to try...

#### Identifying your gold.

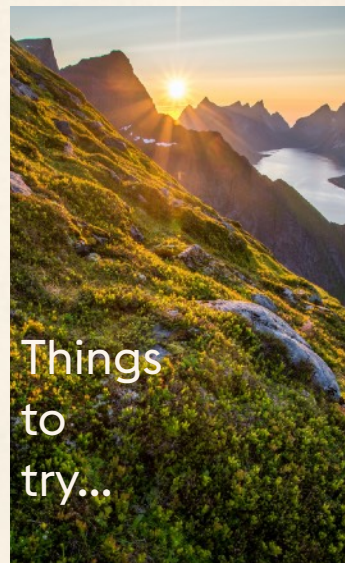
Reflect on your life and write down in a notebook five significant challenges you have overcome. Refer to them as a resource when you are having a difficult time. Our gold reminds us that 'this too shall pass'.



We are living in times of dramatic change in the world.

Cultivating our own resilience can help us cope with significant change. Our willingness to adapt and think differently can help us tremendously in our journeys through life.

Crisis can become transformational.  
Surviving becoming joyful thriving.



### Things to try...

#### Perspective exercise.

When faced with change and a difficult decision assess outcomes by asking yourself what the impact of various courses of action will be 1 year, 5 years and 10 years from now. This exercise helps us make a self informed and resilient choice.

#### Support network.

Write a list of the names of everyone you know and trust. Next to their names write one way you know they could support you if you were in need.



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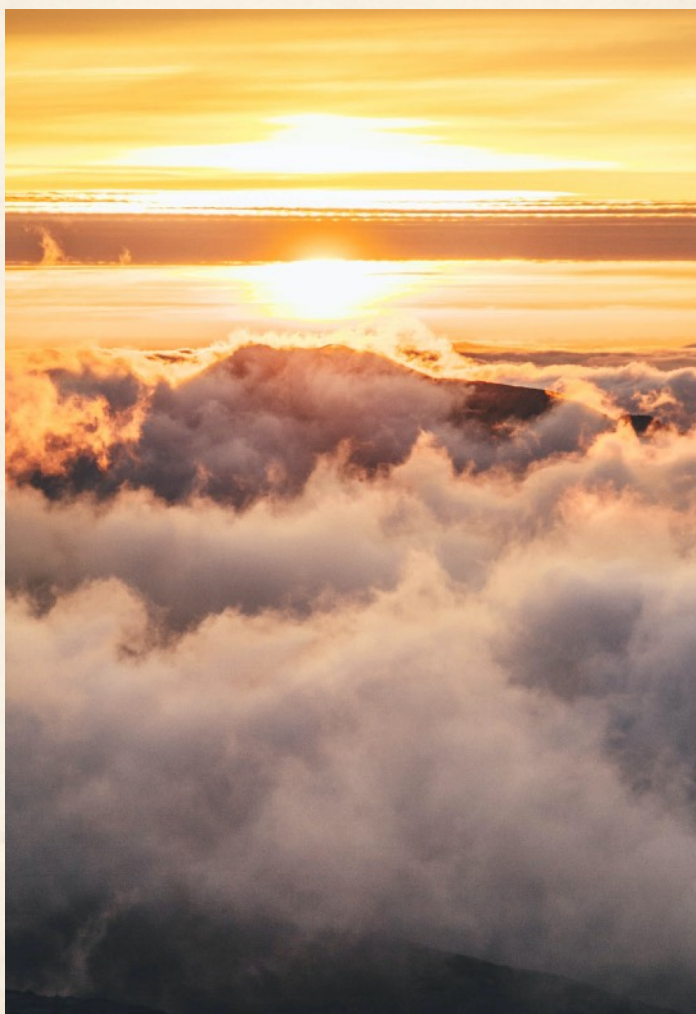
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## Top tips...

### Know yourself.

Check in daily with your body, thoughts, feelings and needs. 10 minutes reflecting on this with your morning tea or coffee helps develop self and capacity awareness, which cultivates resilience. Acting on what your mind and body tell you strengthens this further.



### Deliberately asking for help.

Knowing we have people to turn to for help is part of cultivating resilience. Sometimes asking for support is difficult so practicing asking for help for small things helps our minds and bodies know and trust that people will be there for us when the major challenges arrive.

### Be discerning about the sources of news you read and watch.

Set boundaries around how much exposure you have to negative stories and reports. Consider changing social media feeds.



### Look to nature

Nature survives through extreme weather, fires, floods. The environment has cycles of birth, death and renewal. We are part of nature, and can take inspiration from its adaptations and resilience.

### Useful links to find out more.

<https://www.actionforhappiness.org/>  
<https://thehappynewspaper.com/>

This was produced in collaboration with Kay Turner, you can find her experiences and courses at the Happy House. If you have found this useful you may find her life audit a valuable experience.

