

The Mindful Resilience Manager!

No matter which area of your life you are looking for high performance in, it is not our physical or technical expertise which enables us to stand out from the crowd but our mental toughness. Resilience is really a high level of positive self-esteem, the ability to hold our nerve and deliver under intense pressure, and consistently turn it on even when you don't feel at your best. Not only that but sometimes we have to be willing to understand it might take time to make our 'Vision' a reality.

Think about Thomas Edison, he made thousands of prototypes of the light bulb before he finally got it right. In spite of struggling with "failure" throughout his entire working life, Edison never let it get the best of him. All of these "failures," reported in the thousands, simply showed him how not to invent something. His resilience gave the world some of the most amazing inventions of the early 20th century, such as the telegraph, and the motion picture.

Thankfully, Edison didn't give up even after thousands of failures – he had purpose and passion and really believed in his ability to eventually get it right.

So the big questions for you are **'Do you have that Bounce Back ability to overcome your challenges?'** or **'Is your self esteem strong enough to withstand the knocks – can you keep on keeping on?'**

Do you let our failures inhibit our dreams? We are all use to asking 'what could I accomplish if I knew I could not fail? Resilient people know in life you do fail from time to time or in Edison's case maybe daily in the pursuit of your dreams!

Resilient people bounce back they don't dwell on failures; they acknowledge with mindful wisdom 'it is what it is' and with detachment they ask what can I learn from my mistakes to help me move forward on this journey to sustain and enhance my happiness and well-being.

Resilient people recognise they are not their mis-takes or their failures. They recognise an attempt which does not work does not instantly mean they are unworthy or unable. When we are resilient we know we are learning and growing and our self-worth stays in tact.

For great health and well-being we must manage our THOUGHTS if we want to be calm, happy, relaxed and at peace in life, we need to be speaking, thinking and acting with those life enhancing qualities.

Resilient people spend their time and energy focusing on situations they have the ability to impact positive change or growth on. By having a focus on what they **'can do'** they develop and enhance confidence in their ability to forge change. Resilient people don't waste their energy worrying over events out of their control – they recognise this only decreases their well-being. By fostering a sense of hopelessness or powerless which in the long term fuels stress, inertia and dis-ease

Resilience is empowered by staying present. When we are present we explore the mind body connection and get to check in on how we perceive the world. This level of awareness leads to a gentle tenderness with ourselves, which helps us relax and stay focused. The lovely thing this results in is our self enhancing thoughts filter through to feelings into the body, almost like giving

yourself a mental hug, which is without doubt a perfect antidote to stress, anxiety and depression.

Another trait of Resilient people is they are committed to their lives and their goals. In fact they are committed to all areas of their life. They tend to get involved in the causes they care about; be self starters and create supportive relationship at home, at work or in the community – they create great reasons to get up out of bed in the morning!

Reflection: What small changes can you make to your thinking or your goals to enhance your resilience today?

Until the next time – keep on bouncing back – who knows - your next vision may well be your very own 'Light Bulb!'