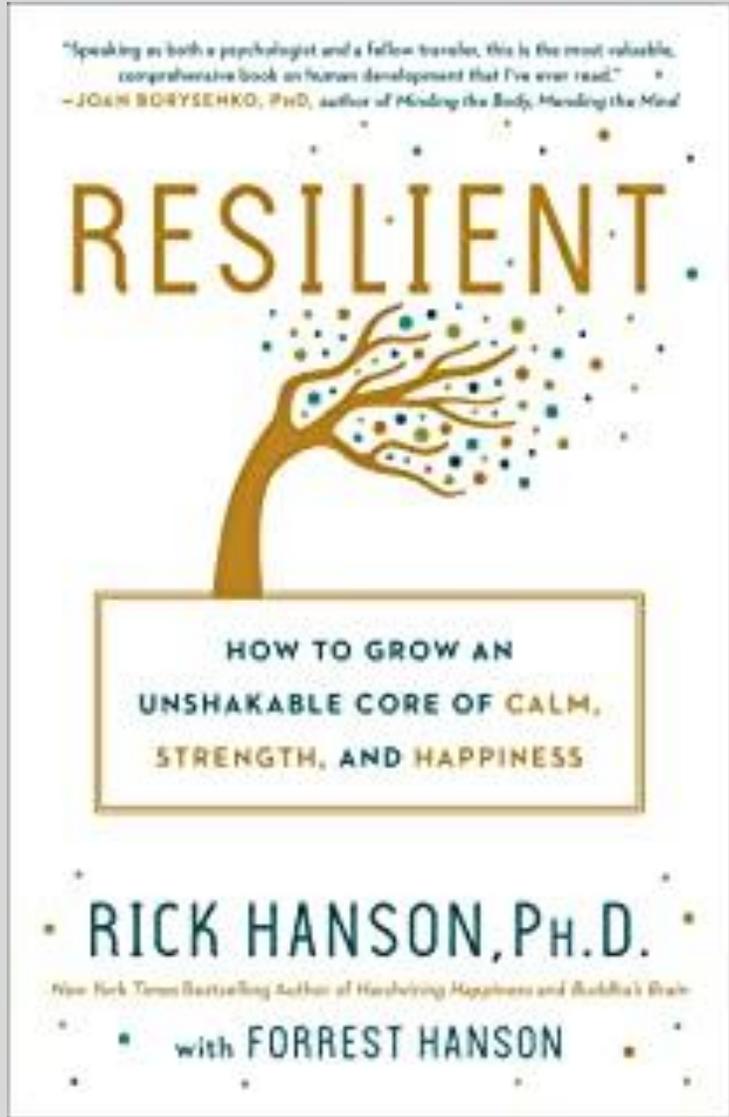


# GROWING YOUR RESILIENCE

**Session 1: Compassion and Mindfulness**



Rick Hanson, PhD is a psychologist, Senior Fellow of UC Berkeley's Greater Good Science Center, and New York Times best-selling author. His books have been published in 29 languages and include Neurodharma, Resilient, Hardwiring Happiness, Buddha's Brain, Just One Thing, and Mother Nurture - with 900,000 copies in English alone.

# BOUNCE

Living the Resilient Life



Robert J. Wicks, PsyD  
Best-selling author of *RIDING THE DRAGON*

*an instant help book for teens*

# the resilience workbook for teens

activities to help you gain  
confidence, manage stress  
& cultivate a  
growth mindset

- \* **embrace**  
who **you are**
- \* **bounce back**  
from **adversity**
- \* **achieve** your  
**full potential**

CHERYL M. BRADSHAW, MA

## **Matthew 14:22-23**

**<sup>22</sup> Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, *he went up the mountain by himself to pray.***

# **Start with Compassion**

- Compassion is a feeling of warm-hearted concern for suffering and a desire to relieve it if you can.
- You can have compassion for yourself – just like you do with others.

# Start with Compassion

- Let's try these brief exercises:
  - Think of a time when you have advocated for someone else. You supported them, helped them, defended them; you were their ally. What was that experience like?
  - Think of someone who is suffering, and the compassion you feel for them. You might say a silent prayer or wish for them now.
- When you apply the compassion and concern you easily have for others to yourself, you learn to be on your own side.

## **Key to Resilience: Be on your own side.**

One important way to be on your own side is to know what your “refuges” are and use them! Let’s brainstorm together some refuges.

# **Mindfulness**

One dimension of mindfulness is awareness of the present moment. Paying attention to your physical self is a very effective way to stay in the present moment. Limiting distractions, and meditation are other ways.

Another dimension of mindfulness is being aware of your feelings and your needs – how it is with your soul, so to speak.

# Mindfulness

Let's look at some of the kinds of needs we all have:

*Safety*: From raw survival to knowing we won't be attacked if we speak up.

*Satisfaction*: From having enough to eat to feeling like life is worth living.

*Connection*: From physical intimacy to feeling worthy and loved.

# Mindfulness

Reflection On Your Needs:

Safety... Have you noticed any feelings of irritation, being overwhelmed, or anxious? As you think about feelings of threat, are there any beliefs that may not actually be true that are making you anxious? What refuges can you use to bring you to a place of peace?

Satisfaction... Are you aware of any feelings of boredom, disappointment, frustration or loss? Explore these. Can you think of any things you are grateful or glad about? Can you connect with a sense of contentment?

# Mindfulness

Reflection On Your Needs Continued...

Connection... Are you aware of feelings of hurt, envy, loneliness, or inadequacy? Do you feel disconnected from others, or perhaps misunderstood? Recall times when you felt cared about, and when you felt caring and friendly yourself. Focus on feelings of being loved and loving others.

# Summing Up

Having compassion for yourself is a basic skill in becoming resilient. God's love for us is compassion, and God's call for us to love ourselves is to have compassion on ourselves.

One important way to have compassion on yourself is to know and use your refuges.

It's important to cultivate an awareness of how it is with you in this present moment. This is mindfulness: mindfulness of your body, what's going on around you, and what's going on inside you.

# Summing Up

All of us have wants and needs, but often we learn to overlook our own needs - even if we have learned to care for the needs of others.

We all have needs for safety, satisfaction, and connection. Often we experience feelings of fear, frustration, or hurt because these needs are not met.

Growing resilience means learning to pay attention to those feelings, to explore them with compassion for yourself, and then bring to them the healthy and positive resources you have: experiences and feelings of peace, contentment, and love.