

Dear Mindfulness Group Member:

Here is the summary for this week's class, Enhancing Resilience.

Resilience is our ability to withstand stress and overcome catastrophe. Resilience is our ability to *bounce back*. All of us have some measure of resilience; our goal is to enhance what is already within us.

In this week's class, we defined resilience and challenged the notion some might have that we are fully at the whim of capricious life events. Resilience is an internal resource that, with practice, can be enhanced. We reviewed strategies to enhance resilience. And we introduced the Compassionate Breathing practice and the Drawing on Strength Reflection.

For this week's homework, complete the Compassionate Breathing practice. And when difficult situations arise, try to actively engage your own internal capacity for bouncing back by using your mindfulness and compassion skills.

Our resilience tip this week is to acknowledge there isn't much you can do to change your genetic predisposition to stress. And we can't do too much to control every event in our lives and avoid every pitfall. Incidents and even catastrophes happen to us all. But there is much you can do to enhance your innate capacity for resilience. You can accept that change, even major change, is an inevitable part of life. Cultivate a positive self-image using self-compassion. And see crises as a challenge for growth rather than an insurmountable problem.

Please keep up the practice! We look forward to seeing you next week.

Warmly,