

Personal Resilience

Maintaining and Developing Personal Vitality and Wellbeing



It is really wonderful how much resilience there is in human nature. Let any obstructing cause, no matter what, be removed in any way, even by death, and we fly back to first principles of hope and enjoyment. - Bram Stoker

Tag Culture / World View – Personal Growth - Resilience

Challenge

As we work on issues related to sustainability, building community and global resilience, we need to take care of ourselves. Too often our efforts may deplete us, leaving us exhausted or even burnt out. How can we develop our personal resilience?

Solution

It can help to see ourselves as composed of four different elements: earth, air, fire, water. These can be taken to correspond to different aspects of ourselves:

Earth: The Physical Self – voice, position, tone, fitness

Air: The Mental Self – mind, thinking, logic, strategy

Water: The Emotional Self – feelings, rapport, empathy

Fire: The Spiritual Self – vision, purpose, inspiration

Building a daily or weekly practice that activates and exercises each of these four elements will go a long way towards helping us maintain our energy levels, vitality and well being as we go about our purposeful work.

Exercises:

Personal Resilience 1-day Programme

Inner Critic Exercise

Resilience Exercise

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