

RESILIENCE: A Guided Mindful Moment

The mind thinks, the body feels.
The two not always in synchrony.

During times of distress it is best to begin with
what am I *thinking* about,
what are my present thoughts,
my recurring thoughts,
what do these thoughts communicate to me?

Sharing what I am thinking begins a conversation
that invariably opens doors,
allowing my body to participate
to begin opening my ability to share
what I am feeling.

Sharing creates relationships
And relationships create community.

We can thrive building healthy relationships.

Healthy relationships allow us
to accomplish more and better outcomes.
Better outcomes engender confidence
To sustain the practice of being mindful.

This confidence is a fundamental
Building block of resilience.
Resilience allows us to remain robust
In the face of adversity.
Resilience embraces mindfulness,
the skill and ability to be in the moment
without the burden of the past
and without the anxiety
of what the future might hold.