



## Sensing your way to resilience

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Google the word "Resilience", what do you see? Scholarly articles on what resilience is, courses that teach the secrets of resilience and easy steps to become more resilient. With such rich resources on how to become resilience, have you ever paused and wonder why aren't we seeing more resilient people around us? Having taught resilience programs for teens for some years, here is my personal take on becoming more resilient.

1. Resilient people tend to have an internal locus of control. they have the ability to recover from setbacks (with more empathy) swiftly without blaming self and others.
2. Awareness of and managing our emotion is key in the recovery process.
3. The two tools in developing awareness and managing emotion are:
  - Mindfulness practice
  - Sensing emotion in our body

4. Developing self-compassion for oneself allow us to have full acceptance of our shortcomings.

5. Tapping on EQ competencies such as, having a strong sense of purpose, self-efficacy, optimism, building trust, influence, connection and empathy. Allow us to bounce back and get ready to take flight.

In our "Resilience for Teens Program", we teach teenagers how to apply mindfulness practice in sensing emotions in their body. By staying with the emotion rather than avoiding or suppressing it. When we are able to observe our (negative) emotions it loses its grip on us. Then, options open up. We can choose what we want to do next.

A student of mine shared with us this week on how he applied mindfulness practice to help him "recover" and make decision...

“..instead of getting angry at my irritating brother, i paused and did my mindfulness breathing, counting from 1 to 10. Seeing that i wasn't my usual (irritated) self, he left after a short while and i continued playing the piano, without getting pissed.”

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**[Daniel Yeo, Founder, Mindful Leadership Program](#)**

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