

Building Resilience: One Thought at a Time

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Resilience is Successful Adaptation to Adversity

Hallmarks of Resilience (Edwards, e., Hall, J., and Zautra, A. 2012)

Recover: Rebounding from stress and returning to a balanced state of well-being.

Sustained Purpose: The capacity to continue to move forward is enabled with having vested interest in causes or activities and avoiding boredom and complacency.

Growth: Emerging stronger from stressful experiences. Failure creates a new model of resilience capacities.

Characteristics and Behaviors that Lead to Resilience (Edwards, E., Hall, J., Zautra, A. 2012)

Active Lifestyle and Healthy Diet

Optimism and Effective Coping Styles

Personal Connections

Sense of Purpose

Self-Efficacy

Nussbaum, Paul (2010)

Physical activity

Mental Stimulation

Diet

Spirituality

Socialization

Small G. (2002)

Physical activity

Mental activity

Healthy Diet

Stress Management

Gupta, Sanjay(2021)

Movement & Exercise

Purpose, Learning, Discovery

Nutrition

Sleep/Relax

Social

Why is Thought Life Important in Building Resilience?

What is the Physiology of a Thought?

The Power of Thought:

There is No _____ Only _____

Your mind is a garden, your thoughts are the seeds. You can plant flowers or you can plant weeds. Unknown

“We don’t see things the way they are. We see them the way WE are.” Talmud

You Think 50,000 thoughts for the day. Say good things when you talk to yourself. Terry Eckmann

What we focus on grows. Thinking makes it grow. Thinking makes it so. Terry Eckmann

What you see depends on what you are looking for. John Lubbock

We see that world not as it is, but as we are! Stephen Covey

Our reality is based on our perception. Author Unknown

“If you change the way you look at things, the things you look at change.” Wayne Dyer

“Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; for it becomes your destiny.”
Unknown

You cannot always control what goes on outside. But you can always control what goes on inside.

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” Ronald Niebuhr

Thoughts on Attitude

“One of the most important choices you make is the attitude with which you embrace each moment, each hour, each day of life.” Terry Eckmann

“The remarkable thing we have is a choice every day regarding the attitude we will embrace for that day. We cannot change our past... We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude.” Charles R. Swindoll

The last of the human freedoms is to choose one’s attitude in any given set of circumstances. Victor E. Frankl

“Things turn out the best for those who make the best of the way things turn out.” Art Linkletter

If you don’t like something, change it. If you can’t change it, change your attitude. Maya Angelou

It is your attitude, not your aptitude, that determines your altitude in life. Zig Ziglar

Attitudes are contagious, make yours worth catching. – Author Unknown

Thoughts on Happiness, Kindness and Gratitude

“Happiness is not a destination, it’s the journey along the way.” Paul Dunn

For every minute you are angry you lose sixty seconds of happiness. Ralph W. Emerson

It is not happy people who are grateful, it is grateful people who are happy. Author Unknown

Kindness is a difficult thing to give away because it is usually returned. Mark Ortman

The smallest of good deeds is better than the grandest of good intentions. Duget

Do kind things every day. Terry Eckmann

Thoughts on Communication

“Of all the things you wear, your expression is the most important.” Janet Lane

If you see someone without a smile, give them one of yours.

A smile is a curved line that can set a lot of things straight.

Thoughts on Aging

Age is a Number. Old is an Attitude and Lifestyle. Terry Eckmann

“Old age isn’t so bad when you consider the alternatives.” Maurice Chevalier

“Growing old is a privilege denied to many.” Mark Twain

The Idea is to Die Young as Late in Life as Possible. Ashley Montagu

Thoughts on Healthy Eating and Exercise

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.”

Edward Stanley

We do NOT stop exercising because we grow old – we grow old because we stop exercising. Dr. Kenneth Cooper

“Exercise is medicine for creating positive change in the body and brain; physical, cognitive, and emotional.”

Terry Eckmann

If you wish to grow thinner, diminish your dinner. Henry Sambrooke Leigh

“Sit less, move more. Eat less, chew more. Worry less, laugh more.” Terry Eckmann

Thoughts on Building the Habits of Resilience-The Power to Change

The GREATEST wealth is health. Unknown

“If you think you can, or think you can’t; you are right.” Henry Ford

“They journey of a thousand miles begins with a single step.” Lao Tzu

To change your life, change something you do every day. John Maxwell

A habit is something you can do without thinking—which is why most of us have so many of them. Frank A. Clark

“Write it down, Make it Happen.” Angela Manzaneres

Yesterday is history, tomorrow is mystery, today is a gift, that's why they call it the present...(Source unknown)

“A good half of the art of living is resilience.” — Alain de Botton

Gratitude Meditation by Terry Eckmann

I embrace this day with gratitude. I will look for and share my gratitude with others as I go about my day. I will notice the many acts of kindness given to me and to those around me.

I will choose to be thankful for my many blessings and gifts. I recognize my good fortune to be able to breathe, to see, to hear, to taste, to move. I am grateful for food and shelter. I am aware of the many privileges I have in my life. I acknowledge the joy and love in my life.

I understand that this day will bring challenges and there will be things I don’t like. I will change the things I can and let go of those things which I have no control over. I will choose to let go of negative thoughts I have, thoughts that steal my energy or bring me down. I will look for and focus on the good.

I will open my mind to the grace that surrounds me. Mindful of my ability to choose how I live my life today and every day. Choosing my thoughts wisely so that I may cultivate my own personal happiness and good health.’

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