



# KEEPING THE BODY IN MIND

## EMBODIED TOOLS FOR RESILIENCE



# STAYING CENTERED

## A CORE RESILIENCE SKILL

The ability to monitor thoughts, feelings, and behaviors, and manage them to match the situation and your intentions.



# RESILIENCE REQUIRES DYNAMIC BALANCE

**SYMPATHETIC**  
ALERTS THE BODY

THE AUTONOMIC NERVOUS SYSTEM

**PARASYMPATHETIC**  
RESTS THE BODY

# THE POWER OF BREATH

## REBALANCING THE SYSTEM

- Breathing is a key conscious doorway to the nervous system.
- Slow, deep breathing supports the relaxation response.
- Deep breathing reduces emotional intensity & increases tolerance during stressful encounters.

— Mason et al 2013 —

— Arch & Craske 2006 —





# COMPLETE BREATH MADE SIMPLE

- Bring attention to the feel of breathing in your body
- Deepen the inhale and exhale
- Slow the rhythm of your breath
- Adjust for **comfort** throughout



# COMPLETE BREATH

An abstract graphic featuring a network of glowing blue nodes connected by thin lines, set against a dark blue background. The nodes are concentrated on the right side, with some lines extending towards the left. The overall effect is a sense of digital connectivity and data flow.

# INTEROCEPTION

The ability to sense, interpret and integrate what is happening within the body.



# INTEROCEPTION ELEVATES RESILIENCE

Higher interoceptive ability  
correlates with more efficient  
neurological processes of  
resilience and adaptation.

— Haase et al. 2015 —





# MINDFULNESS

Paying attention  
to the present moment,  
on purpose,  
with an attitude of openness.

— Jon Kabat-Zinn —



# MINDFULNESS MADE SIMPLE

- Choose a focus
- Give it your full attention
- Gently bring the mind back when it wanders



# BREATH MEDITATION

The background is a deep blue gradient. Overlaid on this is a complex network of thin, light blue lines connecting various nodes. Some nodes are small dots, while others are larger, glowing circles in shades of cyan and light blue. The network is denser on the right side of the image, creating a sense of depth and connectivity.

"My presence speaks volumes  
before I say a word."

—Mos Def

**RISE**<sup>TM</sup>  
A Kripalu® Program

