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Because Creativity Lives Forever

SEASONAL RESILIENCY
AND
HOW TO SURVIVE THE HOLIDAYS

19 NOVEMBER 2024



Canadian Winter

The snow came down and whirled around
and grew and grew and grew.

We scraped and blew and shoveled

But were helpless to undo.

The snow we cleared made piles

Like a rocky mountain range;

And then it rained swift rivers-

Nature thought we needed change.

The rain will wash away the snow,

Was what we had in mind;

But slush was over boot tops

Nowhere to run could find.

The temperatures dropped and you could
say

We were really in a rut;

More snow and freezing rain to come-

The weatherman's words did cut.

As long as my home is cozy warm,

The weather I'll take on the chin;

For, after all, I'm Canadian

And bear winter with a grin.

(By – Joan Adams Burchell)

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Today's Landscape

Reading: A Canadian Winter

1. Introduction to S.T.O.P- a guided practice.
2. Resiliency (Resilient by Rick Hanson Ph.D.)
3. H.E.A.L – Leaning into the goodness- A guided practice
4. Stretch break
5. Tips for the holiday season
6. Self-Compassion Break (Dr. Kristen Neff)
7. Building your internal support network – Guided practice
8. Listening
9. Resources

S.T.O.P

(If you can, close your eyes)

S (Literally stop what you are doing- internally or externally)

T (Take a deep, centering breath)

O (Observe and Ask, “What is happening in my thoughts, feelings, body and environment right now)

P (Proceed on to your next moments with awareness)

Benefits include: Dropping out of automatic pilot, creating space and gaps to breathe, reduce reactivity, pause and think before you react, rest and put the breaks on before continuing onward to the next moments of your day.

Resiliency

Innate? Acquired? Both!!

10 strengths to build resiliency (Resilient by Rick Hanson, PH.D)

1. Mindfulness
2. Learning
3. Grit
4. Acceptance (Radical Acceptance by Tara Brach)
5. Gratitude
6. Success stories (You get to define success!)
7. Courage/Aspirations/Generosity
8. Take Refuge
9. Building a sense of calm
10. Reframing and challenging your perspective

“You are the sky. Everything else- is just the weather”

Pema Chodron

H.E.A.L

(Leaning into the goodness)

Activation

H – Have a beneficial experience. If you are not having one, remember one or intentionally create one. This will cue you into the experience. Make it very detailed and sensory. Incorporate the 5 W's.

Installation

E – Enrich. Stay with it. Feel it.

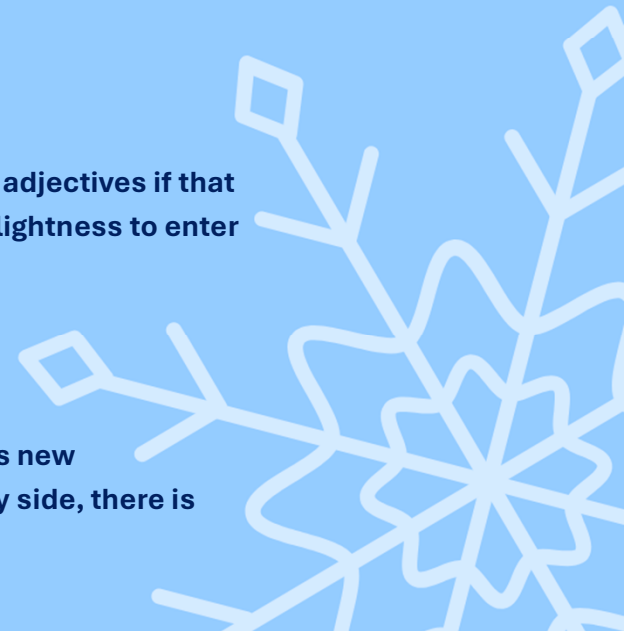
Remember, sometimes it is the simplest things that can effect unexpected transformations. It's the small things that count.

A – Absorb

Receive it fully into yourself. Take aprox. 10 seconds to reflect on it-BREATH. Add adjectives if that helps for example, Beautiful, gorgeous, vibrant, stunning, moving. Allow for new lightness to enter your body and let any relief flood in.

L – Link (optional)

Use this experience to soothe and replace a difficult, challenging experience. It is new psychological material that may influence your mindset or mood. Let it sit side by side, there is enough space for both.



Stretch

Tips For Surviving The Holiday Season
This is your holiday too!!

1. Be selective – Only say YES to the things you want to do
2. Distract, Distract, Distract
3. Find your JOY
4. Give yourself something to look forward to (make plans!)
5. Keep a regular routine
6. Moderation
7. Be realistic
8. Know what to avoid with family (Be a good Canadian hockey player!)
9. Stay connected (Both online and in person)
10. Guilt free holiday
11. Don't be alone if you don't want to be
12. Say No!! "No is a complete sentence!"
13. Ask for help
14. Be good to yourself!!

Self-Compassion Break

(Dr. Kristen Neff)

Decide on a gesture of self-compassion. For example, hand on heart, pat your cheek, squeeze your own hand or forearm, pat your own knee.

Recreate for yourself a challenging, somewhat difficult, recent experience. Details, details, details. Explore the feelings associated...agitation, resentment, impatience, sadness, confusion.

Three Parts: Say to yourself;

1. "This is a moment of suffering. This is hard. This is difficult or challenging. I feel some discomfort here and it isn't easy.

**2. "This is what all human beings go through to various degrees and circumstances. All beings suffer. This is a part of humanity of being alive. I am not alone. I am interconnected with all humans. All beings.
(Add your chosen gesture of loving kindness- add a little squeeze)**

3. Repeat statements of loving kindness

- May I be safe and protected
- May I feel peaceful and at ease
- May I be healthy and strong
- May I have love and happiness in my life

Open eyes and slowly come back to the room.

Calling the Internal Support Team

Purpose:

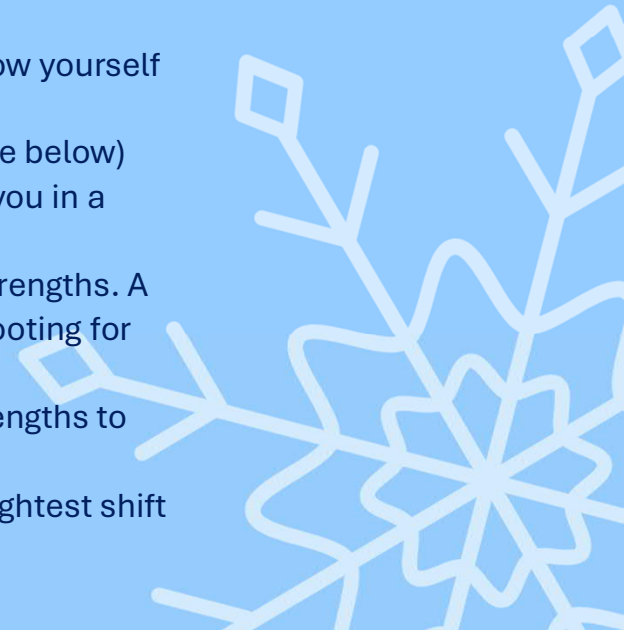
This is a visualization that centers your body and mind and reminds you of the resources that you have in your life. When you are connected with your internal resources, you are able to be more present and available to yourself and others. This exercise is especially helpful when you feel you need extra grounding for a meeting, audition, appointment or a gathering that you anticipate might be challenging. You can visualize this anytime you get stuck, don't know the next step to take or just to ground yourself in well-being.

Instructions: (This takes 3 to 5 minutes)

- Sit quietly and comfortably
- Close your eyes and establish a centering breath into your body. Allow yourself to slow down and get ready to reflect.
- Complete the inquiry questions and know who are on your team. (see below)
- Visualize these supportive people as a physical team sitting behind you in a semi-circle.
- Imagine them bringing to you their qualities that you admire, their strengths. A human from the past or a furry friend. They are your personal team, rooting for your success and well-being.
- Notice what happens with your posture as they are sending their strengths to you.
- Open your eyes and notice how you are sitting right now. Even the slightest shift or change.

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Calling the Internal Support Team Continued

Inquiry questions for establishing your internal team:

Who has been unconditional support in your life? List three qualities/strengths you admire about this person.

Listening

I like the quiet on a winter's day,
It has so much to say.

It brings with it new ideas that ordinarily
wouldn't come my way.

Stillness – broken only by the whistle of a
far-off train or the ticking of the clock;

Stillness is when my mind and I never
Feel the need to talk.

Eyes see more; thoughts are new;
Wonder plays a part;

For in the stillness, I hear those things
That are deep within my heart.

“Unknown”

Resources

- 1. Tara Brach – Downloadable, guided meditations**
•Radical Acceptance (Book)
- 2. Self-Compassion by Kristen Neff**
•Downloadable guided, free meditations for enhancing and cultivating more Self-compassion.
- 3. Resilient By: Rick Hanson P.h.D**
Hardwiring Happiness by: Rick Hanson P.h.D

Thank you for joining us

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