

# *Resiliency*

## *Tools for Navigating Living.*

A conversation with the Clean & Sexy Group of Whole Health Designs  
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I quickly typed this up the day after our conversation, so please excuse the total lack of pretty formatting :-)

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# Resiliency

## *What is it?*

Simply put: our ability to bounce back. Based in primal survival instinct, resiliency is our innate ability to adapt. The human body is amazingly resilient, with a highly evolved capacity for cleansing and healing and a biological drive to be balanced and efficient. As such, when we stop over-taxing our systems - mind, body and spirit - and honor and support them as designed, we flourish.

Beyond basic survival, resiliency is a set of skills we develop that help us to navigate a complex and sometimes challenging life. These skills are useful for keeping our mind and body balanced and avoiding anxiety and impulsive behavior. Developing resilience is an opportunity to live within a mindset of possibility instead of autopilot.

## *“Upset Is Optional”*

The most basic of tools. Upset Is Optional reminds us that there is always more than one perspective, and we are in control of which one we attach to. Yes, being upset can be a natural response to some situations. But, how long we choose to stay upset is a choice. (Ever heard “how long are you going to stay mad”?)

Here’s an example. Close your eyes, take a deep breath, and notice;

When was the last time you were upset or stressed?

Where were you when it happened? What time was it? Who was around?

What did you notice in your body?

Was all that tight stuff going on in your body helping to resolve the issue? When you notice your body feeling that way, what do you feel compelled to do? Is there a way you can relax your body - release your tension?

Now recall a time when you were relaxed in your body - at ease with no upset. Can you feel that now in your body? How did you do that? You changed something in your body. What motivated you to do it? This is the practice.

Now that you know you can create change in your body with your thoughts, you can begin to understand the power of Upset Is Optional.

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## *“Curiosity”*

After deciding that your upset is optional the next step is curiosity. Ask: what’s really going on here? What’s the big picture? If you’ve caught yourself before taking action, you can design a thoughtful response.

If instead you find yourself caught up in a familiar but unhelpful response (overeating, drinking, yelling for example), then curiosity will open the door to understanding. This is an opportunity to design. Curiosity is compassionate. Curiosity asks: is this helping the issue? What do I really need? Support? Friendship? Sleep? Community? To be heard?

## *How does this apply to my health and well-being?*

Curiosity is an especially helpful tool in the context of our health. Your body continuously reacts to how well you are living in alignment with the natural laws that govern it. Symptoms you may experience - from headaches, to bloat, to dull skin - may be your body’s way of describing the quality of the decisions you make. Because our body has certain physical requirements for optimal functioning (the right foods, enough rest, adequate water, etc), it invariably responds according to how well those requirements are met.

Our body’s responses range from the very subtle (when I eat almonds my nose gets stuffy) to the very obvious (when I don’t sleep well my mind is fuzzy). These responses are considered “symptoms” when they are irritating and a common response is to reach for a pill. Is a headache an annoyance to be eliminated with a drug, or a reminder to get more rest or drink more water? Being curious will put you back in control of your body, rather than at the mercy of seemingly random symptoms.

Upset Is Optional has the power to steady your heart rate, lower your blood pressure, support your immune system, improve your sleep, and overall improve your outlook on life. The benefits to your health are obvious. In the context of weight loss, soothing our mind, body and spirit by changing our outlook can put a big dent in mindless eating and drinking.

Curiosity and Upset Is Optional are two tools for navigating life with peace and ease. Developing your resiliency is a gift to yourself and those around you. Practice what empowers and pay it forward.