Emer Pond Feeney - VLC 2019

Using Science-Based Practices to Foster Resilience and Create a Meaningful Life

Problem: Stressful workplaces/practices/habits of thought combined with stressful times, leading to burn-out.

* Lots of storylines: “I’m so busy all the time”, “work is never done”, ”all I have to do is work harder”, “don’t have time to take care of myself”, “just another thing on my plate”, “work shouldn’t be so stressful”, “our bosses should make it better”, “things seem more dangerous”
* Genuine stress and struggle occurring in our society, impacting the needs we are working with, and the volume of patrons and staff with stress-related issues.

Goal: Built-in resilience to stress, revived passion for the work we do now, and the work ahead.

Method: Cognitive science-based practices that are proven to create change in your mind, if you do them. These practices are based on practices that can be found, with many others, on the Greater Good in Action website, which is produced by the Greater Good Science Center at Berkeley University in California.

Practice 1: Mindful Breathing 10 minutes

Practice 2: Affirming Important Values - 10 minutes

Practice 3: Gaining Perspective on Negative Events - 10 minutes

Practice 4: How Would You Treat A Friend? - 10 minutes

Resources:

Greater Good in Action: <https://ggia.berkeley.edu/>

Greater Good Magazine: <https://greatergood.berkeley.edu/>

* Science of Happiness course through Edx (free!): <https://www.edx.org/course/the-science-of-happiness-0>
* Thnx4 Gratitude Challenge <https://www.thnx4.org/about-thnx4>
* LovingKindness Meditation: <https://ggia.berkeley.edu/practice/loving_kindness_meditation>

How to write your own mission statement:

<https://www.success.com/how-to-write-your-personal-mission-statement/>