

# **Mindfulness and Resilience: Best Mindfulness Based Techniques to Bounce Back From Stress, Snap Back To Baseline & Grow With Change**

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## **Learning Objectives:**

1. Participants will learn how to redefine resilience in post-cognitive, experiential terms.
2. Participants will learn how to use mindfulness-based and metacognitive strategies for coping with stress, change and trauma.
3. Participants will learn how to dis-identify from life-changes and stressors that threaten one's sense of self and identity.
4. Participants will learn how to transcend and break away from attachments that get in the way of one's adaptation to change and stress.
5. Participants will learn a variety of emotional self-regulation strategies and somatic short-cuts for mobilizing both sympathetic (problem-focused) responses and parasympathetic (restorative/relaxation-focused) responses.
6. Participants will learn a variety of neuroplasticity-based, choice-awareness and pattern-interruption approaches for enhancing adaptation to change and to prevention of choice fatigue.

## **Program Outline:**

Introduction: The Rubber-like Protoplasm of Living Bodymind

Lesson 1: Discovering Resilience – Lessons of the Caou-Tchouc Ball

Lesson 2: Losing Resilience – Lessons of the Gutta-Percha Boy

Lesson 3: Understanding Elasticity – Lessons of the Play-Doh

Lesson 4: Snapping Back – Lessons of the Rubber Band

Lesson 5: Hitting the Road of Life – Lessons of the Goodyear Tire

Lesson 6: Rubbing Out the Past – Lessons of the Pencil Eraser

Lesson 7: Buffering Against Impact – Lessons of the Car Bumper

Lesson 8: Detoxing from Reality - Lessons of the Latex Glove

Lesson 9: Chewing on Resilience – Lessons of the Non-Sugar-Free Gum

Lesson 10: Surviving Choice Fatigue – Lessons of the Rubber Tree Sap

Q & A

## Detailed Outline

### **Introduction: The Rubber-like Protoplasm of Living Bodymind**

Learning from Amoebas and Memory Foam Mattresses  
Awareness is Elasticity, Elasticity is Awareness  
Transactional View of Stress & Crisis  
Metacognitive Return to Proto-Self  
Post-Cognitive View of Resilience  
“Stem-cell-like” Self & Shedding Suffering

### **Lesson 1: Discovering Resilience** – Lessons of the Caou-Tchouc Ball

The Magical Mezoamerican Bouncing Ball  
Etymology of Resilience  
Rubber-like Mind in the Racquetball Court of Life

### **Lesson 2: Losing Resilience** – Lessons of the Gutta-Percha Boy

*The Gutta-Percha Boy*, 1883 novel by Dmitri Grigorovich  
Childhood Traumas, Lost Resilience and Learned Helplessness  
Positive Psychology, Learned Resourcefulness and Coping Capital  
From Victim Identity to Survivor Identity  
Rewriting the Ending of *The Gutta-Percha Boy*

### **Lesson 3: Understanding Elasticity** – Lessons of the Play-Doh

Experiential Demo (with Play-Doh)  
Substance v. Form  
Consciousness v. Mind  
Redefining Self (as Consciousness, not Mind)

### **Lesson 4: Snapping Back** – Lessons of the Rubber Band

Experiential Demo (with a rubber band)  
Attachments Limit Elasticity  
Letting Go of Attachments Restores Elasticity  
Lotus Effect: Resilient Identity  
Shedding Identity-Attachments  
Socratic Demo (audience participation)  
Rediscovering the Authentic Baseline through Mindfulness  
Rediscovering the Authentic Baseline through Metacognition  
Rediscovering the Authentic Baseline through Somatic Self-Regulation

**Lesson 5: Hitting the Road of Life** – Lessons of the Goodyear Tire

- Charles Goodyear: a life of rubber-like resilience
- Vulcanizing the Rubber of Awareness
- Stress Inoculation Therapy (SIT)
- Lessons from Military Stress Inoculation
  - Stoic/Spartan ethos
  - Soviet Army hazing
  - Navy SEAL training
- Symbolic Threat Inoculation (STI) Demo
- Learning From Muscle Tears and Stretching
- Pattern Interruption for Enhancing Mind's Elasticity
- Neuroplasticity Techniques for Enhancing Info-Processing Elasticity

**Lesson 6: Rubbing Out the Past** – Lessons of the Pencil Eraser

- Joseph Priestley Invents a Pencil Eraser
- Narrating in Pencil, not in Ink: a Case Against Mind-Tattoos & Identities
- Transcending the Narrative
- Mindfulness Eraser
- Metacognition Eraser
- Rubbing Out What No Longer Is (Letting Go of the Past)
- Rubbing Out What Is Not Yet (Letting Go of the Future)
- Rubbing Out What Is (Making Peace with the Present)
- Active Ignoring for Pain/Distress Management

**Lesson 7: Buffering Against Impact** – Lessons of the Car Bumper

- Gum Shoes, L.L. Bean Boots and Car Bumpers
- Touch Yourself Demo
- Wrapped In Skin, Wrapped in Rubber
- Stretching the Expectations
- Cognitive Buffering
  - Stoic "Pre-Meditation on the Evils"
  - De-Catastrophizing of Catastrophes
  - Frankle's Logotherapeutic Big Mind
  - Taking the Significance Out of the Crisis
  - "What Is This?" Demo
  - Spiritual Reframes
  - Imaginary Exposure
  - Mental Holodeck, Theatre of the Mind & Dress Rehearsals

**Lesson 8: Detoxing from Reality** - Lessons of the Latex

Latex Gloves & Condoms of Duality

Allergy to Reality

Etymology of "Self"

An Embodied/Enveloped Self

Info-Poisoning

Cognitive Detox through Dis-identification

Meta-cognitive Detox through Distancing

Touching Reality, Touching Self

Nondual Resilience: Tat Tvam Asi

**Lesson 9: Chewing on Resilience** – Lessons of the Non-Sugar-Free Gum

Lessons of the Tennis-Ball Fetching Dogs

Pressed Lips of Hyperfocus and Other Oral Atavisms

Mouth Is a Hand

The Hockey Mouth: Mobilizing for Combat, Orally

Orality in Diverting Listlessness & Diffusing Restlessness

Got Nothing to Do? Got Gum?

Baumeister on Sweetening Up Willpower

Self-Mobilization for Active Resistance

**Lesson 10: Surviving Choice Fatigue** – Lessons of the Rubber Tree Sap

Stress Is Change

Change Requires Choice

Learning to Flow

Squeezing Through the Narrow Doorways of Dilemmas

A Logical Choice Is Not a Free Choice

Conditioning for Choice Fatigue

The Hardship of Arbitrary Choice

Arbitrary Choice Demo

Practicing Choosing Without the Reassurance of Rationale

Resilience in the Face of Uncertainty, Ambiguity and Arbitrariness

Facing the Uncertainty Demo

**Summary + Q & A**