

“Between stimulus and response there is a space. In that space lies our freedom to choose our response. In our response lies our growth and our happiness.”

Dr. Viktor Frankl



Resilient Relationships

The quality of our relationships influences how emotionally resilient we feel. When we are relating well and positively within our relationships, whether romantically, with family, our friends or our colleagues, we feel good about ourselves and about life. When our relationships are not going well it takes a toll on us. Because relationships are our source of quality social support. Learning to care for and properly manage our relationships is an essential skill for maintaining our peace of mind and quality of life.

The Wolf Within

- Resilient relationships require our attention, our energy and they can also require repair. Knowing what your relationship needs requires awareness.
- According to a native American story, we have two wolves within us that are symbolised by red and blue and whichever we feed is the one that grows.

Red Wolf Qualities

Angry | Fearful | Annoyed | Anxious | Irritated | Vengeful | Impatient | Envious | Stressed | Resentful | Judgmental | Deceitful.

Blue Wolf Qualities

Compassionate | Truthful | Loving | Peaceful | Gentle | Content | Patient | Understanding | Kind | Authentic | Generous | Honest.

Mindful Sobriety

S.O.B.E.R - an acronym for the steps to follow in a stressful or challenging situation, to enable you to feel less overwhelmed and help you coping better with the situation.

Stop. Observe. Breathe. Expand. Respond.

Reactive vs Responsive.

Create a space between stimulus and response.

Through the practice of mindfulness, we give ourselves the power to cultivate self-awareness and activate self-management.

Journaling Prompts

- Question 1: Write down a list of red wolf qualities you identify with.
- Question 2: When you are feeding the red wolf, what impact does it have on your relationships?
- Question 3: Write down a list of blue wolf qualities you identify with.
- Question 4: When you are feeding the blue wolf, what impact does it have on your relationships?
- Question 5: What can you commit to doing differently to improve your relationships and impact their resilience?



mindful.
revolution
neurocharge your mind