PODCAST WORKSHEET

RESILIENCE

THANK YOU FOR JOINING US!

We're thrilled to have you as part of our community and excited to support you on your path of transformation. This worksheet is designed to complement the theme of **RESILIENCE** from our podcast.

Each worksheet is crafted to help you take a sacred pause and reflect, replenish, and recharge. By engaging with these exercises, you'll be able to integrate the wisdom from our podcast into your daily life, creating simple, sustainable, seasonal habits that enhance your health, vitality, and overall wellbeing.

How to Use This Worksheet:

Listen: If you haven't already, start by listening to the corresponding podcast episodes.
Reflect: Use the prompts and exercises to reflect on the theme.
Practice: Implement the practical tools and techniques shared in the podcast.
Connect: Share your experiences and insights with our community on Instagram.

Thank you for being part of the Overhaulin' experience. We're here to guide you every step of the way as you create space for meaningful self-care and align with nature's rhythms.

Warm regards,
Jill & Susannah
Your Overhaulin' Guides & Founders

A MOMENT FOR REFLECTION

In Part 1, we we've explored how both ancient wisdom and modern science provide us with profound tools for cultivating resilience. Mark Nepo reminds us that resilience is not just about bouncing back but growing through our experiences by embracing both our strengths and vulnerabilities.

Reflect on a time in your life when you faced a significant challenge. How did you respond to it, and what did you learn about your own resilience?

Think about a recent setback or difficult situation. How might flexible thinking have changed your response or perception of that situation?

Think about the qualities that come easily to you–whether they align with your dominant dosha or your character strengths. How do these strengths help you navigate challenges in your life?
If you don't know your dominant dosha take our quiz!

WHAT I NEED RIGHT NOW IS.....

Circle the first 3 words you find in the wordsearch and reflect on what they might be telling you about what you need right now.

A	P	S	E	L	F	C	A	R	E	O	N	W	M
I	O	U	E	A	O	E	V	S	L	H	N	E	A
P	J	P	S	O	L	I	T	U	D	E	A	T	C
I	O	P	K	L	R	G	V	X	L	Q	T	E	T
A	Y	O	E	N	Q	U	I	E	T	E	R	B	I
I	O	R	K	T	Y	D	J	S	J	A	Y	O	O
P	W	T	S	D	W	M	Z	I	C	R	E	S	N
I	D	X	K	L	B	G	L	O	V	E	U	A	I
A	P	S	T	I	L	L	N	E	S	S	F	O	E
G	R	O	U	N	D	I	N	G	N	S	H	S	I
S	O	F	T	N	E	S	S	I	O	N	A	G	T
I	F	A	K	B	A	I	V	X	L	V	A	V	Y
W	D	X	C	O	N	F	I	D	E	N	C	E	K
D	I	S	C	I	P	L	I	N	E	Q	A	M	C

FROM ANCIENT WISDOM...

In Part 2, we shared that resilience isn't just a mental or emotional quality–it's holistic. It involves our entire being, and Jill shared three yogic practices designed to support that full-spectrum resilience to help you get started.

PRANAYAMA (BREATHING EXERCISES)

- **Nadi Shodhana (Alternate Nostril Breathing):** This technique balances the right and left hemispheres of the brain, promoting calm and clarity.
- **Ujjayi Breath (Victorious Breath):** This breathwork soothes the nervous system and builds inner strength.

ASANAS (POSTURES)

Tadasana (Mountain Pose): Builds physical and mental stability.

Vrksasana (Tree Pose): Encourages balance and focus.

Balasana (Child's Pose): Provides rest and encourages introspection.

MEDITATION

- **Mindfulness Meditation:** Focuses on the present moment to build mental resilience.
- **Loving-Kindness Meditation:** Cultivates compassion and emotional strength.

TANTRIC MEDITATION

For this meditation, find a comfortable seated position. You can sit on a chair with your feet flat on the ground or cross-legged on a cushion.

Grounding:

Close your eyes and take a few deep breaths, feeling the ground beneath you. Imagine roots growing from your body into the earth, providing you with stability and support.

Body Awareness:

Bring your attention to your body, scanning from head to toe. Notice any areas of tension or discomfort and breathe into those spaces, allowing them to soften.

Acceptance:

As you breathe, Acknowledge any thoughts or feelings that arise, without judgment. Imagine embracing each part of yourself with compassion. "I am stronger than I know'

Wholeness Visualisation:

Visualise a warm, golden light in your heart centre. With each inhale, allow this light to grow, filling your entire body. This light represents your inner wholeness and strength.

Integration:

Now, imagine this golden light extending beyond your body, creating a sphere of light around you. This sphere is your resilient shield, protecting you while allowing you to remain open and connected.

Closing:

Take a few more deep breaths, feeling the warmth and strength within you. When you're ready, gently open your eyes and take a moment to feel the effects of the meditation.

Ayurveda also offers a wealth of wisdom for maintaining resilience:

1. **Daily Routine (Dinacharya):** Establishing a regular daily routine helps stabilise Vata and promotes overall balance.
2. **Diet:** Eat according to your dosha. For example, Vata types benefit from warm, moist foods, while Pitta types should focus on cooling, non-spicy foods.
3. **Self-Massage (Abhyanga):** Using warm oil to massage your body can be very grounding and calming, especially for Vata types.
4. **Herbal Support:** Adaptogenic herbs like Ashwagandha and Tulsi can help the body adapt to stress.

...TO MODERN SCIENCE

The ABC(DE) model that Susannah shared in the podcast is a powerful tool from cognitive behavioural therapy that helps you understand how your thoughts influence your emotions and behaviours.

By breaking down your reactions to challenging situations, you can identify the beliefs that may be holding you back and develop more flexible, adaptive thinking patterns.

In the following activity, you'll practice using this model to cultivate flexible thinking and build your resilience.

A

Adversity

Start by bringing to mind a recent challenge or difficult situation you faced. This is the adversity or triggering event. Take a moment to fully recall the details–where you were, what happened, who was involved.

B

Beliefs

Now, reflect on the beliefs or thoughts that arose in response to this adversity. What did you tell yourself about the situation? Did you have any automatic thoughts like, "This always happens to me" or "I'm not good enough"? Identify these beliefs without judgment.

C

Consequences

Next, consider the consequences of those beliefs. How did those thoughts make you feel? Did they lead to certain actions or behaviours? For example, did you withdraw, get angry, or feel defeated?

D

Disputation

Here's where flexible thinking comes in.
Challenge those initial beliefs. Ask yourself, "Is this belief really true?" "Are there alternative explanations?" "What evidence do I have for or against this belief?"

E

Energisation

Finally, notice how you feel after disputing those initial beliefs.
Do you feel more empowered, less stressed, or more hopeful?
This shift in perspective is a sign of flexible thinking at work.

THANK YOU FOR JOINING US &
MAKING TIME TO REFLECT,
REPLENISH & RECHARGE.

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