

## **RESILIENCE**

Well, this is something that I can talk about for hours and hours! But I won't. Having worked most of my adult life in an extremely demanding, exciting, scary, tiring, overwhelmingly rewarding, understaffed (and every other juxtaposition!) job, I have had to build up something resembling resilience. This has been quite possibly the hardest thing to have done - especially as I didn't even know how to do this! - and it has not only impacted me but also the dear people I live with, including the dog.

With hypnotherapy, resilience can be re-established. And this can happen in a surprisingly easy way. As humans we are pretty tough and carry on coping, but there is always a breaking point. So, in order to avoid this breaking point, we need to do a few things first.....

Firstly, we need to acknowledge our human abilities and how if we are to keep up with our amazing capacities and capabilities, then we need to care and put ourselves first and remember to look after the "me" in our lives. If we look after "me", then the rest will simply follow.

Secondly, we also need to know where our breaking points are and to recognise them so we can keep them at bay. Just by doing simple things like going out into the wilds of Kent (where I live) and soaking up the greenery and birdsong and sunshine, we can start to care for ourselves. There are all the other things we are told we should do, like exercising, eating well, standing on our heads, but all these things can seem so far away from where we are currently standing, so let's start somewhere near to where we are and simply go outside...

Thirdly, and this is another fave subject, sleep. If we get this sorted, then everything else simply falls into place. It makes us feel better from the moment we wake up to the moment our head hits that pillow. Sleep is vital for our survival, if we don't sleep, we simply die... This is a ginormous subject on it's own, but by looking at the basics, and as a hypnotherapist, I know how if we can even just

simply start to get this right, we can begin to build that resilience up and manage the stresses and strains and even downright avoid them! How cool would that be?