

# RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE

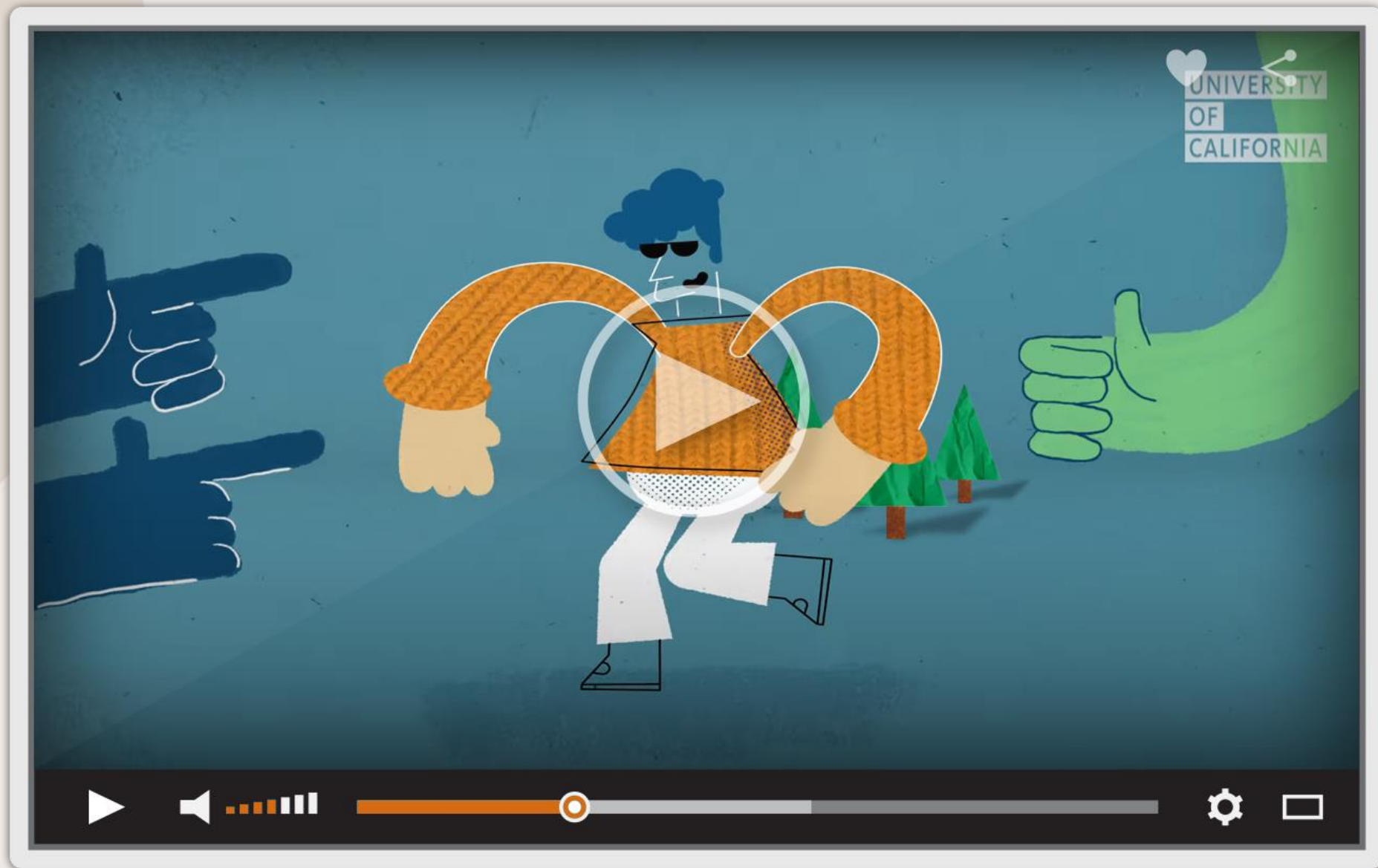
**PART TWO:  
BUILDING RESILIENCY  
– STRENGTHENING CAPACITY**



Coalition of Alcohol and Drug Educators

**Dalgarno**  
INSTITUTE





<https://www.youtube.com/watch?v=3ThUrVXz9j0>

**RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE. PART TWO.**



## TAKE-A-WAYS: SCRIPT BUILDER POINTS



# Meaningful Meditation, not self-medication.

We're not getting 'trippy' here. However, we are going to engage some practice based evidence to help you up-skill

Meaningful Meditation, not self-medication.

**Breathing** – Is one thing you have complete control of

**Focus** – learning to apply your faculties of thought and attention to specific object examine its size, colour dimensions, purpose

**Reflect** – on the aesthetics, think of beautiful, graceful, peaceful, kind and lovely things. Think about good deeds and helpful acts, maybe an individual or an event/act that encapsulates those things. Reading Biographies of Heroines and Heroes is a

**Narrative** – Developing positive stories, scripts and/or maps to foster hope and purpose

Now, **Meditate** – Ruminant, that means to chew over and rehearse – '*play a new song over and over*'. A 'Song' built around sound Values and strong Principles instead of negatives and worry.





# FAST FACTS



- 85% of what we worry about never happens.
- Of 15% of the worries that did happen, 79% of the subjects discovered that either they could handle the difficulty better than expected, or that the difficulty taught them a lesson worth learning.
- Overall, 97% of our worries are baseless and result from an unfounded pessimistic perception.
- These baseless worries are a major source of stress, tension and cause of exhaustion not only for the mind, but also for the physical body.

(Leahy, 2005, Study of Cornell University <https://tlexinstitute.com/how-to-effortlessly-have-more-positive-thoughts/> )

“ ”

## QUOTE OF THE MOMENT



“ ”

**A PERSON CAN  
OVERCOME ANXIETY TO  
THE EXTENT THAT THEIR  
VALUES ARE GREATER  
THAN THE THREAT!**

**PSYCHOLOGIST  
ROLLO MAY**

”

**RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE.**



## CONVERSATION STARTER



- 1) What are some of the new stories or 'songs' that you have been rehearsing or ruminating over?
- 2) What has been helpful?
- 3) What are you still struggling with and how can you help each other get positive narratives into your head?

## Discuss

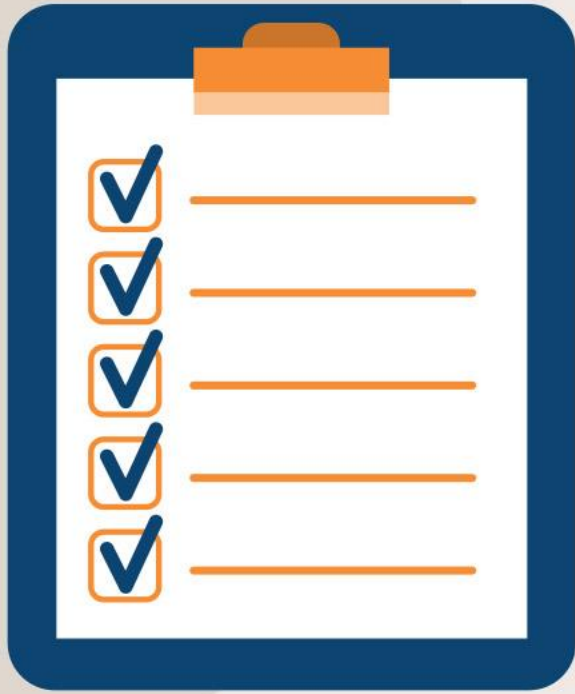


HOW **NOT** TO SAY YES TO  
CAPACITY & RESILIENCY  
DIMINISHING  
**DRUGS**



<https://youtu.be/HUngLgGRJpo>

**RESILIENCY: FEELING 'BETTER' BUT ONLY GETTING WORSE.**



**MORE RESOURCES FOR  
BUILDING RESILIENCY  
WITHOUT DRUG USE**



# **Strengthening my BUNGEE Rope – Filling Your Wheelbarrow with good stuff!**

CLICK ON LINKS BELOW

[GREATER RISK.COM](#)

[DRUG POLICY BUILDING OR DEMOLISHING COMMUNITY RESILIENCY](#)

[SOCIAL DETERMINEANTS & SUBSTANCE USE](#)

[CANNABIS CONUNDRUM INFORMATION SHEET](#)

[VAPING CRISIS INFORMATION SHEET](#)

[STIGMA & DRUG USE – REDUCING BOTH](#)

[www.dalgarnoinstitute.org.au](http://www.dalgarnoinstitute.org.au)