

Resilient Living by Amit Sood, MD

Topic	Insight	Practice	
		Core	Bonus
Part 1: Gratitude	<p>The brain struggles with:</p> <ul style="list-style-type: none"> • Focus • Fatigue • Fear <p>Most of the time, the brain is in its default (distracted) mode.</p> <p>Focusing attention on more positive thoughts (such as gratitude) can reduce stress and improve resilience.</p>	<p>Morning Gratitude <i>Think of 5 people you appreciate and send silent gratitude.</i></p>	<p>Grateful Note <i>Express your gratitude to someone (a text counts).</i></p> <p>Gratitude Jar <i>Write grateful notes to yourself and save them in a jar.</i></p>
Part 2: Presence	<p>The brain focuses on what it finds salient (interesting and attractive).</p> <p>Over time, what was once interesting and attractive loses novelty and you notice it less.</p> <p>Practicing mindful presence can overcome these tendencies.</p>	<p>Two-Minute Rule <i>Do not try to change or improve someone for at least the first two minutes you're together. (This applies to your family, too.)</i></p>	<p>Curious Moments <i>Observe what's around you with mindful attention, with a deeper sense of curiosity.</i></p> <p>Relaxing Moments <i>Watch a movie that shows you the world from a child's eyes.</i></p>
Part 3: Kindness	<p>Areas of the brain that you use more become stronger and better connected.</p> <p>You can intentionally change your brain's innate wiring to move past the tendency toward negativity and fear.</p>	<p>Kind Attention <i>Use your "kind eyes" to send a silent blessing to others: I wish you well.</i></p>	<p>Drop One Unhealthy Habit <i>Make one lifestyle change by dropping one unhealthy habit.</i></p> <p>Inspiration list <i>Make a list of people/events that have inspired you.</i></p>
Part 4: Mindset	<p>The choices you make powerfully influence your well-being.</p> <p>Changing how you think is the first step to changing how you live.</p> <p>Reinforce a positive mindset with healthy attitudes and behaviors.</p>	<p>Resilience Thinking <i>Live by these timeless principles:</i></p> <ul style="list-style-type: none"> • Gratitude • Compassion • Acceptance • Meaning • Forgiveness 	<p>Pick One Healthy Habit <i>Make one lifestyle change by adding one healthy habit.</i></p> <p>Daily Inspiration <i>Keep an inspiring focus every day.</i></p>

Books: *Mayo Clinic Guide to Stress-Free Living; Mayo Clinic Handbook for Happiness; Immerse – A 52-Week Course in Resilient Living*

Website: Stressfree.org; **Twitter:** @amitsoodmd