



daily GOOD

Being able to self-activate positive experiences -- to call up inner strengths at will -- is fundamental to coping, well-being, and everyday effectiveness. With practice, these experiences and strengths will increasingly activate on their own. --Rick Hanson

Being Resilient During Coronavirus

"During times like this, its natural to feel afraid, anxious, or threatened. The brain has evolved to react quickly to threats, and its easy for there to be a sense of helplessness associated with problems that appear far beyond our control. But being consumed by fear causes wear and tear on the body, which actually undermines your safety. Thats why its so important to look for ways to be effective and express our agency, even if its only through how we choose to think about things." Rick Hanson offers suggestions and resources for how to do just that during this challenging time.

Be The Change:

For more inspiration, read "How to Hardwire Resilience Into the Brain".