



6
MORNING
RITUALS
FOR
BUILDING
RESILIENCY

by Alex Manos

WHAT IS RESILIENCY?

Resiliency is our ability to successfully navigate through stressful experiences. To adapt physically, mentally, emotionally, and spiritually to our circumstances. If a particularly difficult experience hits us, it is also our ability to bounce back.

"The fading of resilience, we argue, is a major component of the cause of aging, including features of aging such as sarcopenia, cancer, slowness of wound healing, slowness in recovery from fatigue, and more. Understanding of acquired resilience may, we argue, open pathways for the maintenance of good health in the later decades of human life."

- Jonathan Stone, Acquired Resilience

PHYSICAL

The process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress.

MENTAL

To be able to effectively set goals and consistently achieve them, without getting distracted. You see challenges, change, and adversity as opportunities rather than threats, and thus are likely to be flexible and agile.

EMOTIONAL

The ability to generate positive emotion and the ability to recover from negative emotion.

SPIRITUAL

Concerned with the internal life of mind and spirit and its association with being in the world. It implies a capability for a deep understanding of existential questions and insight into multiple levels of consciousness. In addition to self-awareness, it implies awareness of our relationship to the transcendent, to each other, to the earth and all beings.

1. MEDITATION

[15 MINS]



Meditation has been shown to exert psychological and physiological effects on stress resilience and self-awareness.

Rick Hanson in his book 'Resilient' discusses how deepening our awareness of our wants and needs - and our thoughts and feeling about them - can help us meet them more effectively and accept ourselves more fully.

How can we be resilient if we are not meeting our needs?

2. JOURNALLING

[3-5 MINS]



Positive affect journaling (PAJ), an emotion-focused self-regulation intervention, has been associated with positive outcomes and has also been associated with higher perceived resilience in the research.

I love the Resilience Journal by thehappinessplanner.com.

Journalling may also foster greater self-awareness, bringing us back to the point made when discussing meditation - the first step to resilience is understanding our needs and how to meet them.

Heat stress, particularly from sauna use, makes the body more resilient to biological stress.

In fact, regular sauna use has been associated with a reduced risk of all-cause mortality, with recent research discussing how it may reduce our risk of numerous health conditions including neurodegenerative conditions, such as Alzheimer's, autoimmune diseases, and cardio-metabolic diseases.

Read my blog post on sauna therapy for more info:

alexmanos.co.uk/sauna-therapy



[15 MINS]

3. SAUNA

The idea that sunlight has health-giving properties goes back to early traditions of medicine. Thousands of peer-reviewed studies give evidence that many wavelengths within sunlight can, at appropriate low doses, induce tissue resilience.

Getting exposure to sun as early as possible also helps entrain our circadian rhythm - our body clock.

Our circadian rhythm, and its dysfunction, has been associated with cardiovascular diseases, cancers, gut issues, and many more diseases.



[10 MINS]

4. SUNLIGHT

5. EXERCISE

[5 MINS]

Exercise has so many benefits that cover the whole spectrum of resiliency. Physically, mentally, emotionally, and spiritually, exercise is one of the most powerful tools at your disposal.

It strengthens your body, it's similar to meditation, it helps you detoxify, and it releases many beneficial brain chemicals, along with a myriad of other benefits.

Creating a daily practice of quick morning exercise will set you up for the rest of the day, and as you feel the strength of your body grow, you will feel safer to push past the limits you have put yourself under.



6. BREATHWORK

[3-5 MINS]



The breath. One of the most important resources for our vitality. In our busy modern lives, we are always in a rush, and our body reflects that. We breathe shallow for hours on end sitting at a desk, when we were built to breathe deep and slow. Making time to intentionally breathe deep can be incredibly powerful.

It can help start the day right by grounding us, and putting us back into our bodies. The more present we are, the greater the impact we can have on the moments in our lives. Check out Dan Brule's work on the breath and [his book 'Just Breathe'](#).