



Session 2

Finding Yourself

Getting Started

One of the best ways to know how you are feeling at any given moment is to know your healthy emotional baseline. For this reason, I recommend starting each day quietly by checking in with yourself. Similar practices have existed for thousands of years in many cultures and faith traditions. This takes practice! There are a number of helpful mindfulness apps on the market (many of them free) which can help build these muscles. We've recommended some in the appendix, "Resiliency Resource Guide".

Self-awareness is the ability to identify your thoughts, emotions, behaviors, and physiology. Increasing your self-awareness is the first essential step in building resiliency. Most importantly, the goal is to develop a better understanding of what your needs are at any given moment.

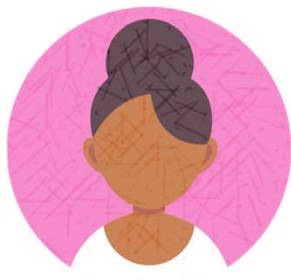
Watch the video: Priming for Self-Awareness

The reason self-awareness is an essential skill is that you need to know what your own needs are each day and how to meet those needs before engaging with others or your academics.

Write out two ways that you can check in with yourself before starting your day. I recommend one at home and one once you get ready to work on academics but before starting.

Time for me away from academics:

Time for me before engaging in academics:



Next, identify a few times throughout the day when you habitually distract yourself (or turn to technology) that you'd like to shift. Next to each of these, write what you could do in these moments to be more present, orient out to your environment, or otherwise settle yourself.

a) externally_____

b) internally_____

c) in relationship with others_____

Watch the video: Noticing Your Self

Lastly, pick 1-2 times during each day to pause for 30-60 seconds and make note of:

How's my body? (Physical Self):_____

How's my mood? (Emotional Self):_____

How are my thoughts? (Thinking Self):_____

You can expand these moments to additional parts of your day, but it is important to make a plan to start.

Our next session is on self-regulation, which focuses on how to better manage these moments once you realize a change is needed. The good news is that when you notice a need, your body often starts to implement a solution immediately.



For example, if you notice that you're holding your breath, your body will automatically take the breath that it is craving. This is why mere self-awareness is such a critical skill.



Noticing Your Physical Self

Your body and the internal physical world hold a wealth of untapped information. This is one of the most important takeaways from this course. It's also often the most uncomfortable for many. Developing the ability to scan your body and internal experiences is essential for deepening your resiliency.

To notice your physical self:

1. Find a quiet, safe space.
2. Look around for 30-60 seconds while beginning to just be present. Pay attention to details but don't get fixated on any one thing too long.
3. Start to pay attention to what you notice in your body.

*TIP: Think in opposites. For example, if you notice that your shoulders are feeling **tight**, the goal becomes how to get them to feel **loose**. Also, if your chest is feeling **constricted**, the focus becomes **expansion**.*

List of sensations

Warm vs. Cool	Full vs. Empty
Tight vs. Loose	Heavy vs. Light
Dull vs. Sharp	Shaky vs. Still
Dry vs. Moist	Strong vs. Weak

Other options

Achy	Hard
Blocked	Jittery
Bloated	Open
Clammy	Pressure
Congested	Quiet
Cozy	Smooth
Crampy	Throbbing
Energized	Twitchy
Fluid	Wobbly



Noticing Your Emotional Self

First, let's get rid of the assumption that you are only feeling one emotion at a time. It's important to sit with ourselves to better uncover the variety, sometimes conflicting, emotions you can be experiencing in any given moment. By starting the day reviewing your emotions, you can better understand what your needs and capacity for that day might be.

This is best done in combination after reviewing sensations but at least taking the same starting steps. In the first few days of this, you may want to make a separate time for this.

1. Find a quiet, safe space.
2. Look around for 30-60 seconds while beginning to just be present. Pay attention to details but don't get fixated on any one thing too long.
3. Start to pay attention to what emotions you notice in your body.

List of emotions

Content	Loving	Confused
Encouraged	Relaxed	Guarded
Excited	Afraid	Uneasy
Hopeful	Defeated	Suspicious
Proud	Disappointed	Ashamed
Relieved	Exhausted	Defensive
Calm	Lonely	Frustrated
Thankful	Overwhelmed	Impatient
Caring	Tired	Judgmental
Connected	Angry	Pessimistic
Grounded	Anxious	Resentful
Kind	Bored	

Deeper Dive

Finding Flow. by Mihaly Csikszentmihalyi

