

**THE MOVING FORWARD  
TOGETHER PODCAST:**

# Cultivating Emotional Resilience



**DR. DYLAN ROSS**

On the second episode of the Optum Moving Forward Together podcast, Dr. Dylan Ross spoke to Dr. Rick Hanson. Dr. Hanson is a psychologist, a senior fellow of UC Berkeley's Greater Good Science Center and a New York Times bestselling author. They discussed cultivating emotional resilience during the COVID-19 and focusing on ways to develop it. That includes using three inner strengths: grit, compassion and gratitude.



**DR. RICK HANSON**

## **Key Takeaways:**

- Resilience helps us cope with life's challenges and contributes to our overall well-being. It is made from a variety of inner strengths. Three of these are grit, compassion and gratitude.
- Positive neuroplasticity is a way to gradually change your brain for the better. You can hardwire these three traits and build your resilience.
- To build these inner strengths, mindfully focus on specific experiences.

## **Grit:**

- Grit is an irreducible sense of determination, boldness or scruffiness.
- Two qualities of grit are determination and strength.
- To build your grit, start with an experience. Think about a time when you felt determined or strong. Then, stay with the experience. Feel it in your body for a few breaths. Focus on what feels good. This will help create a lasting physical change in your brain.

### Compassion:

- Compassion is made up of two qualities: empathy for suffering and a desire to help.
- Having self-compassion is a major factor of resilience. But it is often more difficult than having compassion for others.
- To develop compassion, use the phrase “like me”. For example, “Like me, you worry about your kids.” In addition, use the phrase “like others”. For example, “Like others, I am stressed at this time”. This can create a sense of common humanity. It can make us more compassionate.

### Gratitude:

- Gratitude is a simple feeling of thanks. It gives us hope and helps support the positive emotions that are a big part of resilience.
- To build your gratitude, take a moment every day to reflect on three things that you’re thankful for. Or slow down for a breath each day to focus on feeling thankful.
- Building gratitude can help you feel better and become stronger. It can contribute to your emotional resilience.

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