How Hard Times Can Open the Heart:

Deepening Your Brain’s Natural Powers for Healing

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The world breaks everyone, and afterward, some are strong at the broken places.

Ernest Hemingway
Neurons that fire together, wire together.
Velcro for Bad, Teflon for Good

The negativity bias
5 Lessons for Living from Dying

- It’s like this
- First dart, second dart
- Maybe yes, maybe no
- Tranquility and urgency
- Refuge
It’s Like This
Let be.

Let go.

Let in.
Lateral (red) networks support open awareness; midline (blue) networks support planning and rumination.

Abiding in the present moment

Aware of the body as a whole
First Dart, Second Dart
The Triune Brain -( P. MacLean 1990)
Pet the Lizard
Feed the Mouse
Hug the Monkey
Maybe Yes, Maybe No
WHAT'S NEXT?
Tuning into the truth of this moment that your body is going on living basically alright right now
Tranquility and Urgency
If you take care of the minutes
the years will take care of themselves.
We have all the time in the world until we have no time at all.
Link Positive and Negative Material
Refuge
“When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'” — Fred Rogers
Thank you
Where to Find Rick Hanson Online

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence

www.rickhanson.net/hardwiringhappiness

Personal website: www.rickhanson.net

Wellspring Institute: www.wisebrain.org

youtube.com/drrhanson  facebook.com/rickhansonphd