Resilient Happiness: Hardwiring an Unshakable Core Of Strength, Love, and Inner Peace

Australian Meditation Conference, 2018

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Resilience and Well-Being
Resilience is the capacity to recover from adversity and pursue your goals despite challenges.

It helps you survive the worst day of your life and thrive every day of your life.
To have lasting well-being in a changing world, we’ve got to be resilient.

To be resilient, we’ve got to have inner resources.
Inner Resources
Make Us Resilient
Shaping the Course of a Life

Challenges

Vulnerabilities

Resources
Location of Resources

World

Body

Mind
Some Inner Resources

Wisdom, Concentration, Virtue
Compassion, Kindness, Love
Emotional Intelligence
Gratitude, Satisfaction, Happiness
Interpersonal Skills
Patience, Determination, Grit
And of course **mindfulness**, which helps us develop and use our inner resources.
The harder a person’s life, the more challenges one has, the less the outer world is helping – the more important it is to develop inner resources.
Key Resources for Today

Strength

Love

Inner Peace
Changing the Brain For the Better
People focus on identifying and using resources such as character strengths – but what about developing them in the first place?
How stress changes the brain
Velcro for Bad, Teflon for Good

The negativity bias

bad experiences

good experiences
The Negativity Bias

As the nervous system evolved, avoiding “sticks” was usually more consequential than getting “carrots.”

1. So we scan for bad news,
2. Over-focus on it,
3. Over-react to it,
4. Turn it quickly into (implicit) memory,
5. Sensitize the brain to the negative, and
6. Create vicious cycles with others.
The Negativity Bias
Growing Inner Resources
Turning States into Traits: HEAL

Activation
1. **Have** a beneficial experience

Installation
2. **Enrich** the experience
3. **Absorb** the experience
4. **Link** positive and negative material
   (Optional)
Have a Beneficial Experience
Enrich It
Absorb It
Link Positive & Negative Material
Have It, Enjoy It
<table>
<thead>
<tr>
<th><strong>Notice</strong></th>
<th><strong>Create</strong></th>
<th><strong>Create</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxing as you exhale</td>
<td>A sense of beauty</td>
<td>Warm feelings for someone</td>
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</table>

**For each of these:**
Have the experience. Enrich it. Absorb it.
Growing Key Resources
Resilience is required for challenges to our needs.

Understanding the need that is challenged helps us identify, grow, and use the specific mental resource(s) that are best matched to it.
Meeting Our Three Fundamental Needs

Safety
Avoiding harms (threat response)

Satisfaction
Approaching rewards (goal pursuit)

Connection
Attaching to others (social engagement)
The Evolving Brain

Cortex
(“primate/human”)

Subcortex
(“mammalian”)

Brainstem
(“reptilian”)

Cerebellum
What – if it were more present in the mind of a person – would really help?

How could a person have and install more experiences of these mental resources?
<table>
<thead>
<tr>
<th>Safety</th>
<th>Satisfaction</th>
<th>Connection</th>
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</thead>
<tbody>
<tr>
<td>See actual threats</td>
<td>Gratitude</td>
<td>Empathy</td>
</tr>
<tr>
<td>See resources</td>
<td>Gladness</td>
<td>Compassion</td>
</tr>
<tr>
<td>Grit, fortitude</td>
<td>Feel successful</td>
<td>Kindness</td>
</tr>
<tr>
<td>Feel protected</td>
<td>Healthy pleasures</td>
<td>Wide circle of “us”</td>
</tr>
<tr>
<td>Alright right now</td>
<td>Impulse control</td>
<td>Assertiveness</td>
</tr>
<tr>
<td>Relaxation</td>
<td>Aspiration</td>
<td>Self-worth</td>
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<td>Calm</td>
<td>Enthusiasm</td>
<td>Confidence</td>
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<td></td>
<td>Satisfaction</td>
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<td>Peace</td>
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<td></td>
<td>Contentment</td>
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<tr>
<td></td>
<td>Love</td>
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</tbody>
</table>

Matching Resources to Needs
Pet the Lizard
Feed the Mouse
Hug the Monkey
Resources for Safety
Feeling Strong

• Bring to mind times that you felt strong, determined, enduring . . . Focus on feeling strong . . . Use HEAL to take in this experience.

• Bring to mind someone you are for. Find a sense of support, loyalty, perhaps fierce compassion . . . Know what this feels like – and apply it to yourself . . . Use HEAL to take in this experience.

• Imagine experiencing strength while dealing with a challenge . . . Let the sense of this sink into you.
Resources for Satisfaction
Feeling Grateful

• Bring to mind some things you are thankful for – and open to experiences of gratitude, gladness, happiness . . . Use HEAL to take in these experiences.

• Focus on the sense of having received so much already . . . And if you like, be aware of frustration or loss off to the side, while feeling grateful is “big” in the foreground . . . Link these two, with a sense of the gratitude easing, soothing, bringing wisdom to, and perhaps even replacing the sense of frustration or loss.
Resources for Connection
Resting in Love

• Bring to mind beings you care about . . . Friends, family, pets, people who have helped you . . . Compassion for suffering . . . Kindness and friendliness . . .

• Focus on feelings of caring and love . . . Use HEAL to take in this experience.

• Bring to mind beings who care about you . . . Focus on feeling cared about. . . Use HEAL to take in this experience.
Coming Home

Peace

Contentment

Love
References
See RickHanson.net for other good books.

See [www.RickHanson.net/key-papers/](http://www.RickHanson.net/key-papers/) for other suggested readings.


Suggested References - 2


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