

# Musician Wellness Leadership

Explore the relationship to yourself, your role, the team, and the stories,  
with compassion and personal excellence.



## Resilience practice

Resilience is the ability to bounce back again and again. It is a practice by which capacity for uncertainty and paradox, within our container, expands. It is a heart felt mindfulness practice of awareness - of all our operating systems. And it is also a conscious choice to integrate them - our brain, our heart, our gut, and our nervous systems. To Include it all, accept it all, and evolve - again and again.

**The 5 C's of Resilience** - inspired by Dr Joan Boryshenko, Dr Brene Brown, Glennon Doyle

**Courage** is necessary to discern and unpack, with a sense of optimistic realism, what's true in this moment. To question - is it a pre-conditioned response, is it an out dated belief system? is it causing pain for me and others? is there an element of truth here? how much?

The courage to respect all of our bodies' signals - all of them - even the uncomfortable feelings. They are valuable signals (not absolute truth). Our behaviours, and the emotions they reveal underneath, as well as the stories we make up about them, are usually the key to unlocking our cage of doing the same stupid sh\*t again and again.

The courage to tolerate "not knowing"...the willingness to wait. To recognize that If we jump to the yang of "doing" /solution too soon (usually because our feelings are uncomfortable), or if we stay in the Yin of "Being" too long, we miss the mark, as well as the Intuitive guidance. How do we know? Resonance practice!!

**Creativity** - willingness to be vulnerable, and try again in a new way. To anchor in to a sense of safety and attune out to the creativity dancing all around. Sometimes its light and fun, sometimes it's not. Acceptance of it all, without attachment to the results :)

**Compassion** - the ability to empathize (requires emotional literacy) and hold space for you and another, without judgment, and without abdicating authenticity, autonomy, or accountability. The willingness to relate to another, while they are in struggle. Acceptance of our humanity - *both* our mistakes, disappointments, failures *and* our resilient, radiant, resonant spirit.

**Connection** - Social support and singing!

**Chuckles** - absurd humour is necessary in a resiliency practice.

Attune to your physical, mental, emotional, and intuitive  
Resilience, Resonance & Radiance.



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