

Musician Wellness Leadership

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



Resilience practice and the stress response cycle

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.

Allowing the Physiological response of the Stress cycle to complete.

inspired by "Burn Out" Dr's Amelia and Emily Nagoski

Very simplified (!!!) - If the stress response is activated by the amygdala (fight, flight, freeze), our physiological selves must complete the stress response cycle - otherwise it sits there, fuses to old stress, becomes chronic stress, and our body shuts down. Crash! This is not cognitive "Stress management" (which is necessary too of course!), but doesn't apply once the amygdala is activated and adrenalin/cortisol released.

There is a lot of cross over between resilience practice and the process of allowing the stress response to complete itself.

- exercise 30 minutes/day
- meditate
- belly laugh, cry, sigh, shake.
- reach out to a trusted friend and share what happened (very important). Celebrate together!!

So there we have it. Filling up our well of resilience also serves in our capacity to complete the physiological stress response. Resonates as a wine-win to me :)!

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



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