



Christopher Willard: Mindful Resilience and Post Traumatic Growth



Dr. Christopher Willard (PsyD) is a psychologist and educational consultant based in Boston specializing in mindfulness. Join this session to explore the foundations of post traumatic growth and discover tools that have boosted human resilience in the face of adversity for generations.

TOP EMBODIMENT TIP: Be gentle with yourself.

The Ripple Effect

- Leaders set the tone for others. If you're calm and relaxed others will be calm and relaxed.
- If we want to change the world we need to manage our own stress and anxiety.

The 20-20-20 Rule: A Simple Trick to Mindfully Relax and Reset

- Take a break every 20 minutes for 20 seconds, and focus on something, anything, 20 meters away from you.

Biopsychological: Check in With Yourself and Assess Your Status

- Are you thriving physically in your body? Are you thriving mentally in your brain and your mind? Are you thriving socially in your networks and relationships?
- All of these help us to become more resilient.

Mindfulness in Our Bodies: There are Four Elements to be Aware of to be Mindful in our Bodies

- Sleep; Exercise; Eating healthy foods; Breathe.

Sleep: You Can Love Yourself to Sleep for Better Sleep

- Place your hands over your heart when you go to sleep, giving yourself a little hug.
- This shuts off cortisol (stress hormone) and activates oxytocin (calming hormone, also known as the "cuddle hormone").

Exercise: Any Exercise is Exercise; Get Out and Walk

- Go for a walk in nature, that can also mean in the city. Be mindful; look around and take in all that's around.

Recognize Mindful Eating

- Eat when you are hungry; stop eating when you are full; eat slower and appreciate your food.

Breathing: Use Your Breath like a Remote Control to Change What's Happening in Your Nervous System

- Take 4-6 breaths per minute. (According to Kelly McGonigal, Stanford University).
- 7-11 breathing practice; breath in for seven second, breath out for eleven seconds.

Resources

- ❖ **Website:** [Dr Christopher Willard](https://www.drchristopherwillard.com/)
- ❖ **Social:** [@drchriswillard](https://www.instagram.com/drchriswillard/); Facebook: [Dr Christopher Willard](https://www.facebook.com/drchristopherwillard/); LinkedIn: [Christopher Willard Psy. D.](https://www.linkedin.com/in/christopherwillardpsy/)
- ❖ **Resources:** <https://plumvillage.org/about/thich-nhat-hanh/>



Christopher Willard





All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



Michelle Boulé
COACHING & HEALING

CONNECT WITH MICHELLE: Website michelleboule.com Instagram [@michelle.boule](https://www.instagram.com/michelle.boule) LinkedIn: [Michelle Boulé](#)