



Leo Mufasa Murray: Psychological Resilience in Times of Hope and Despair:

Discover the 10-steps tool to mental resilience in times of hope and despair



Leo is a sustainability consultant, changemaker and thought leader in Aotearoa - New Zealand. Leo demonstrates what it means to go 'beyond sustainability' into a regenerative relationship with the natural world. Leo is presenting on the psychological effects of political and environmental activism and a 10-step tool to build mental resilience in times of hope and despair.

TOP EMBODIMENT TIP: Acknowledge the relationship between presence and gratitude and this is how you can reciprocate nature's gifts of life to you.

Uncertain future: **Human behaviour is starting to alter the systems of the earth.**

- We are facing an uncertain future and it is natural to feel frustration, despair, apathy or denial.
- It is common to engage in behaviours that distract us from what is happening.

Intangible change: **Environmental threats are abstract and lack the visceral link between cause and effect.**

- The climate crisis is so drawn out and on such a massive scale that it is hard to connect to a sense of urgency or to know how or when to act
- We have a limited cognitive ability to evaluate risk and to deal with the emotions that come up and that leaves us feeling vulnerable. The associated feelings of loss and of inadequacy can send us into fear and despair.

10 Steps to strengthen resilience:

1. Acknowledge that I am part of the problem as well as being part of the solution and live with the discomfort of that
2. Accept that I am nature - what is good or bad for nature is good or bad for me
3. Allow myself to sense, feel and rest when I need to. Acting from feeling has a bigger impact than doing from thinking
4. Time to connect with someone or something beyond myself. Spend time in community, with animals or in nature.
5. Be familiar with my privilege, suspend judgment and make friends with my shadows (to create more connection)
6. Be mindful that this has all happened before and will all happen again
7. Practice presence and gratitude. Joy and curiosity will follow. Use spiritual practices for presence
8. I am not alone. There are numerous roles to play and ways to contribute
9. Return to the sacred
10. Take action when the time is right (Give yourself a break. Look out for fight mentality)

Connection is key: **The sense of connection is your best medicine to psychological resilience.**

- Nature draws strength through resilience and resilience through diversity.
- Find your gifts, what makes you diverse and therefore resilient and offer them to the living planet.

Resources:

- ❖ **Books:** *A Paradise Built in Hell*, Rebecca Solnit
- ❖ **References:** Systems Design Thinking



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Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

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