Noetic Resilience

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Noetic Resilience

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Introductions

www.cassandravieten.com

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If you’re gonna judge your behavior, at least do it kindly and skillfully!

1. Skillful/unskillful
2. Healthy/unhealthy
3. Helpful/unhelpful
4. Useful/disadvantageous
First pants, THEN your shoes
What is Noetic Resilience?
The green reed which bends in the wind is stronger than the mighty oak which breaks in a storm.

~ Confucius
METAPHORS BE WITH YOU.
Physical Indications of Fight or Flight Response

- Dilated pupils
- Pale or flushed skin
- Trembling
- Rapid heart beat and breathing
Noetic Resilience Mindset
POST TRAUMATIC GROWTH

HAPPY PURPOSEFUL LIFE

LIVING CONTENTLY

STRUGGLE

BEFORE  TRAUMA  POST TRAUMATIC GROWTH
One day you will tell your story of how you've overcome what you are going through now and it will become part of someone else's survival guide.

@_buildbrotherhood
Hope Intervention

**Future orientation** – the extent to which a person habitually hopes for, plans and prepares to meet future goals

Hope = Robust future orientation – future-based optimism, intentions and plans to support your future thriving
Noetic Rituals and Practices

Cultivating Your Own Strength

Borrowing Strength
Nondual Embodiment of Wholeness
Mindfulness for Well-Being

Starts October 13th
Tuesday Evenings
8 Weeks
Online

https://pacificpearllajolla.com/mindfulness/