

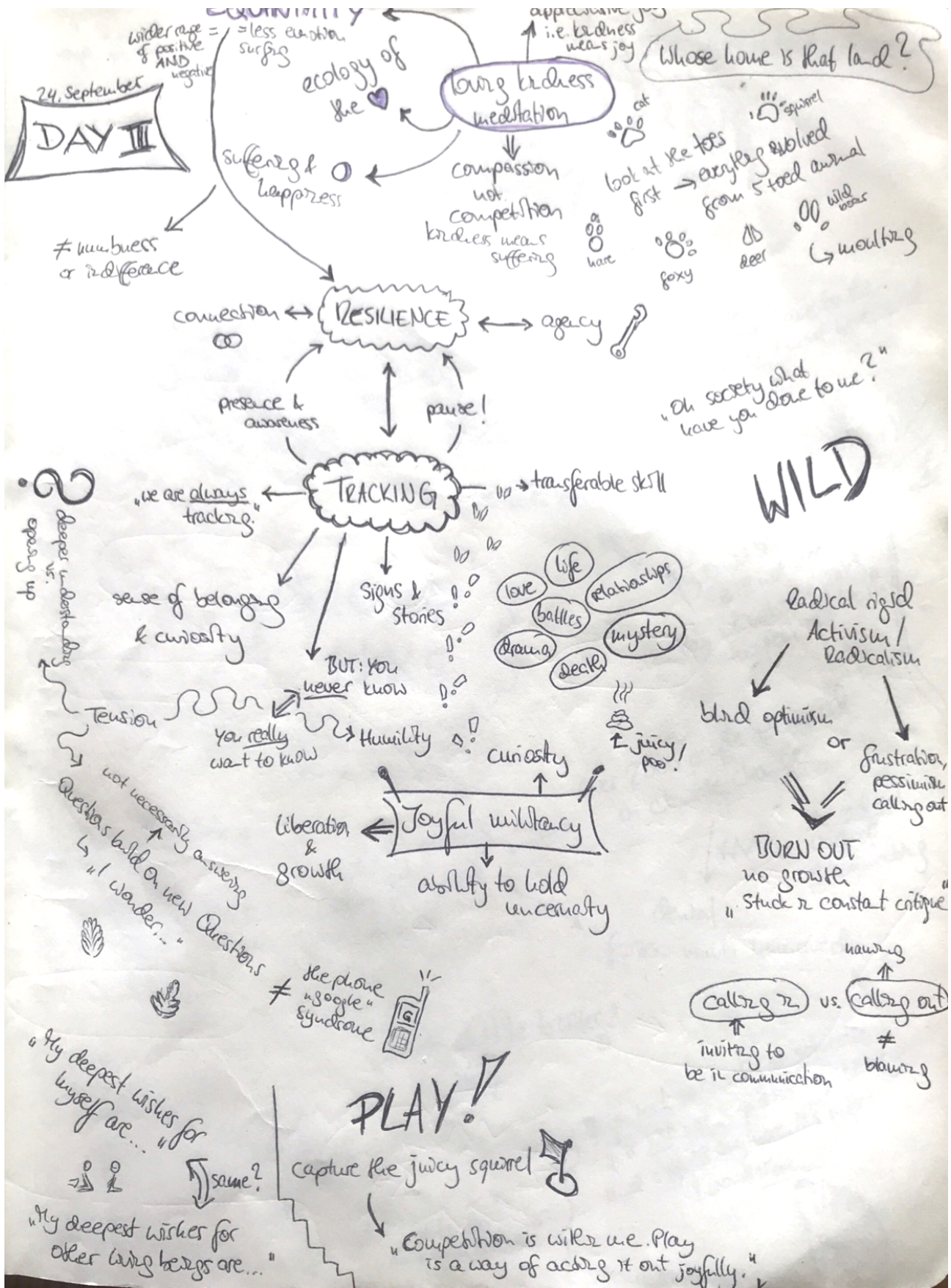
Roots for Resilience 2019
Alexandra Hanisch

This is the way I collected and processed the flood of information we were lucky to receive during our stay at the ULEX Center in October 2019: I used my own interpretation of graphic facilitation, a mixture of drawing and writing.

All of the following pictures/notes/quotes were produced during the course while listening to the wisdom of the facilitators and the other participants. The drawings can show little elements, situations or theoretical knowledge that seemed to me personally relevant and important to remember.

The whole course was about learning different techniques to resource ourselves and learning what helps us to be resilient even in an ever changing environment, as activists that are fighting for climate and social justice - but most of all as humans that are part of nature. We were to learn exercises to reconnect with ourselves like meditation and breathing techniques. We connected to others through games and heard about collective resilience theories. And we practiced our connection to nature as we playfully explored the beautiful environment of the pyrenees, meditating every morning, listening to the language of the animals. We practiced being alone and together but most of all we practiced to never stop being curious.



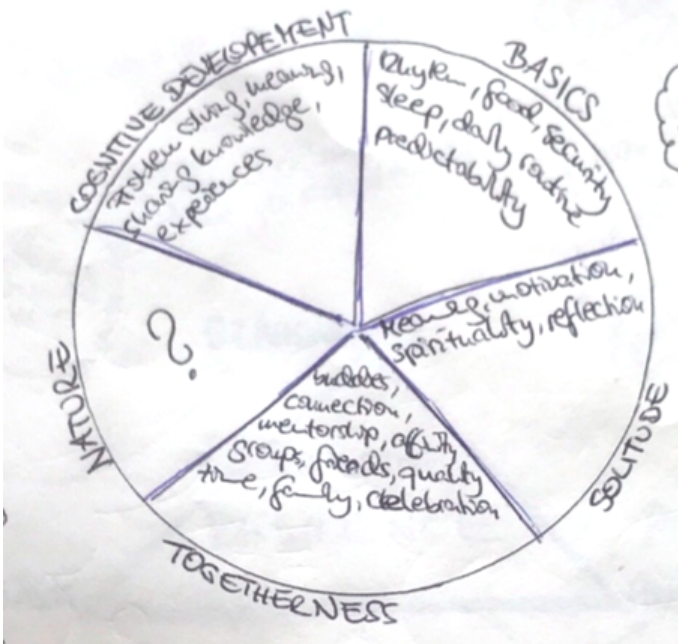


This day was playful! We tracked signs of animals and read the stories of love and hate, drama and death that nature presents to us when we closely look at it. This skill of playfulness as well as curiosity ("I wonder...") can help to strengthen our resilience, generating a feeling of connectedness with the world around us.



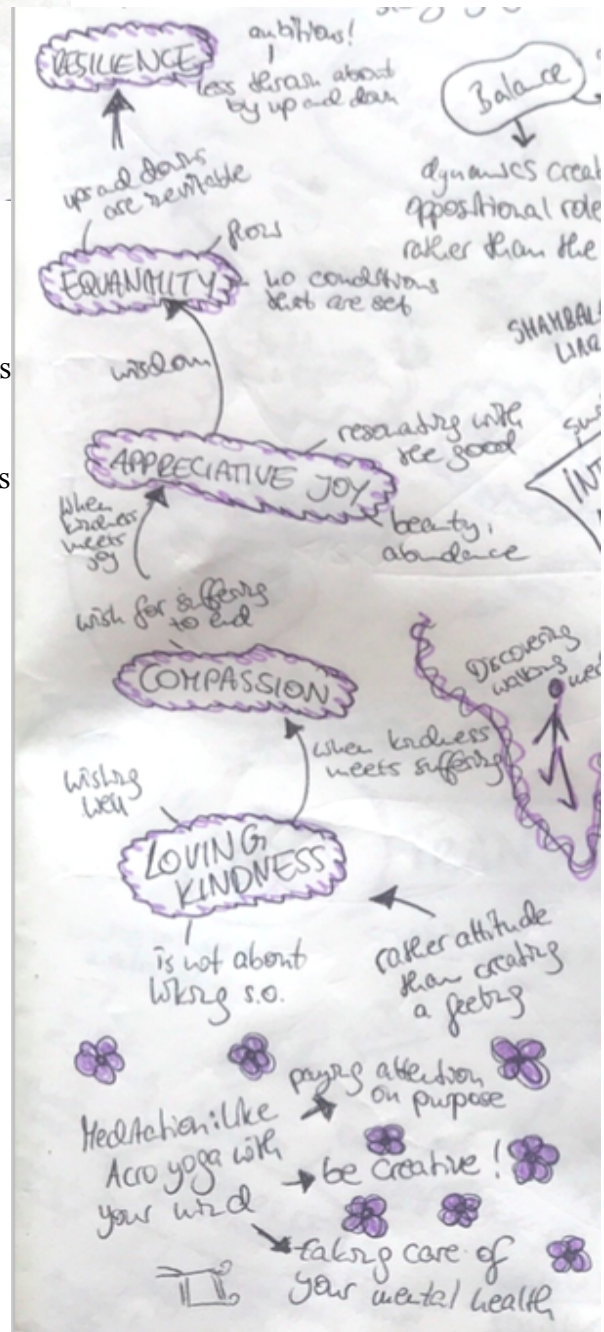
Resourcing ourselves: What are methods or tools we use to stay strong and resistant? What is the difference between BEING and DOING mode and how can we apply the BEING mode when we work on ourselves? We had a closer look on trees and got to know how much the evolution of humanity depended on trees and wood throughout history. The „Shuttle Writing Technique“ is a way of connecting ourselves to our true wishes and needs.

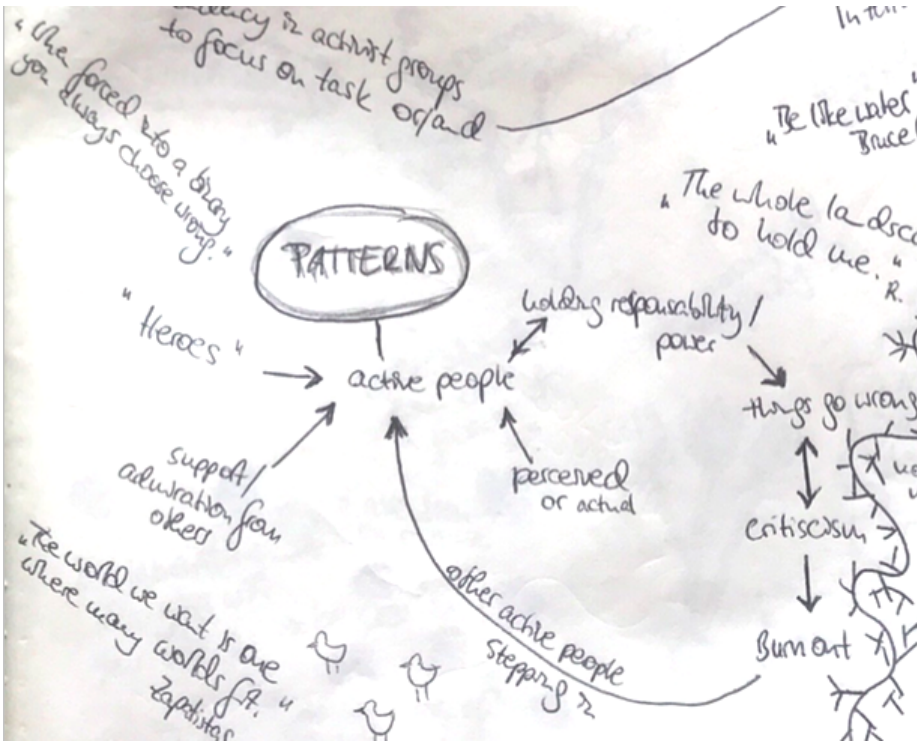
RESILIENCE PIE



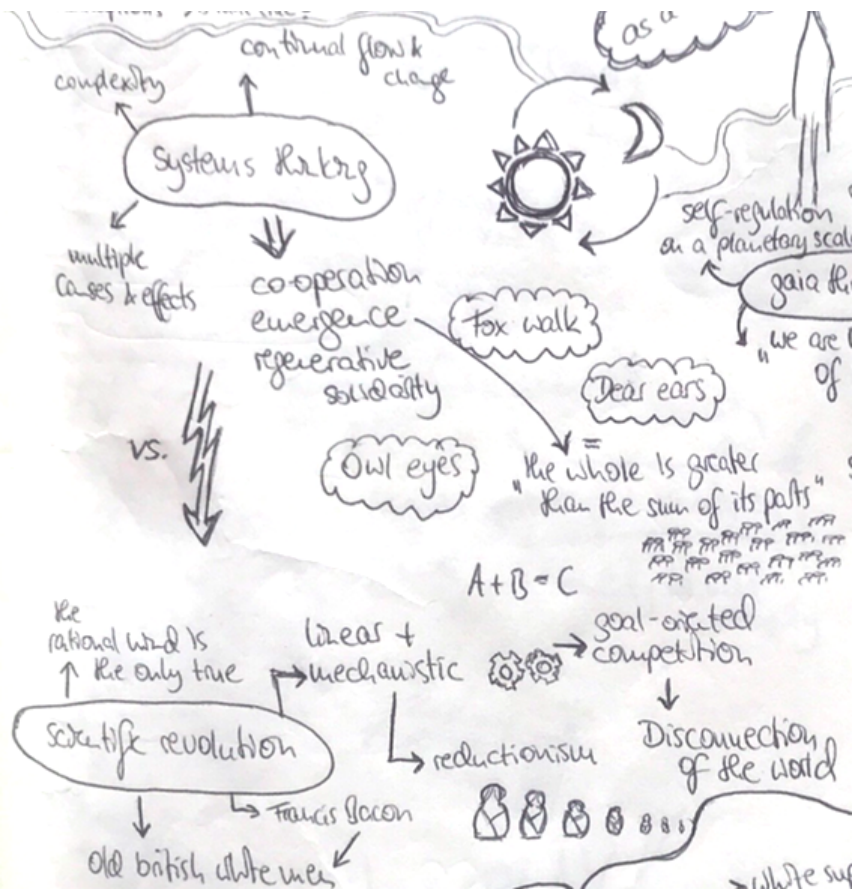
The Resilience Pie. Inside you'd write what is fulfilled at the moment and outside what you still wish for and what you are seeking to fulfill in the future.

Meditation is like acro yoga with the mind. Loving kindness as way of meditating will turn into compassion. Which in its turn will generate appreciative joy and equanimity, a state that allows us to realise that good and bad are part of life and that we do not have to identify with our emotions. Resilient we are less overthrown by the inevitable ups and downs of life.





Dysfunctional patterns we often observe in activist groups and why those can lead to a vicious cycle of highly engaged people holding to much responsibility, burning out and in consequence being replaced by other highly engaged people.



Systems thinking vs. Scientific thinking. Whereas scientific thinking focuses on linear and causal explanations of what is wrong and what is right, systems thinking acknowledges the complexity of the world and the multitude of causes and effects.

What happens when you walk as quiet as a fox? Or when you place your hand around your ears to enhance your hearing?