

Resilience



Resilience and Vitality

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Resilience

Resilience – Being powerful



I am in my power
I am alive
The 7 pillars of
resilience



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Resilience

Topics Zoomcall



- Attunement
- What are the 7 pillars of Resilience
- Group walk: „my resilient self“
- Resilience exercises
- Walk “what shows up to my resilience“
- Walks in the breakout sessions

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Resilience

What is Resilience



Resilience is the power of resistance that helps us manage crises, problems and situations without causing lasting harm

There are many factors that influence resilience, we are going to focus on

- The concept of the 7 pillars
- The resilient self
- Possibilities of self regulation

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Resilience

Your Examples for Resilience



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Resilience

7 pillars of Resilience



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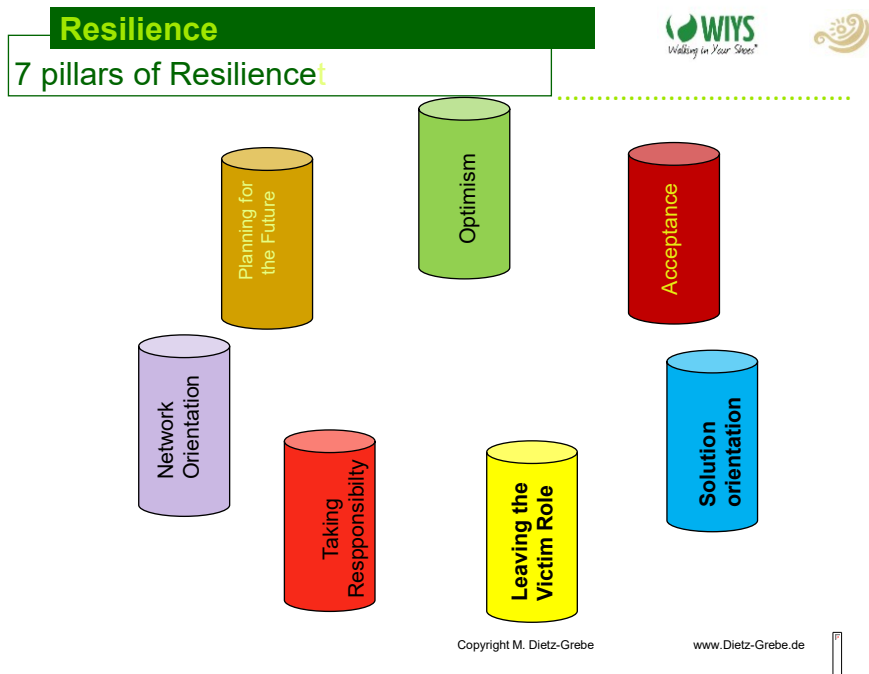
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1. **Optimism / positive expectation of the future**
2. **Acceptance (and Self Acceptance)**
3. **Solution orientation**
4. **Leaving the victim role**
5. **Taking responsibility**
6. **Making contacts; network orientation**
7. **Planning for the future**



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1. Polyvagal Basic Exercise*:

- Sit or lie down with your hands behind your head
- The head doesn't move
- Look with your eyes to the far left side and to the far right side until you start to yawn
- Think of your topic and feel how you relax by doing this

* see youtube „The Basic Exercise by Stanley Rosenberg“P

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Resilience



Walks in the breakout sessions

- „My resilience“
- „One of the 7 pillars of resilience“ *
- „My resilient self“

*my Optimism , my Acceptance, my Solution orientation, “Leaving the Victim role “, “my taking responsibility”, “my making contacts”; “my network orientation”, “my future”



finde deinen Groove: P A C E

1. Sorge für Deinen Energiefluss
→ Wasser leitet elektr. Information
2. kläre Deinen Geist u. Blicke
→ Gehirnpunkte rubbeln
3. aktiviere Dich beidseitig
→ X||X zentrieren koordinieren
Aufmerksamkeit steigern
4. stimme Dich positiv ein
Imagination wecken, Stress loslassen

