

Can We Breathe Out Anxiety and Boost Our Resilience? A Challenge for Mind and Body



Resilience and anxiety are topics frequently referred to in respect to the mental health of people of all ages in our communities. Yet given the greater emphasis on holistic practices and the accepted links between mind and body, the increase in diagnoses and incidence of prescribing antidepressants and anxiolytics is also on the rise. The annual Mental Health bill in England and Wales alone, is £100billion. What might our options be?

In this thought provoking lecture, Margaret will be exploring resilience and anxiety by linking them to issues around attachment. She will highlight connections to Porges Polyvagal Theory and recent the discoveries that holistic practices can and do impact resilience positively. She will engage the audience in considering the obstacles to resilience, the factors in society that create greater predispositions anxiety diagnoses and low resilience and ways that are being increasingly shown to overcome anxiety and build resilience. The lecture will include an experiential element to demonstrate the benefits of self-encouragement and holistic practices that include: qigong, yoga, meditation and breath work.

In this lecture we can discuss and consider:

- ~ What resilience is
- ~ How anxiety and resilience are related and where polyvagal theory fits in
- ~ Where anxiety and attachment link
- ~ How an anxiety profile can help to connect thinking
- ~ What practical steps we can take to reduce anxiety and support others who find anxiety impairs their choices in life

Margaret Wadsley

I believe in
who I am...

