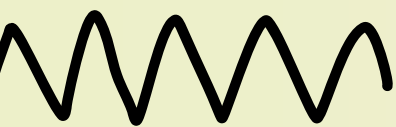


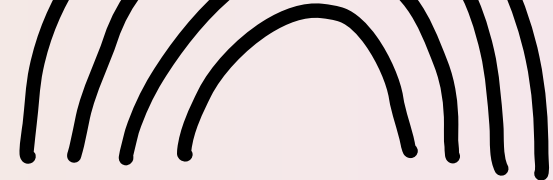
REFRESH & REFLECT



Create Harmony to Build Resilience

10 mins





What connects Harmony with Resilience?

We often associate the word “Harmony” with music:

The simultaneous combination of tones, especially when blended into chords pleasing to the ear; chordal structure, as distinguished from melody and rhythm.

[Link](#)



In life, Harmony can mean many things. Such as: physical and psychological balance, a sense of being in our flow, in step and in tune with others, resources to meet the demands of life, effortless and thriving relationships, in tune with nature and its seasons, connecting from the inside out and the outside in, following our passion, listening to our body and emotions then taking action to bring us back to a greater sense of harmony with ourself.

What does “Harmony” mean to you?

01

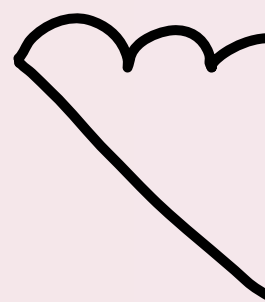


Harmony and our brain.

Brain Waves Harmonize When Individuals Interact - [BrainTap](#)

“Emerging research in “collective neuroscience” reveals that our brains naturally align during shared experiences, a phenomenon called neural synchrony.

This synchrony occurs when brain wave patterns between individuals mirror each other during activities like conversation, learning, or music, fostering deeper emotional and cognitive connections.”



This article is fascinating and confirms that sense of connection we have with others from time to time. That feeling of “we just get each other” even though we haven’t met before. It’s pure magic and feels amazing and the mirroring that happens feels like a dance.



Recall a time when you met someone for the first time and you just clicked. What did you feel - physically and emotionally?

02

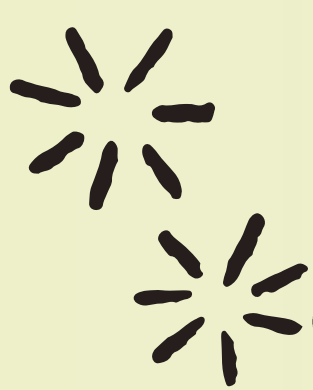
Harmony for Resilience



Health is the foundation of personal resilience upon which all other aspects rely. Lack of sleep, poor diet and inactivity directly impact our cognitive capability, emotional regulation and our ability to solve problems. It also impacts our ability to persevere and push through during times of stress, setbacks and challenges, not to mention our ability to nurture reciprocal and beneficial relationships. To increase harmony in our life, we must first start with improving health.

How satisfied are you with your health currently?

What habits and routines get in the way of you feeling in harmony with yourself and others?



Strategies to Create Harmony



Creating harmony in life involves aligning our inner world (thoughts, emotions, values) with our outer world (relationships, work, environment). Here are practical strategies to cultivate harmony in your life:

- **Self-Compassion:** Speak to yourself kindly and release perfectionism. Harmony grows from self-acceptance, not self-criticism.
- **Shared Activities:** Engage in shared experiences like walking, cooking, or storytelling to create emotional resonance and connection.
- **Create Rhythms:** Establish routines like morning rituals or Sunday resets to bring order and ease.
- **Empathy:** Try to understand others' perspectives. Emotional attunement enhances group harmony.
- **Gratitude:** Focusing on what's working builds emotional resilience and perspective.



Which of the above are you naturally gravitating toward?

How will it help to increase harmony in your life?



REFRESH & REFLECT



Create Harmony to Build Resilience

