

THE LAW FIRM OF THE FUTURE

FINDING THE LEADER IN YOU

An MPF Webinar – September 16, 2020

by

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Uri Gutfreund

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Founder, Nelson Leadership

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Smart Strategies for the Forward Thinking Law Firm

TheRemsenGroup.com



John D. Fanburg, Managing Member

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Practice Areas

- Cannabis Law
- Healthcare Law

Bar and Court Admissions

- New Jersey
- New York
- U.S. Supreme Court

Education

- New England School of Law, J.D., *cum laude*
- Washington University, B.A.

Chair, Healthcare Law Co-Chair, Cannabis Law

John D. Fanburg has more than 30 years of experience in health and hospital law, with an emphasis on corporate, transactional, and regulatory matters for physicians and health care institutions. A recognized leader in this sector, John is known for excellence in transactions, perseverance in deal-making, and strength in corporate, M&A, and regulatory matters.

His broad experience representing major hospitals, diverse medical groups, solo practitioners, and statewide physician specialty organizations provides him with in-depth knowledge of all aspects of the business of healthcare. He helps healthcare providers position themselves to deal with the constantly evolving medical marketplace, particularly healthcare reform. This includes advising clients about mergers and acquisitions, various business ventures, and creative health care business arrangements. John provides counsel on strategic alliances and transactions relating to physician practices, hospitals, ACOs, ambulatory surgery centers, and medical homes. He also offers guidance on regulatory compliance, corporate compliance, HIPAA, litigation, and government investigations.

In addition, as Co-Chair of Brach Eichler's Cannabis Law Practice, John provides counsel to companies and individuals who seek to participate in New Jersey's growing medicinal cannabis industry.

His experience includes:

- Establishing outpatient health care offices, diagnostic imaging facilities, urgent care centers, and

ambulatory surgical centers.

- Overseeing the establishment and purchase/sale of physician practices, hospitals, and nursing homes.
- Structuring nonprofit health care providers.
- Representing clients in managed care contract negotiations.
- Developing Medicare and Medicaid corporate compliance programs for physician practitioners.
- Developing managed care networks.
- Handling fraud and abuse counseling and representation, licensing issues and third-party payment issues.
- Representing physician specialty organizations and advantageously using federal reimbursement policies and appeals.
- Representing dental practices, and developing and negotiating dental practice employment agreements.

A member of the firm's Executive Committee, John is the recipient of a number of honors and awards. Ranked in [Chambers USA](#) in Band 1 for health law from 2009-2020, John consistently earns special recognition for his work with physicians in transactional and regulatory matters. Chambers cites sources who refer to Fanburg as an "outstanding attorney who is extremely knowledgeable of the current healthcare climate, enabling him to guide us with cutting-edge information" In 2012, John was described in [Chambers](#) as "an extremely gifted attorney particularly in dealing with all of the complexities of the current healthcare situation."

John has been selected by his peers to [The Best Lawyers in America](#)® since 1995 and named to the [New Jersey Super Lawyers](#) list for several years in a row. In addition, he has been rated as AV Preeminent 5.0 out of 5.0, peer-rated for the highest level of professional excellence by Martindale-Hubbell.

Additionally, John was selected as a New Jersey 2018, 2019, and 2020 top ten leader in the law (Law Power 50) by *NJBIZ* and was included in *NJBIZ*' Power 50 Health Care list in 2019 and 2020. He was also named to *ROI-NJ*'s list of top 2019 Healthcare Influencers in New Jersey. In 2017, he was appointed to Governor Phil Murphy's Transition Team. He was also designated a top healthcare transaction lawyer of 2017 by *The Ambulatory M&A Advisor*.

In 2015, John was recognized as a Top Legal Leader for New York and New Jersey by American Lawyer Media (ALM) and, in 2013, he was named a "Top Rated Lawyer in Health Care" by ALM and Martindale-Hubbell. John was also named the "Newark Area Best Lawyers Health Care Lawyer of the Year" for 2011 and 2012 and, in 2010 and 2011, John was a finalist for *NJBIZ*' "Executive of the Year."



John D. Fanburg



Professional Activities

- Affiliate Member, New Jersey Medical Group Management Association
- Board of Trustees, Mountain Ridge Country Club Foundation
- Executive Leadership Team, Essex County Start! Heart Walk
- Healthcare Advisory Board Member, Caldwell University
- Member, American Health Lawyers Association
- Member, Florida Society of Ambulatory Surgical Centers
- Member, Medical Group Management Association
- Member, Radiology Business Managers Association
- President, Mountain Ridge Country Club, West Caldwell, NJ, 2012-2016
- Treasurer and Board Member, S.O.L.A.R Foundation

Insights

[News - September 15, 2020](#)

Results of Second Brach Eichler Cannabis Poll Featured in the New Jersey Law Journal

[News - September 11, 2020](#)

Fanburg to Address Managing Partner Forum September 16

[News - September 10, 2020](#)

Banners Urge New Jersey Voters to Say "Yes" to Legalizing Recreational Weed

[Newsletters - August 31, 2020](#)

Healthcare Law Update - August 2020

[Alerts - August 25, 2020](#)

Michael J. Maher



mmaher@hechtsolberg.com

[Download vCard](#)

Mickey Maher is a real estate and business lawyer who serves as the managing partner of the firm, and who concentrates on advising clients in:

- Developing, leasing and investing in shopping centers, office properties and industrial parks
- Apartment acquisitions and dispositions
- Acquiring subdivided land for home builders
- Drafting and negotiating reciprocal easement agreements and covenants, conditions and restrictions for all types of commercial developments
- Complex title-related issues
- Real estate finance
- Structuring and implementing business entities and ventures
- Representing franchisees in franchise arrangements

He is a member of the State Bar of California's Real Property, Business Law, Solo and Small Firm, and Law Practice Management sections. He has been a guest lecturer at the Burnham-Moores Center for Real Estate and has taught continuing education classes for National Business Institute and The Institute for Paralegal Education.

Mr. Maher currently serves on the Charitable Real Estate Committee of The Foundation of San Diego Zoo Global. In the past he has served on other advisory committees for the Zoological Society of San Diego and is pro bono counsel for the Poway Performing Arts Company. He was also a merit badge counselor for the San Diego Imperial Council of the Boy Scouts of America. The Maher family enjoys hosting exchange students from around the world.

Professional Associations

Hecht Solberg Robinson Goldberg & Bagley LLP
1988 – present

Singer & Crawford
1986 – 1987

Hahn Loeser & Parks, Cleveland, Ohio
1984 – 1986

Honorable Thomas D. Lambros United States District Court,
Northern District of Ohio
Law Clerk, 1981 – 1983

Bar Admissions

California, 1987

Education

Syracuse University
Juris Doctor, cum laude, 1981

Baldwin-Wallace College, Berea, Ohio
Bachelor of Arts, Economics
Summa cum laude, 1978
Omicron Delta Kappa

Accolades

Selected to the San Diego Super Lawyers list, 2015-2020

Named a Top Attorney in the Real Estate Transactional practice area by *The San Diego Daily Transcript*, 2015



Leah Nelson
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Leah Nelson is an experienced leader with over 25 years of leadership experience in the business and military sectors. As a Leadership Mentor and Executive Coach, she has helped individuals achieve next level outcomes and businesses build market share. Leah's experience in leading teams allows her to carry a unique leadership perspective combining the need for both relationships and results whether personally or professionally.

Leah is an engaging speaker, coach and facilitator. She completed her undergraduate studies at the United States Naval Academy, and served for 13 years in the Navy, where she was a Helicopter Pilot and a Leadership Instructor/Facilitator. She received her Masters of Organizational Leadership through the Townsend Institute of Leadership.

In addition to Executive Coaching, she also has extensive experience in leadership training and development as well as small business development. Leah works with many privately held companies, non-profit organizations along with governmental agencies, in industries including aviation, biotech, construction, cybersecurity, distribution and manufacturing, financial services, healthcare, higher education, law, professional services, real estate, recruiting, technology and utilities.

Helping others achieve their goals and design their lives with excellence and balance is one of Leah's greatest joys. An avid athlete, Leah recently completed the Boston Marathon.

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John Remsen, Jr.

- President, TheRemsenGroup
- President & CEO, Managing Partner Forum
- Strategic Planning, Marketing/Business Development, Firm Retreats, COO/CMO Search
- Fellow, College of Law Practice Management
- Speaker:
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 - Association of Legal Administrators
 - Legal Marketing Association
 - MPF Annual Conference
 - Law Firm Networks
- Education:
 - University of Virginia – MBA
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Uri Gutfreund

- National Law Firm Practice Leader, Risk Strategies Company
- Founder, The Managing Partner Roundtable
- Speaker:
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- Education:
 - Yeshiva University – BA



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John Fanburg

- Managing Member, Brach Eichler LLC
- 80 lawyers based in Roseland, New Jersey
- Health Care – Corporate/Transactional
- Chair, Health Care Practice
- Co-Chair, Cannabis Law Practice
- Chambers USA, Best Lawyers
- Education:
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 - Washington University – BA



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Mickey Maher

- Managing Partner, Hecht Solberg
- 18 lawyers based in San Diego, California
- Real Estate and Business Lawyer
- San Diego Zoo – RE Advisory Committee
- Poway Performing Arts Company
- Education:
 - Syracuse University – JD
 - Baldwin-Wallace – BA, Economics



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Leah Nelson

- Founder, Nelson Leadership, Inc.
- Executive Coach, Leadership Development, Business Consultant
- Adjunct Professor, Concordia University
- US Navy – Leadership Facilitator, Helicopter Pilot
- Education:
 - Huntington University – MA Org Leadership
 - US Naval Academy



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TODAY'S SESSION

- Opening Remarks
- Survey Results
- Comments from Mickey, John and Leah
- Group Discussion
- Audience Polling and Questions
- Recording and Handout Materials



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The Lawyer Personality

- Highly skeptical
- Hate change
- Risk averse
- Love autonomy
- Low resilience
- High sense of urgency

SOURCE: Dr. Larry Richard – LawyerBrain, LLC



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Some Alarming Statistics

- **21%** of licensed attorneys are problem drinkers
- **28%** suffer from some level of depression
- **19%** demonstrate symptoms of anxiety

SOURCE: Hazelton Betty Ford/ABA Commission on Lawyer Assistance Programs (CoLAP) – February 2016



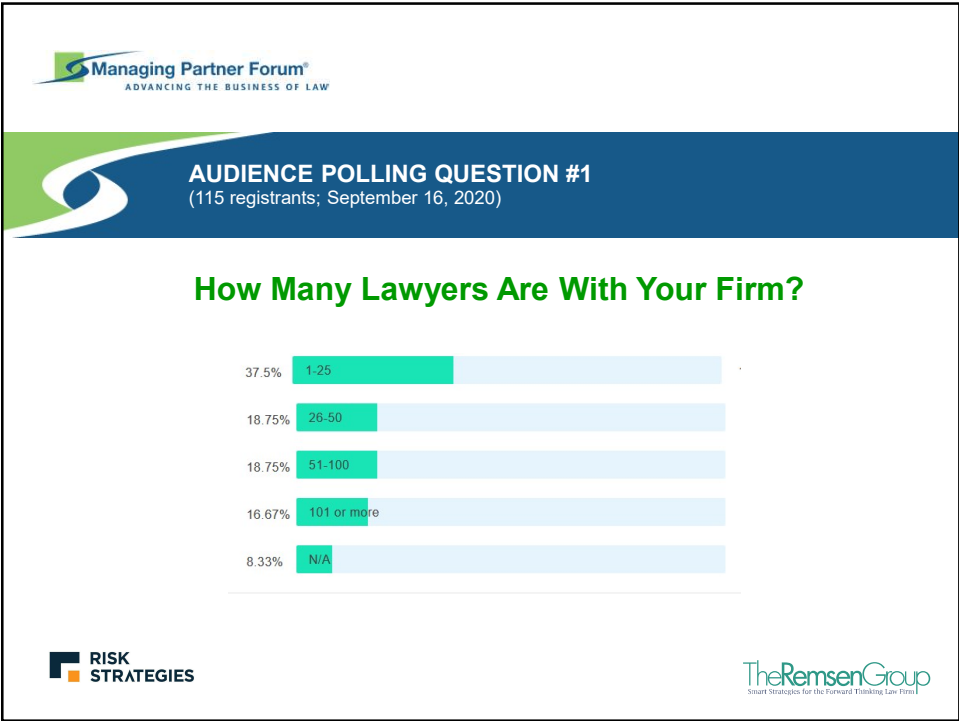
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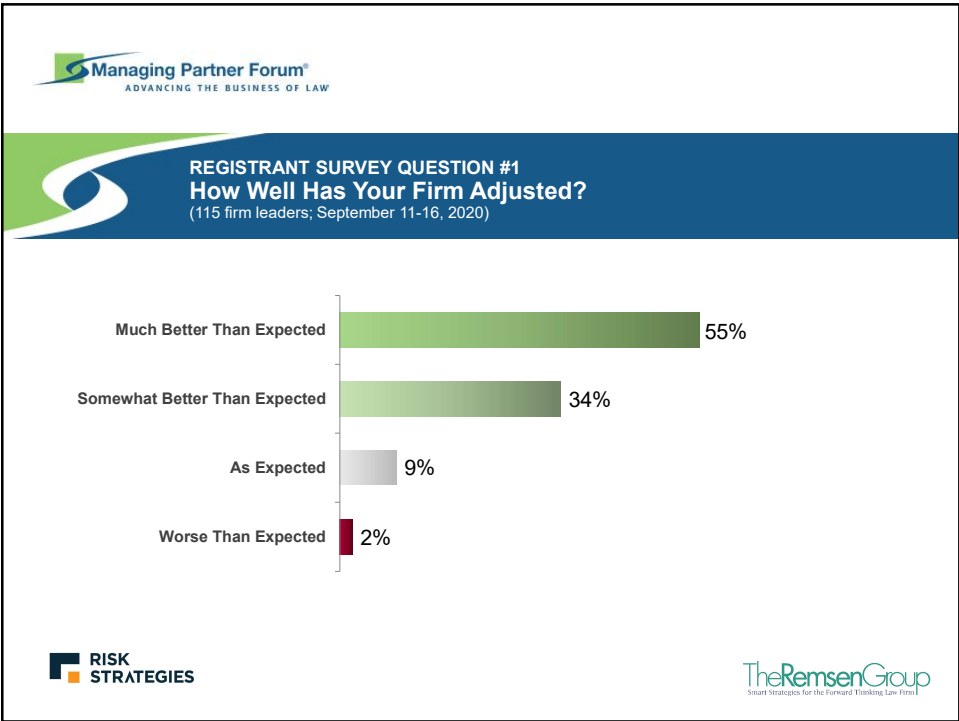
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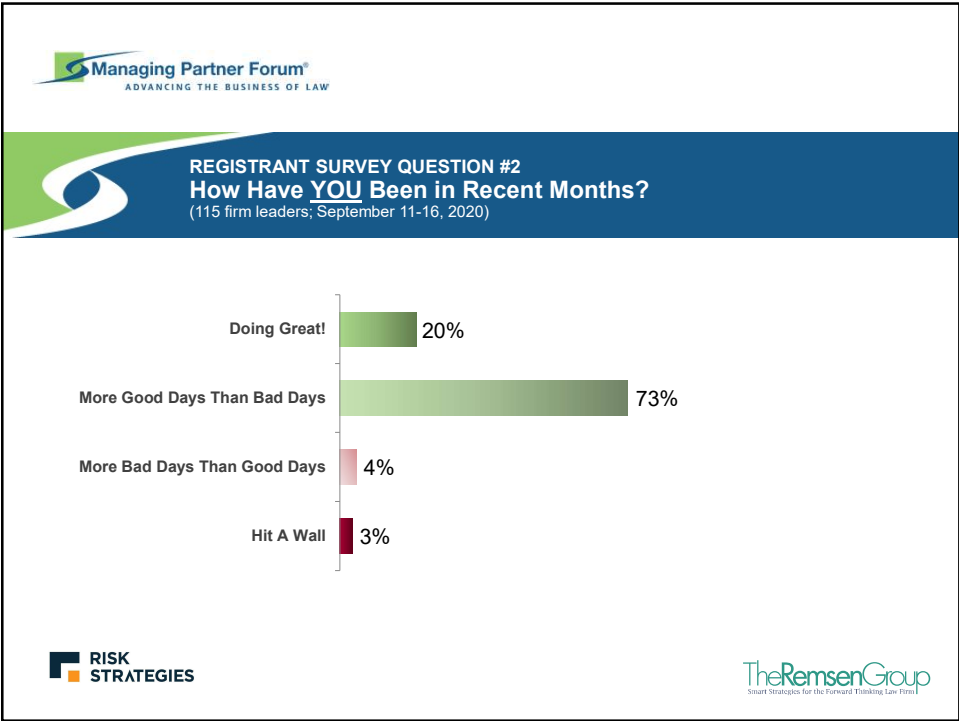


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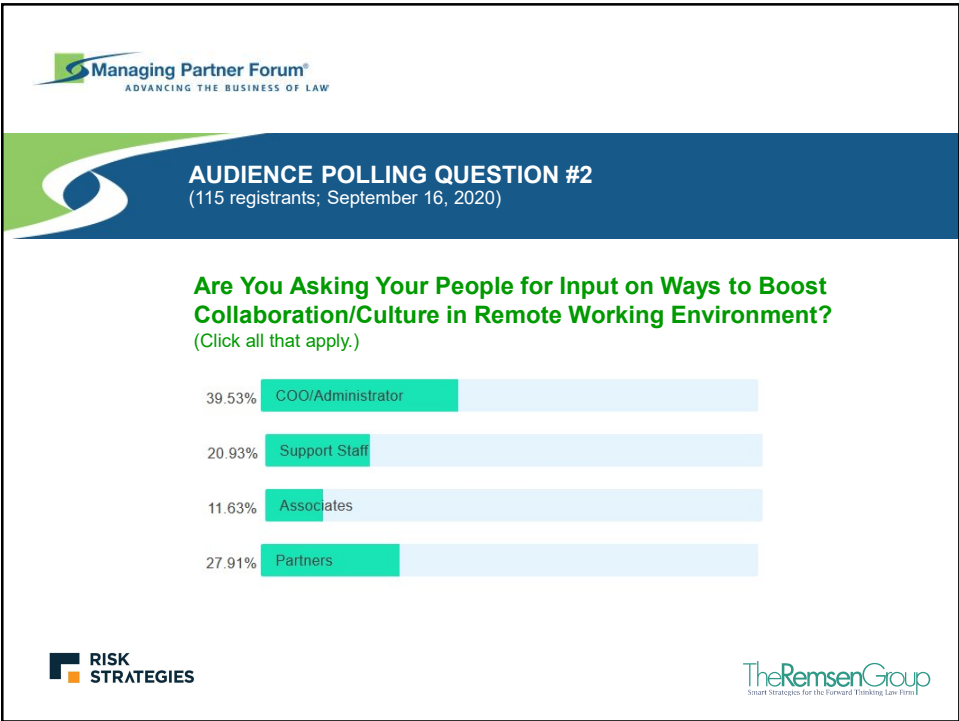


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COMMENTS FROM MICKEY MAHER

Stages When Facing a Threat

Firm Resilience

Personal Resilience

- Your Emotional Regulation
- Clarity
- Optimism
- Find Joy

Some Concrete Steps to Consider

HechtSolberg

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COMMENTS FROM JOHN FANBURG

Responsibilities to Firm

Partners

- Communication
- Transparency in decision making
- Positivity but be honest
- Partner response/reaction

Attorneys

Staff

George Floyd and messaging

How to handle the unpredictable future

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COMMENTS FROM JOHN FANBURG

Responsibility to Self

- Self-awareness
- Professional and personal happiness in pandemic
- Lessons learned and still learning
- How to manage the unpredictable future

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Culture in the Changing Environment

If you want to go fast, go alone.
If you want to go far, go together.

- African Proverb



NELSON LEADERSHIP

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Culture in the Changing Environment

SELF-LEADERSHIP

- Put your own oxygen mask on first
- Self-care: Sleep, exercise, diet, lower your stress
- Stay connected with present, available safe others
Hire a coach, join a peer group
- Work on your own Emotional Intelligence
- Lead yourself well: Model this to others around you
More is caught than taught



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Culture in the Changing Environment

LEADING OTHERS

- Being a great attorney doesn't mean you are necessarily a great leader
- Leadership is its own skill set
- Provide an opportunity for others to learn Leadership
- Operate with Responsiveness: Understanding, Validation, Care
- Use Emotional Intelligence



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Culture in the Changing Environment

LASTING CHANGE

Neuroscience tells us we must have 3 things:

- Psychological Safety
- FOR-you stance
- Novelty

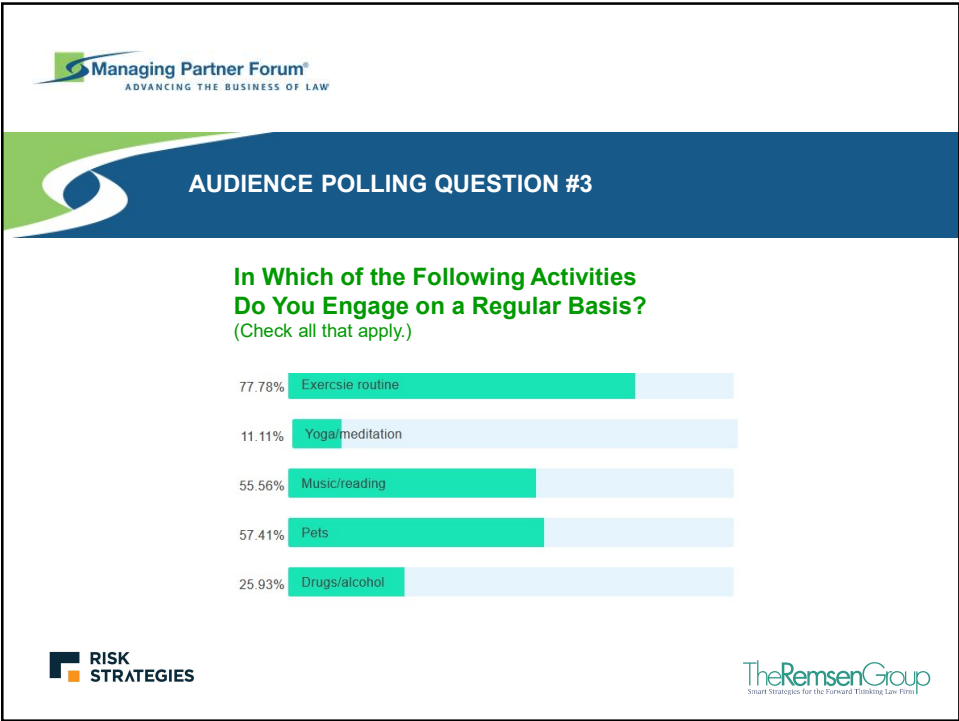


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TIPS FOR BUILDING RESILIENCE

- Build Connections
- Foster Wellness
- Find Meaning and Purpose
- Think Healthy Thoughts
- Seek Help if You Need It

SOURCE: American Psychological Association



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- MPF Website – www.ManagingPartnerForum.org
- *The MPF Weekly*
- MPF Webinar Series
- The MPF 2020 “Virtual” Conference – Oct 1, 2020
- MPF Listserv and Conference Calls
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AMERICAN PSYCHOLOGICAL ASSOCIATION

Building your resilience

We all face trauma, adversity and other stresses. Here's a roadmap for adapting to life-changing situations, and emerging even stronger than before.

Date created: 2012



Imagine you're going to take a raft trip down a river. Along with slow water and shallows, your map shows that you will encounter unavoidable rapids and turns. How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge?

Perhaps you would enlist the support of more experienced rafters as you plan your route or rely on the companionship of trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports in place, one thing is sure: You will not only make it through the challenges of your river

adventure. You will also emerge a more confident and courageous rafter.

What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

While these adverse events, much like rough river waters, are certainly painful and difficult, they don’t have to determine the outcome of your life. There are many aspects of your life you can control, modify, and grow with. That’s the role of resilience. Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.

What resilience isn’t

Being resilient doesn’t mean that a person won’t experience difficulty or distress. People who have suffered major adversity or trauma in their lives commonly experience emotional pain and stress. In fact, the road to resilience is likely to involve considerable emotional distress.

While certain factors might make some individuals more resilient than others, resilience isn’t necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts, and actions that anyone can learn and develop. The ability to learn resilience is one reason research has shown that resilience is ordinary, not extraordinary. One example is the response of many Americans to the

September 11, 2001 terrorist attacks and individuals' efforts to rebuild their lives after tragedy.

Like building a muscle, increasing your resilience takes time and intentionality. Focusing on four core components—connection, wellness, healthy thinking, and meaning—can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather—and grow from—the difficulties, use these strategies.

Build your connections

Prioritize relationships. Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties. Focus on finding trustworthy and compassionate individuals who validate your feelings, which will support the skill of resilience.

The pain of traumatic events can lead some people to isolate themselves, but it's important to accept help and support from those who care about you. Whether you go on a weekly date night with your spouse or plan a lunch out with a friend, try to prioritize genuinely connecting with people who care about you.

Join a group. Along with one-on-one relationships, some people find that being active in civic groups, faith-based communities, or other local organizations provides social support and can help you reclaim hope. Research groups in your area that could offer you support and a sense of purpose or joy when you need it.

Foster wellness

Take care of your body. Self-care may be a popular buzzword, but it's also a legitimate practice for mental health and building resilience. That's because stress is just as much physical as it is emotional. Promoting positive lifestyle factors like proper nutrition, ample sleep, hydration, and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.

Practice mindfulness. Mindful journaling, yoga, and other spiritual practices like prayer or

meditation can also help people build connections and restore hope, which can prime them to deal with situations that require resilience. When you journal, meditate, or pray, ruminate on positive aspects of your life and recall the things you're grateful for, even during personal trials.

Avoid negative outlets. It may be tempting to mask your pain with alcohol, drugs, or other substances, but that's like putting a bandage on a deep wound. Focus instead on giving your body resources to manage stress, rather than seeking to eliminate the feeling of stress altogether.

Find purpose

Help others. Whether you volunteer with a local homeless shelter or simply support a friend in their own time of need, you can garner a sense of purpose, foster self-worth, connect with other people, and tangibly help others, all of which can empower you to grow in resilience.

Be proactive. It's helpful to acknowledge and accept your emotions during hard times, but it's also important to help you foster self-discovery by asking yourself, "What can I do about a problem in my life?" If the problems seem too big to tackle, break them down into manageable pieces.

For example, if you got laid off at work, you may not be able to convince your boss it was a mistake to let you go. But you can spend an hour each day developing your top strengths or working on your resume. Taking initiative will remind you that you can muster motivation and purpose even during stressful periods of your life, increasing the likelihood that you'll rise up during painful times again.

Move toward your goals. Develop some realistic goals and do something regularly—even if it seems like a small accomplishment—that enables you to move toward the things you want to accomplish. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" For example, if you're struggling with the loss of a loved one and you want to move forward, you could join a grief support group in your area.

Look for opportunities for self-discovery. People often find that they have grown in some respect as a result of a struggle. For example, after a tragedy or hardship, people have reported better relationships and a greater sense of strength, even while feeling vulnerable. That can increase their sense of self-worth and heighten their appreciation for life.

Embrace healthy thoughts

Keep things in perspective. How you think can play a significant part in how you feel—and how resilient you are when faced with obstacles. Try to identify areas of irrational thinking, such as a tendency to catastrophize difficulties or assume the world is out to get you, and adopt a more balanced and realistic thinking pattern. For instance, if you feel overwhelmed by a challenge, remind yourself that what happened to you isn't an indicator of how your future will go, and that you're not helpless. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.

Accept change. Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of adverse situations in your life. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Maintain a hopeful outlook. It's hard to be positive when life isn't going your way. An optimistic outlook empowers you to expect that good things will happen to you. Try visualizing what you want, rather than worrying about what you fear. Along the way, note any subtle ways in which you start to feel better as you deal with difficult situations.

Learn from your past. By looking back at who or what was helpful in previous times of distress, you may discover how you can respond effectively to new difficult situations. Remind yourself of where you've been able to find strength and ask yourself what you've learned from those experiences.

Seeking help

Getting help when you need it is crucial in building your resilience.

For many people, using their own resources and the kinds of strategies listed above may

be enough for building their resilience. But at times, an individual might get stuck or have difficulty making progress on the road to resilience.

A [licensed mental health professional such as a psychologist \(/topics/psychologists-help-fact-sheets\)](/topics/psychologists-help-fact-sheets) can assist people in developing an appropriate strategy for moving forward. It is important to [get professional help \(/topics/talk\)](/topics/talk) if you feel like you are unable to function as well as you would like or perform basic activities of daily living as a result of a traumatic or other stressful life experience. Keep in mind that different people tend to be comfortable with different styles of interaction. To get the most out of your therapeutic relationship, you should feel at ease with a mental health professional or in a support group.

The important thing is to remember you're not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life's challenges you can manage with the support of loved ones and trusted professionals.

Acknowledgments

APA gratefully acknowledges the following contributors to this publication:

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- H. Katherine (Kit) O'Neill, PhD, North Dakota State University and Knowlton, O'Neill

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Donald Altman
Practical Mindfulness

[RESILIENCE](#)

Prepare for a Behavioral Disaster Wave: Resilience If and When COVID-19 Returns

Psychological distress caused by disaster produces cycles lasting up to a year.

Posted May 25, 2020



If [COVID-19](#) is like any other disaster, it will follow a predictable course that includes a devastating wave of behavioral issues. The [Substance Abuse](#) and Mental Health Services Administration (SAMHSA) has identified [six phases of disaster](#) that communities experience after a disaster hits, and these can last over a period of a year.



This wave can result in a spike in substance abuse, [anxiety](#) symptoms, [suicidality](#), depressive symptoms, [domestic violence](#), and severe levels of [stress](#). With the coming holidays and a resurgence of COVID-19 possible during the fall season, the results could be devastating.

To better understand how to be prepared for a COVID-19 spike and the behavioral effects it can produce, let's look at these six phases. Then, we'll investigate the proven psychological and

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In this phase, there's a belief that things will get back to normal, and there's a sense of optimism and looking to the future. This is a time of making connections and reaching out, and when disaster relief is put in place and people bond through their altruism, generosity, and helping.

Phase 5: Disillusionment

Disillusionment occurs when expectations aren't met. Maybe the disaster lasts longer than expected, or the exhaustion and struggle bubble up as anger, exasperation and frustration. This can be one of the longer-lasting phases. Its duration can be lengthened by triggering events—such as another spike in COVID-19 cases. Holidays and disaster anniversary dates are particularly dangerous. A demand for services may not be available, and the inability to cope, along with feelings of hopelessness, usually produce a spike in behavioral issues—which can overwhelm the healthcare system, which may already be fatigued and burned out.

ARTICLE CONTINUES AFTER ADVERTISEMENT

Phase 6: Reconstruction

After reaching a low point, Reconstruction is a period where recovery occurs. It is also a period of working through the grief that has occurred from the disaster experience—all the while getting acclimated to the new version of normal pervading their lives. While the anniversary of a disaster often marks the transition into this phase, it can continue for years, such as the recovery from Great Depression and other key historical shock wave events.

Preparing for Disillusionment and Beyond

There is still a high level of uncertainty surrounding COVID-19, and many worries and concerns could persist even after a vaccine is produced. But in the near future, we need to prepare for the coming disaster wave of disillusionment and loss of hope. This wave could overwhelm social services if there is another spike in the pandemic that could cause new shelter-in-place and other restrictive regulations to be put in place.

If this happens, there could be a behavioral meltdown resulting in an increase in psychological issues mentioned earlier: substance abuse, anxiety symptoms, suicidality, depressive symptoms, domestic violence, and high levels of stress. This is going to spread across the country, impacting communities and treatment centers with a volume of cases that are hard to imagine, let alone treat.

That's why we need to have resilience tools in place and ready to use.

Resilience: Psychological and Mindful Protection Against Obstacles

even when the conditions around you are difficult or extreme, it is how we are able to bounce back from the challenges and obstacles.

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Researchers who conducted a study on the [mediating role of resilience](#) found that individuals who were mindful were less likely to focus on negativity and failure. Because they weren't stuck on the past, they were more likely to move forward, as well as have greater life satisfaction. In addition, mindfulness helps quiet emotions, which is critical for anyone to think more clearly and access the executive and [decision-making](#) part of the brain.

I have found that there are four key factors of resilience, and the book [101 Mindful Ways to Build Resilience](#) is structured to take advantage of the four factors. Let's take a closer look at how these factors—calm, mental clarity, optimism and [happiness](#)—work to buffer you from failure:

Resilience Factor 1: Calm for [Emotional Regulation](#)

If you're steeped in negativity, your emotional system gets aroused, and you are triggered by stress [hormones](#) into a state of hyper alertness and reactivity. This is not a state from which to think clearly about all your options. In fact, you need to tame the amygdala, the ancient stress alarm system in order to bring the thinking, executive brain online. Some of the quick resilience tools in 101 Mindful Ways to Build Resilience include physical grounding practices, breathing practices, and tools for taming and calibrating your emotions.

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Resilience Factor 2: Mental Clarity for Problem Solving

The area behind your forehead is the frontal cortex, which is the analyzing and decision-making executive part of the brain. To get this working properly requires the right foods—think proteins every 2-3 hours, as well as at least 6 hours of sleep, and a more relaxed [nervous system](#). Resilience requires flexibility in thought. But if you're stuck in old patterns and mindsets, it's hard to get creative. That's why the "Clarity" section of the book includes resilience boosters such as the right foods for mental flexibility, a pause practice for connecting with purpose,

Even if you had the greatest problem solving skills on the planet, what good would they be if you couldn't get off the couch to put them into action? That's why this resilience factor is so critical to success. Optimism is designed to give you the energy, enthusiasm, determination and positive attitude to move forward. Skills in this category include such things as identifying your own innate strengths, clearing away emotional clutter, and appreciating the glass as half-full,

Resilience Factor 4: Happiness in Finding Joy and Building Connections

While disaster might temporarily keep us from our goals, we need to find happiness as a lifejacket that raises us up and keeps us engaged and hopeful. Joy is that feeling of being alive which you can find in the moment, even in the midst of challenging conditions. By connecting with others, we can share stories and find mutual hope. That's why, when you consider happiness skills, it helps to use practices like [gratitude](#), savoring the good times in your life, and spreading seeds of love and kindness to others. In this way, you feel nurtured and sustained in ways that increase your resilience and vaccinate you against loss of hope.

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Two-Minute Resilience Boosting Practice

Part 1: Take a nice, long breath and exhale slowly. Feel all your tension, or even one worry, leaving the body as you let go. This will both bring a sense of **calm** and **clarity**. If you want to really luxuriate, take a second breath!

Part 2: Think of one thing you did that helped another, of an accomplishment that made you feel proud, of a time you made someone smile or felt connected you to another. This will enhance a feeling of **optimism**.

Part 3: Look outside at nature or find one thing of beauty in your environment (a color, object, sound, etc.). Let yourself get absorbed in the sublime beauty before you. Or, reflect on a helpful resource or meaningful connection in your life—even planning to contact that person today. This will bring **happiness** and **hope**.



About the Author



[Donald Altman](#), a psychotherapist and former monk featured in *The Mindfulness Movie* and *Living Spiritual Teachers Project*, is the author of the new book, *Simply Mindful: A 7-Week Course and Personal Handbook for Mindful Living*.

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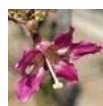


[Filipino Responses to COVID-19](#)

Resilience Essential Reads



[How Do We Grieve Now?](#)



[What Nature Can Teach Us About Resilience](#)

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