A Framework for Resilience

(Through a fly's eyes)

Version II

You are not as important as you think you are.

You are one of 7.8 billion, of 8.7 million known species, on one of IOOOO, OOO, OOO, OOO, OOO, OOO, OOO, OOO, OOO (give or take) planets in our observable universe. So take your place in the crowd, not better, or higher or greater than any other being in the natural world but one and the same, shaped by evolution, trying to survive for one more rotation. You and me and nettles and wasps, and eagles and lions and great white sharks, all clinging to the same rock. We listen to our instincts. Can you?

Checklist:

( ) Know that you are small and relish the freedom.

( ) Look for happiness in daily strings of small experiences

( ) Acknowledge that those big things you are worrying about are actually pretty small.

( ) Understand that when you are small, the best way to build strength is through connection.

( ) Understand that when you are small, the best way to survive is to share.

( ) Recognise that your home is bigger than the four walls of your house.