Movement: The Language of Resilience

Building & Maintaining Resilience

Mariele Klering



What do you do when thinking stops helping?



The Breaking Point

Burnout

Mind on Overdrive

Looking for new beginnings



When Darkness Hits



New Country Challenges





The Call



Finding Jiu-Jitsu



The Invitation Self-defense class

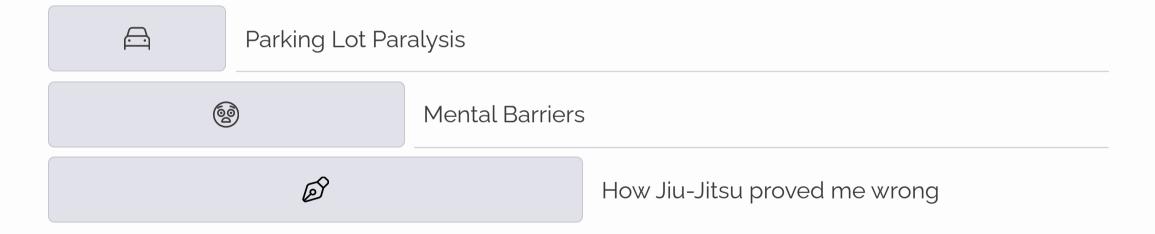
Initial Resistance

Looked intense, male-dominated, intimidating

Taking the Step Said yes despite fears

Warm Welcome A hope for feeling better

The Struggle to Begin



"Life is not going to get easier. You need to get stronger."



What Jiu-Jitsu gave me

Mental Break

60 minutes break from my thoughts

Helped me understand grief

No replaying the phone call

Learning New Things Body learning quiets the mind

Finding Clarity

Quiet gave strength for major life decisions

You don't build resilience by thinking about it. You build it by stepping straight into the thing you want to avoid and realising you are stronger than you thought.

Movement: A Conversation Between Body and Mind



Starting the conversation

Each step into action starts a dialogue. Your body speaks wisdom your mind cannot access.



Hear The Message

"You're stronger than you think. You can move through this." Transform Through Action

This isn't just exercise. It's your body teaching your mind what resilience truly feels like.

The Science of Movement

10 hrs

Sedentary Risk Daily sitting increases depression risk by 40%

40%

Depression Risk Increase from prolonged sitting

*Guo, Y., Li, K., Zhao, Y. et al. Association between long-term sedentary behavior and depressive symptoms in U.S. adults. Sci Rep 14, 5247 (2024). **h**



The Science of Movement

1 hr

1 in 8

Weekly Movement
Just 10 minutes daily

Cases of depression

*University of New South Wales. (2017, October 3). One hour of exercise a week can prevent depression. ScienceDaily. Retrieved May 19, 2025



Movement as Language of Resilience

1- Beginner Stage - Learn a Word

One movement your mind resists but your body quietly wants

Movement as Language of Resilience

2- Intermediate Stage - Form a Sentence Create a ritual

1 - Beginner Stage- Learn a Word

One movement your mind resists but your body quietly wants

Movement as Language of Resilience

3- Fluent Stage - Speaking without thinking

Do it even on the days you don't feel like it.

2- Intermediate Stage - Form a Sentence Create a ritual

1- Beginner Stage - Learn a Word

One movement your mind resists but your body quietly wants

Your 10-Minute Challenge

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Take the Stairs Small choice, big impact Morning Stretch Start the day with movement Brief Walk

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Just 10 minutes daily



Try Something New

Do something that challenges you



You don't always need a plan.

Sometimes, all it takes

it's a little movement.

Thank you!