

# Movement: The Language of Resilience

Building & Maintaining Resilience

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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



2020 Lockdown



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



Parking Lot Paralysis

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Mental Barriers

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How Jiu-Jitsu proved me wrong

*“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

Weekly Movement

**Just 10 minutes daily**

1 in 8

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



Take the Stairs

Small choice, big  
impact



Morning Stretch

Start the day with  
movement



Brief Walk

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!*