

Nourish Resilience with Herbs

re·sil·ience

Resilience, a noun meaning, “the capacity to withstand or to recover quickly from difficulties; toughness”, as defined by Webster dictionary.

Resilience was coined before Resiliency and is considered the etymon. Etymology is important in understanding the derivation of a word and the root which many others form. The two nouns mean exact same and are synonyms. Mar 20, 2019, Medium.com Blog written by Nina Flagler Hall

The American Psychological Association defines **resilience** as “the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress”. **Resilience** refers to the ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity.

“**Resilience** can be defined as “positive adaptation”. Resilience construct has its roots in developmental psychology where researchers laid the foundation for defining and conceptualizing **resilience** at the individual level. (Garmezy, Werner, & Smith).

In terms of a general definition of *individual resilience*, two concepts can be regarded as fundamental: *adversity* and *positive adaptation* (Luthar, Cicchetti & Wright).

Individual **resilience** is primarily influenced by early life experiences and the impact of parents’ behavior, in early success experiences, and in early crisis experiences.

“We talk about **resilience** as a muscle that needs to be built. And unless you keep that muscle in shape, it can atrophy”. Bob Sternfels, delivered this statement at the recent 2024 World Economic Forum. Developing **resilience** is a necessary skill for leaders.

Resilience is strengthened by plant medicines. In this mission statement by Nicole Rose of Solidarity Apothecary states, “The mission of the Solidarity Apothecary is to materially support revolutionary struggles and communities with plant medicines to strengthen collective autonomy, self-defense and **resilience** to climate change, capitalism and state violence.”
<https://solidarityapothecary.org/>

“We talk about **resilience** as a muscle that needs to be built. And unless you keep that muscle in shape, it can atrophy”. Bob Sternfels, Global Managing Partner at McKinsey and Co. Sternfels believes developing resilience is a necessary skill for leaders. This quote was delivered in a speech at the World Economic Forum in Davos, 2024.

Tori Hudson, ND discusses **resilience** in; “*Resilience: The Role of Herbal Medicine for Anxiety and Depression*”. Tori mentions that, “in integrative healthcare the role of the practitioner is to help the patient to become strong, healthy and successful after a challenging event. This role of building **resilience** is not just up to the practitioner but also the individual needs to take an active role in their own recovery to return to healthy, problem solving, spiritually aware, developing goals and moving towards them.”

Resilient
Rising Appalachia
Leah Song & Chloe Smith

I am resilient
I trust the movement
I negate the chaos
Uplift the negative
I'll show up at the table, again and again and again
I'll close my mouth and learn to listen
These times are poignant
The winds have shifted
It's all we can do
To stay uplifted
Pipelines through backyards
Wolves howlin out front
Yeah, I got my crew but truth is what I want
Realigned and on point
Power to the peaceful
Prayers to the waters
Women at the center
All vessels open to give and receive
Let's see the system brought down to it's knees
I'm made of thunder
I'm made of lightning
I'm made of dirt (yeah)
Made of the fine things
My father taught me that I'm a speck of dust
And this world was made for me
So let's go and try our luck
I got my roots down, down, down, down
Down, down, down, down, down, deep
I got my roots down, down, down, down
Down, down, down, down, down, deep
So what are we doing here? What has been done?
What are you gonna do about it when the world comes undone?
My voice feels tiny and I'm sure so does yours
But put us all together we make a mighty roar
I am resilient
I trust the movement
I negate the chaos
Uplift the negative
I'll show up at the table, again and again and again
I'll close my mouth and learn to listen

Herbs that Nourish **Resilience**:

As offered by “Common herbs for stress: The science and strategy of a Botanical Medicine approach to self-care”, by Joshua Burns an NIH study reported in Pub Med:

Ashwagandha

“An ayurvedic herb, it is commonly used in formulas designed to attenuate the stress hormone cortisol. Ashwagandha lowers circulating glucocorticoids cortisol and corticosterone through alteration of the Hypothalamic-pituitary-adrenal (HPA) axis, ameliorating stress symptoms.... Ashwagandha's effectiveness as a stress reduction therapy should be measured for its ability to reduce perceived stress, and not just a decrease plasma cortisol.”

Rhodiola

Commonly used for fatigue, anxiety, depressions, physical and mental performance. Neuro-protective benefits help protect against stress and keep the dopamine around longer. “These studies lend significant evidence to the ability of rhodiola to mitigate the stress response and reduce symptoms of burnout”.

Passion Flower

“Passionflower has been studied to determine the effects of the plant on mental stress and related disorders such as anxiety. While included studies were limited, the authors concluded that passionflower was an effective method of treating stress reactivity, anxiety and insomnia. The mechanism of action of the herb is not fully identified... Most current research looks predominately on the GABAergic mechanisms with relation to its anxiolytic effects, with one article showing an affinity for acting on the hippocampus, which has been shown as a potential target area for stress reduction.”

Lavender

“A 2016 study examining the mechanisms for Lavender aromatherapy found no effect on the HPA axis, but measurable changes in Chromogranin A (CgA), an indicator for catecholamine levels, demonstrating a potential effect on the acute stress response via the sympathoadrenal medullary (SAM) pathway. Another study examining lavender aromatherapy during sleep, showed an increase in activity in the temporal lobe and increased delta-waves, which are associated with deep sleep, in the lavender group.”

Janet Kent & Roger Peet ‘s zine, *Under Pressure: Herbs For **Resilience***, states, “In physics, **resilience** is the word used to describe the ability of a body to withstand stress. For us, **resilience** means the capacity to recover from or adjust to misfortune or change. This guide to twelve plants that can help increase or enhance **resilience** in times of upheaval and uncertainty includes essays about the physiology of stress...” Please have a look at the original text for more information as to how they see these plants as enhancers of **resilience**.

Ashwagandha
Holy Basil
Reishi
Blue Vervain
Hawthorn
Motherwort

Milky Oats
Wood Betony
Lavender
St. John’s wort
Rose
Sage

Build Resilience Protocols

Agrimony	<i>Agrimonia eupatoria</i>
Ashwagandha	<i>Withania somnifera</i>
Astragalus	<i>Astragalus membranaceus</i>
Bacopa	<i>Bacopa monnieri</i>
Borage	<i>Borago officinalis</i>
Cayenne	<i>Capsicum annuum</i>
Chamomile	<i>Matricaria chamomilla</i>
Cinnamon	<i>Cinnamomum verum</i>
Cordyceps	<i>Cordyceps sinensis</i>
Eleuthero	<i>Eleutherococcus senticosus</i>
Ginger	<i>Zingiber officinale</i>
Ginkgo	<i>Ginkgo biloba</i>
Gotu Kola	<i>Centella asiatica</i>
Hawthorn	<i>Crataegus oxyacantha</i>
Hibiscus	<i>Hibiscus sabdariffa</i>
Holy Basil	<i>Ocimum tenuiflorum</i>
Lavender	<i>Lavandula angustifolia</i>
Lemon Balm	<i>Melissa officinalis</i>
Linden	<i>Tilia argenteum</i>
Mimosa	<i>Albizia julibrissin</i>
Motherwort	<i>Leonurus cardiaca</i>
Nettle	<i>Urtica dioica</i>
Oats	<i>Avena sativa</i>
Panax	<i>Panax quinquefolius</i>
Passion flower	<i>Passiflora incarnata</i>
Rehmannia	<i>Rehmannia glutinosa</i>
Reishi	<i>Ganoderma lucidum</i>
Schisandra	<i>Schisandra chinensis</i>
Skullcap	<i>Scutellaria laterifolia</i>
Turmeric	<i>Curcuma longa</i>
Wood Betony	<i>Stachys officinalis</i>
Yarrow	<i>Achillea millefolium</i>

Herbal Formulas for Building Resilience

Moving Forward – Flight

Made as a chai tea, or brandy extracted elixir to sip, warm and move

Cordyceps

Turmeric

Ginger

Cardamom

Cinnamon

Facing Adversity – Fight

Deeply nourish and build vitality to kick butt as needed

Ginseng

Ashwagandha

Reishi

Cayenne

Overcoming Overwhelm – Freeze

Acknowledge the depth of self-preservation with drops of this as tincture to preserve stillness and allow one to recalibrate:

Reishi

Skullcap

Vervain

Yarrow

Flow not Fawn

A mental and emotional support tea

Agrimony

Passion Flower

Ginkgo

Nettles

Creating Fortitude Deep Within

Decoction of the adaptogens, simmered until black and strained. Molasses added (2oz. to 1 cup) will fortify your depleted yin, restore vitality and nourish your adrenals.

Eleuthero

Astragalus

Schisandra

Rehmannia

Empowering Belief, “I can”

Create a tea to accentuate the positive. Equal parts tea blend. 3 T./1 qt. Steep 20 min.

Holy Basil

Wood Betony

Gotu Kola

Borage

Nettle

“I am” Blessed

Herb tea made as an infusion to lighten and brighten your day

Lemon Balm

Damiana

Calendula blossoms

Rose petals - pinch

Reset the Polyvagal Nerve tincture

Combine 30 ml. each in 4 ounce dropper bottle. Dose with half stopper regularly when nervous, overwhelmed and/or dysregulated.

Skullcap

Vervain

Motherwort

Oats, milky stage

Return to Joy Glycerite

Extract the herbal blend in vegetable glycerin and water combination: 60/40 using a warm bath to quicken and extracting process. Strain, bottle, label and take in drops throughout the day.

Hawthorn

Lemon Balm

Rose

Mimosa

Hibiscus

Trauma Release Herbal Tea

Combine the dry herbs and store in a jar to be able to make this tea often. 1 T/ 1c

1 oz Holy Basil

1 oz Passion flower

.5 Lavender

.1 Rose

Nourishing Resilience BonBon

To make a bonbon just mix the wet ingredients together in a bowl, then add the powders. If you need more liquid you can add honey or coconut oil melted. Mix together and roll in the chocolate chips, nuts and coconut if you like.

Eat 1- 3 a day with sheer pleasure and deeply nourish yourself and build resilience.

1 c Peanut Butter, crunchy

2 T Honey

1 T Coconut oil

¼ c Oats, rolled or quick

1 T Eleuthero powder

1 T Astragalus powder

1 T Reishi mushroom powder

½ c Chocolate chips

7 C's of Resilience tincture

Combine 35 ml. of each herb into an 8 oz / 240ml bottle. This tonic can be taken daily to boost resilience through herbs paired with leadership qualities as identified by Anne Koopman: A daily dose could be 1 t. AM and PM during stressful periods.

Competence **Gotu Kola**

Confidence **Borage**

Connection **Chamomile**

Character **Holy Basil**

Contribution **Nettle**

Coping **Skullcap**

Control **Yarrow**

Herbalists who practice and support Resilience

Through offering a free clinic to our community, Green Comfort School of Herbal Medicine serves to allow access to herbal health care. Clients are heard, offered clinical plan of care and in some cases herbs, herbal teas and remedies are available free or on a sliding scale. We are trauma informed care givers and chose to educate ourselves in harm reduction as we bridge the conventional health system with the traditional food and herbs as medicine way. Through teaching herbal wisdom and science, we match herbs to the constitution, physiology and desired outcome as we build formulas which are made personalized for each individual. This provides us an opportunity to include herbs to nourish **resilience**.

As Colleen at Wild Roots Apothecary says, "Use your herbs to set boundaries, breath to resettle, create positive escapes and enjoy copious amounts of Lemon Balm tea."

Through acts of reciprocity and **resilience** herbalists participate in creating calm and order out of chaos. This requires us to use our tools and resources to accept help and foster community. Our hope is to build a **resilient** community utilizing these goals of community mutual aid and more active home apothecaries.

It is my hope that some of the goals, considerations and many of the recipes can be used to put into action by the continued grass roots effort of the Mutual Aid movement.

We want to make an honorable mention for many who participated in the resource sharing, accepting donations, making medicine and distributing the herbal products for those in need. We also want to acknowledge the many hours spent on the part of those who gathered herbs and supplies to distribute medicine and meet community to offer clinical support. Thank you for these and many other Apothecaries nationwide who are generously donating to disaster relief:

Herbal Mutual Aid Directory
Herbalista & Mutual Aid

Abby Artemisia, The Wander School
 Rebecca Buyer
 Appalachian Herb Collective
 Twin Flower Botanicals;
 Earth Haven Eco Village; Dr. Monique Massal
 Red Moon Herbs; Jeannie Dunn
 7Song Herbal First Aid
 Rising Appalachia
 Blue Ridge School of Herbal Medicine
 Smile Herb Shop
 Strob Apothecary
 Sacred Plant Traditions and Botanic Mobile Clinic, Kat Maier
 Terra Sylva School of Botanical Medicine; Dave Meesters, Janet Kent, Jen Stovall

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The 7 C's of Resilience for Leaders.
5. Nicole Rose; <https://solidarityapothecary.org/> <https://solidarityapothecary.org/podcast/>
Frontline Herbalism Podcast, *Herbalism & State Violence* book
6. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9737923/> "Common herbs for stress: The science and strategy of a Botanical Medicine approach to self-care", Joshua Burns
7. Bouncing up: The development of women leaders' **Resilience**
Stephanie Duchek ^{a 1}, Charlotte Foerster ^{b 2}, Ianina Scheuch ^{c 3}
Center for Responsible Research and Innovation, Fraunhofer Institute of Industrial Engineering IAO, Germany
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9. Garmezy, 1974; Werner, 1989; Werner & Smith, 1982
10. Luthar & Cicchetti, 2000; Wright et al., 2013
11. Janet Kent & Roger Peet, *Under Pressure: Herbs For Resilience, May 2023.*
<https://justseeds.org/product/under-pressure-herbs-for-resilience-zine/>

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mutualaidherbs@gmail.com](https://docs.google.com/document/mutualaidherbs@gmail.com).
13. Herbalista <https://herbalista.org/>

The good news is that joy ~
collected over time
fuels resilience ~
Ensuring we'll have reservoirs
of emotional strength
when hard things do happen.

Brene Brown