

Inner Strength - Outer Strength

INNER STRENGTH TIPS

Willpower

Willpower is one of the most important aspects of inner strength because it helps us to make the right decisions for long-term wellbeing, even in the face of short-term temptations. One of the most famous psychological experiments was the Stanford Marshmallow Test by Walter Mischel, where children were tested to see if they had the willpower to resist eating a marshmallow straight away if they were promised another 15 minutes later. The researcher concluded that the children who were able to hold out, grew to be more successful as adults.

“Willpower is like a muscle,” says Jeremy McCarthy, our Group Director of Spa & Wellness, who studied with Roy Baumeister, one of the leading researchers on willpower in the field of psychology. “It can be strengthened with exercise.”

How to develop willpower:

- Practice willpower by challenging yourself to go without chocolate, alcohol, sex or other temptations for a period of time.
- Mindfulness meditation, where you resist temptation is a good willpower exercise.
- Avoid exposure to temptation when your willpower is weaker (at the end of the day, from overuse, or when tired.)
- Continually remind yourself of your long-term objectives, so you are not distracted by short-term temptations.

Interesting reading:

- *The Marshmallow Test* by Walter Mischel
- *Willpower: Rediscovering the Greatest Human Strength* by Roy F. Baumeister and John Tierney

<https://www.mandarinoriental.com/en/spa/inner-strength-outer-strength#isos>



Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.