

EQUANIMITY – PART 2

Synonyms for equanimity

composure, calmness, imperturbability, collectedness, serenity, equilibrium, sangfroid, placidity, coolness, tranquility, tranquillity, aplomb, countenance, composedness, tranquillness, self-possession, repose, confidence, assurance, poise, cool, self-composedness, indifference, impassivity, detachment, easygoingness, unconcern, self-assurance, numbness, apathy, self-assuredness, self-confidence, self-trust, insensibility, phlegm, laid-backness

Antonyms for equanimity

agitation, perturbation, anxiety, apprehension, solicitude, discomposure, concern, care, uneasiness, disquiet, anxiousness, nervousness, alarm, worry, apprehensiveness, excitability, disturbance, alarm, excitableness

Benefits for increasing equanimity

George Mason University website - [Thriving Together Series: How Equanimity Can Relieve Stress - Center for the Advancement of Well-Being \(gmu.edu\)](https://www.gmu.edu/center-for-the-advancement-of-well-being/)

Research psychologists have begun to focus on the benefits of [equanimity](#), a form of mental stability that can be enhanced through mindfulness practice. It is an evenness of mind that is unruffled by the vicissitudes of life. Pursuing equanimity can significantly help us relieve stress.

Management.Issues website [Why you need equanimity \(management-issues.com\)](https://www.management-issues.com/why-you-need-equanimity/)

(This is a great article – you should read the whole thing)

The Buddha described equanimity as a mind that is abundant, immeasurable and without hostility or ill-will. In others words, it is the capacity to remain neutral, to observe from a distance and be at peace without getting caught up in what we observe. It's the capacity to see the big picture with understanding. In essence, it is about taking nothing personally, refusing to get caught up in the drama - either our own or others'.

Equanimity allows us to stand in the midst of conflict or crisis in a way where we are balanced, grounded and centered. It allows us to remain upright in the face of the strong winds of conflict and crisis, such as: blame, failure, pain, or disrepute - the winds that set us

up for suffering when they begin to blow. Equanimity protects us from being blown over and helps us stay on an even keel.

Equanimity, thus, has two aspects: the power of observation and an inner balance, both of which support one to be mindful, awake, aware and conscious. The greater the degree we are mindful, the greater our capacity for equanimity. The greater our equanimity, the greater our ability to remain steady and balanced as we navigate through the rough waters and gusty winds of change, challenge and conflict.

Psychology Today website [Equanimity: The Key to Happiness | Psychology Today](#)

The reason that happiness cannot, as the Dalai Lama said, be found in external circumstances is that there's no way around it: Life is a mixture of pleasant and unpleasant experiences, successes and disappointments, good times and sad times. Equanimity is a mental state that enables you to meet life's unpleasant experiences, disappointments, and sad moments with even-tempered calm instead of with aversion. Aversion takes two forms: passive indifference as in, "Who cares?" and anger, as in "I've got to get rid of this feeling *right now!*"

Truth for teachers website - [Truth For Teachers - Teaching with equanimity: 5 practices to help you stay #unbothered](#)

Through its positive impact on the practitioner, teaching with equanimity will benefit:

- - **Students:** Equanimous teachers foster a sense of safety. They behave in ways that are predictable instead of pendulating between extremes. Students will know what to expect and can trust that their teacher is making sound decisions. Furthermore, these sorts of teachers serve as role models to students since they are examples of what self-regulation during challenging times can look like.
 - **Colleagues:** Teachers who are highly reactive typically have two main experiences. One is that they may become disconnected from their more composed colleagues. This can become a barrier in creating community and fostering a collaborative environment. The other experience is that highly reactive teachers tend to form their *own* community based on shared commiseration. While it's wonderful to feel understood by and connected to others, imagine

how much more meaningful support and change teachers can generate from a place of calm and level headedness?

Equanimous teachers are leaders. They are reliable, able to see bigger pictures, and able to imagine a wide range of possibilities.

- **Loved Ones:** It can feel good to return home and decompress. We all deserve to vent a little and share the good, the bad, and the ugly. But what if we constantly share more of the bad and ugly than the good? Exercising equanimity allows teachers to be fully present for their loved ones. Even-keeled teachers are able to discuss their work in a balanced manner, and then pivot to other topics of interest!
- **Systems:** The movement towards educational equity is a long game. Acting with equanimity makes the movement sustainable. Equity leaders who are emotionally well-balanced are self-aware, better listeners, more productive, and happier. This mitigates burnout and strengthens one's capacity to create systems changes over time.

Techniques for achieving equanimity.

Psychology Today website [Equanimity: The Key to Happiness | Psychology Today](#)

Equanimity—this “key to happiness”—requires both mindfulness and effort to develop. I’m referring to mindfulness in the sense of paying attention to what’s going on in your mind (and also in your body because that’s where you *feel* what’s going on in your mind).

If you can become aware of how you’re clinging to “wants and don’t wants” (as I like to call them) that are out of your control, and if you can then feel the detrimental effects of that clinging on your mind and body, this alone can loosen the grip of clinging and allow you to begin to feel the calm of equanimity.

1. First, be clear of your objective

**Your goal is not to aim for 100% equanimity at all times.
Your goal is to train your mind to be less reactive and
attached to situations.**

2. Cultivate and practice mindfulness too.

Mindfulness helps you know where your center is.

3. Start with small events.

**Are you able to stay calm and composure under such
circumstances?**

Or will you lose your cool?

4. Incorporate equanimity into your meditation practices.

**Alternate between good and bad events
until you are non-reactive to them.**

5. Know the differences between equanimity and indifference.

**Equanimity is about opening your heart,
while indifference is about closing your heart.**

One way to know if you are practicing equanimity correctly is to ask yourself, "**Am I really okay with the event as it is?** Or am I just protecting myself from the painful experience? Am I grounded and centered or am I pulling away or pushing the situation away from me?"

"Few people are capable of expressing with equanimity opinions which differ from the prejudices of their social environment. Most people are incapable of forming such opinions."

Albert Einstein