



Wellbeing Tips

Brené Brown's Atlas of the Heart



The power of awe and wonder for healing

In Atlas of the Heart, Brené Brown describes awe as the feeling of encountering something vast that expands our perspective, while wonder invites gentle curiosity and noticing. These emotions are essential to the human experience and lead to moments of learning, connection, and meaning-making. When life gets tough, awe and wonder serve as a powerful reminder that glimmers of beauty and life can still be found even in the darkest of spaces and times.

Researchers have found that awe and wonder encourage us to value what often goes unnoticed in everyday routines such as the warmth of the sun on our back on a cold winter's day, the stillness and resilience of nature with each passing season, the vibrations of music in our bodies, the way our senses can recall distant memories when stimulated, and the kindness of a stranger who smiles a simple hello.

Simple practices such as short pauses, mindful walks, creative expression, or reflective conversations can help gently open space for these feelings without pressure or expectation.

These quiet glimmers when noticed, can support growth, change, and overall wellbeing.

Awe and wonder do not take away from pain or struggle. Rather they sit alongside and offer a moment of grounding and redirection where the body can soften and the mind open to new perspectives.

This approach supports healing in a quiet, compassionate way allowing space for pause to regroup and zoom out to allow the bigger picture to appear. If you are interested in exploring these ideas further, please register and come along to our next writing through grief activity.

Our writing through grief is monthly and you can find the next session on our website here: familiesofveterans.org.au/defence-families-wellbeing-events/

You can also explore this topic further here: www.theimperfects.com.au/episode/dr-julia-baird-an-awe-full-conversation/