



#45: 6 Second hugs, and other resilience tools, with Dr van Zyl- Edeling

Dr Hanneljie Van Zyl-Edeling is a counselling psychologist, mediator, author and artist. She believes that we can use our minds to create our best life and find meaning, even in challenging circumstances. Her mission is to assist people in managing their physical, mental, emotional and spiritual selves in such a way as to grow and reach their fullest potential.

She is in Private Practice and holds workshops and talks for the public and professionals about preventive nutrition, stress, eating disorders, positive living and ageing, ethics and spiritual living. Hanneljie is featured regularly on television and radio and advises journalists on preventive nutrition, stress, ethics, spiritual living and positive ageing, and she is the author of a book called *Distilled Wisdom - A guide to positive living and ageing*.

Her formal qualifications include a BSc Dietetics (Cum Laude - 1972); a Diploma in Hospital Dietetics (1973); an Honours degree (Cum Laude) in Psychology at the RAU (1987); a Master's degree in Psychology at UNISA (1989); and a Doctorate in Psychology at RAU in 1994. She registered with the Health Professions Council of South Africa as a Counselling Psychologist (PS0030066) and is accredited as a mediator.

Life-long learning is a passion for her. She an NLP Master practitioner, qualified Astrologer and has studied Astrology, Reiki, Esoteric healing, various modalities of Hypnosis, Kinesiology and Transactional Analysis.

“It's those ‘shoulds and oughts’ that we feed ourselves that contribute to the problem. If we understand that life brings challenges, and in fact, part of what we need is to grow through those challenges. We want to master the situation. We want to learn. We want to grow.”

All about Dr Hanneljie: <https://www.drhanneljie.co.za>

Dr Hanneljie's book: <https://www.amazon.com/dp/B08BN6VDTV>

The Tapping Solution app: <https://www.thetappingsolution.com/>

Insight Timer app: <https://insighttimer.com/en-au>

The Polyvagal Theory: <https://youtu.be/br8-qebjIgs>

The Upside of Stress, By Kelly McGonigal: [https://read.amazon.com.au/kp/kshare?](https://read.amazon.com.au/kp/kshare?asin=B00RWKN8T6&id=23mhbxfmejfwjanvuiljgfdc2i&reshareId=J4Q2ER5Y53Z5HRKQNCQQ&reshareChannel=system)

[asin=B00RWKN8T6&id=23mhbxfmejfwjanvuiljgfdc2i&reshareId=J4Q2ER5Y53Z5HRKQNCQQ&reshareChannel=system](https://read.amazon.com.au/kp/kshare?asin=B00RWKN8T6&id=23mhbxfmejfwjanvuiljgfdc2i&reshareId=J4Q2ER5Y53Z5HRKQNCQQ&reshareChannel=system)