

Health, Safety and Security



A Recipe for Resilience

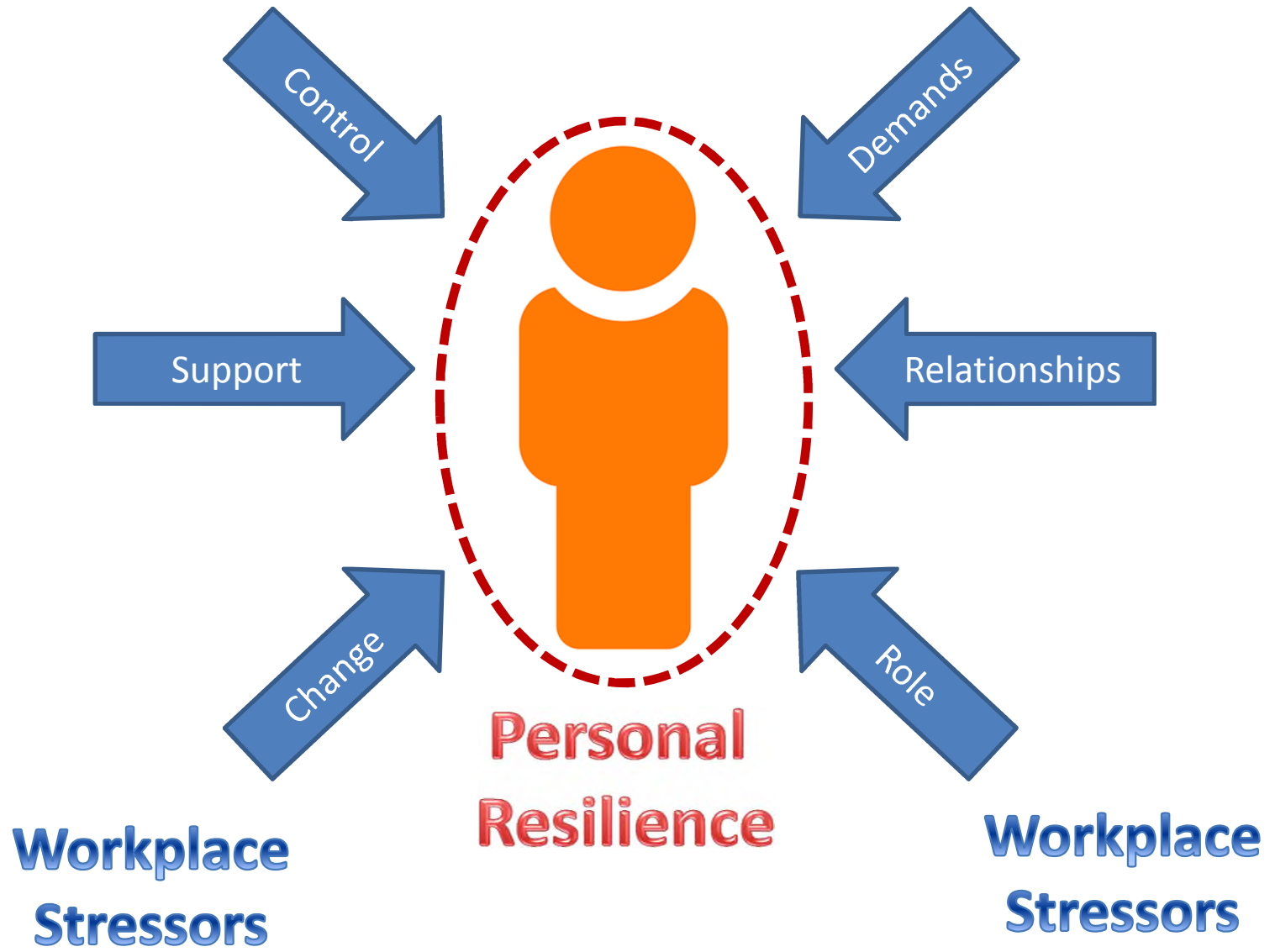
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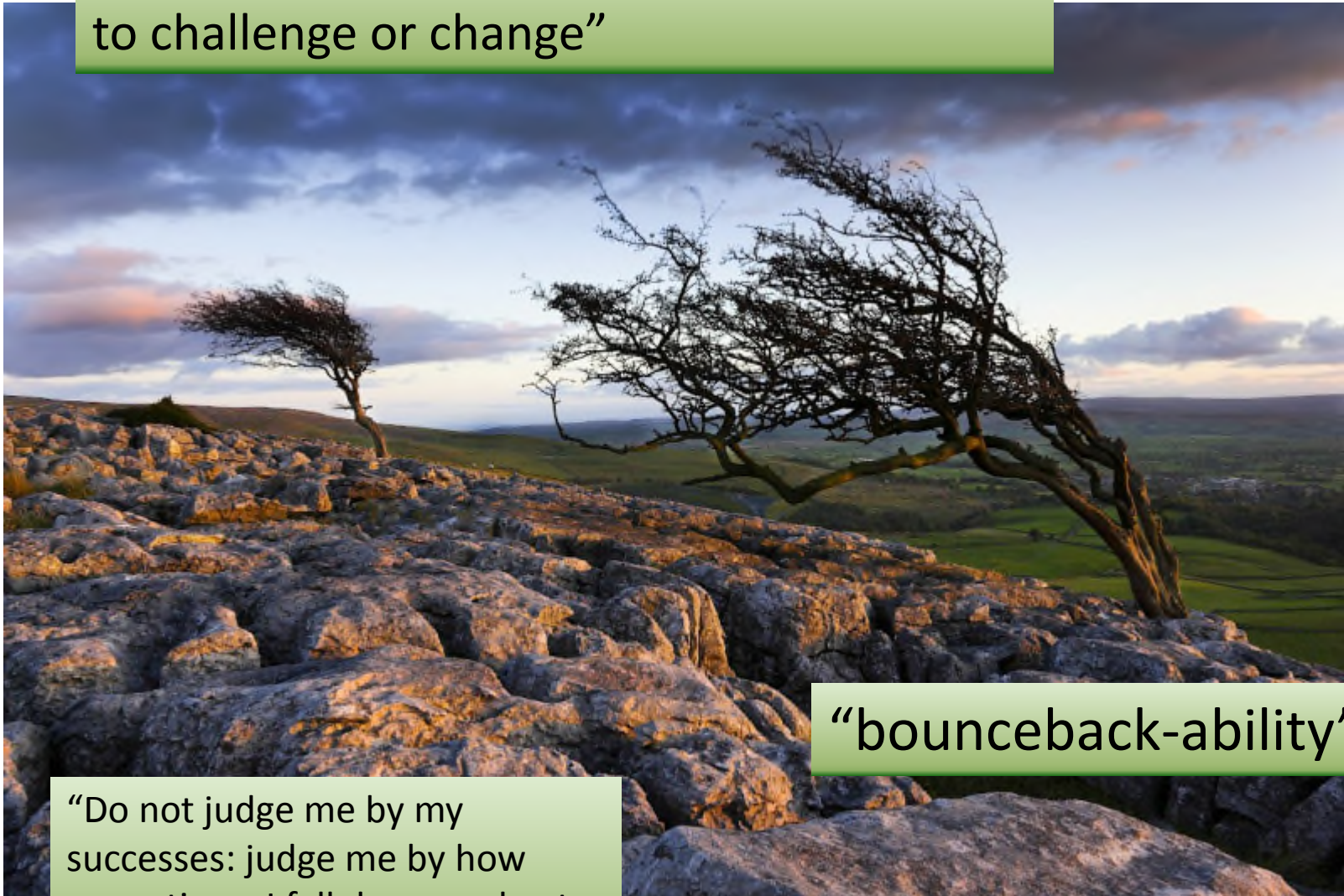


Session Outline

- What is resilience?
- Three approaches to resilience
- From theory to practice
- Resources



“an ability to recover from or adjust easily to challenge or change”



“bounceback-ability”

“Do not judge me by my successes: judge me by how many times I fell down and got back up again”

Nelson Mandela



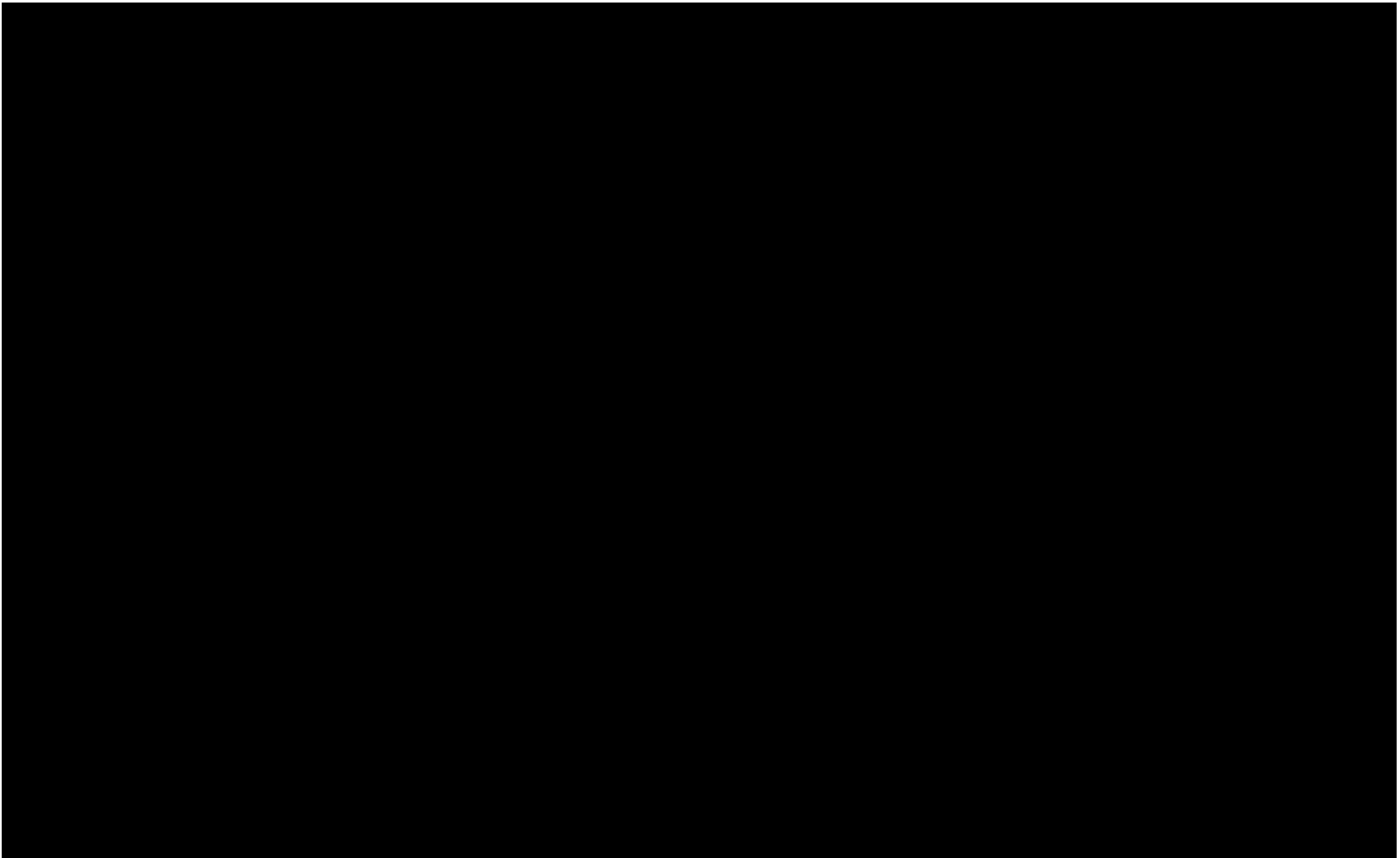


Improved Resilience means..

- Improved health and wellbeing for the individual
- Improved work culture
 - Staff retention
 - Reduced absence
 - Increased / sustained productivity
- Improved legal compliance



- The Resilience Prescription
 - Dennis Charney
- Five Steps to Mental Wellbeing
 - NHS
- *i*-resilience
 - Robertson Cooper



“Resilience: The Science of Mastering Life's Greatest Challenges”



“The Resilience Prescription”

- Physical Wellbeing
- Establish and nurture a supportive social network
- Personal moral compass
- Search for a resilient role model
- Develop coping strategies – positive, not negative
- Recognise and develop your signature strengths
- Develop cognitive flexibility – learn to “reframe”
- Optimism, positive attitudes and emotions
- Face your fears
- Develop/train regularly in multiple areas



Five Steps to Mental Wellbeing

Connect

- connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

Be Active

- you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

Keep Learning

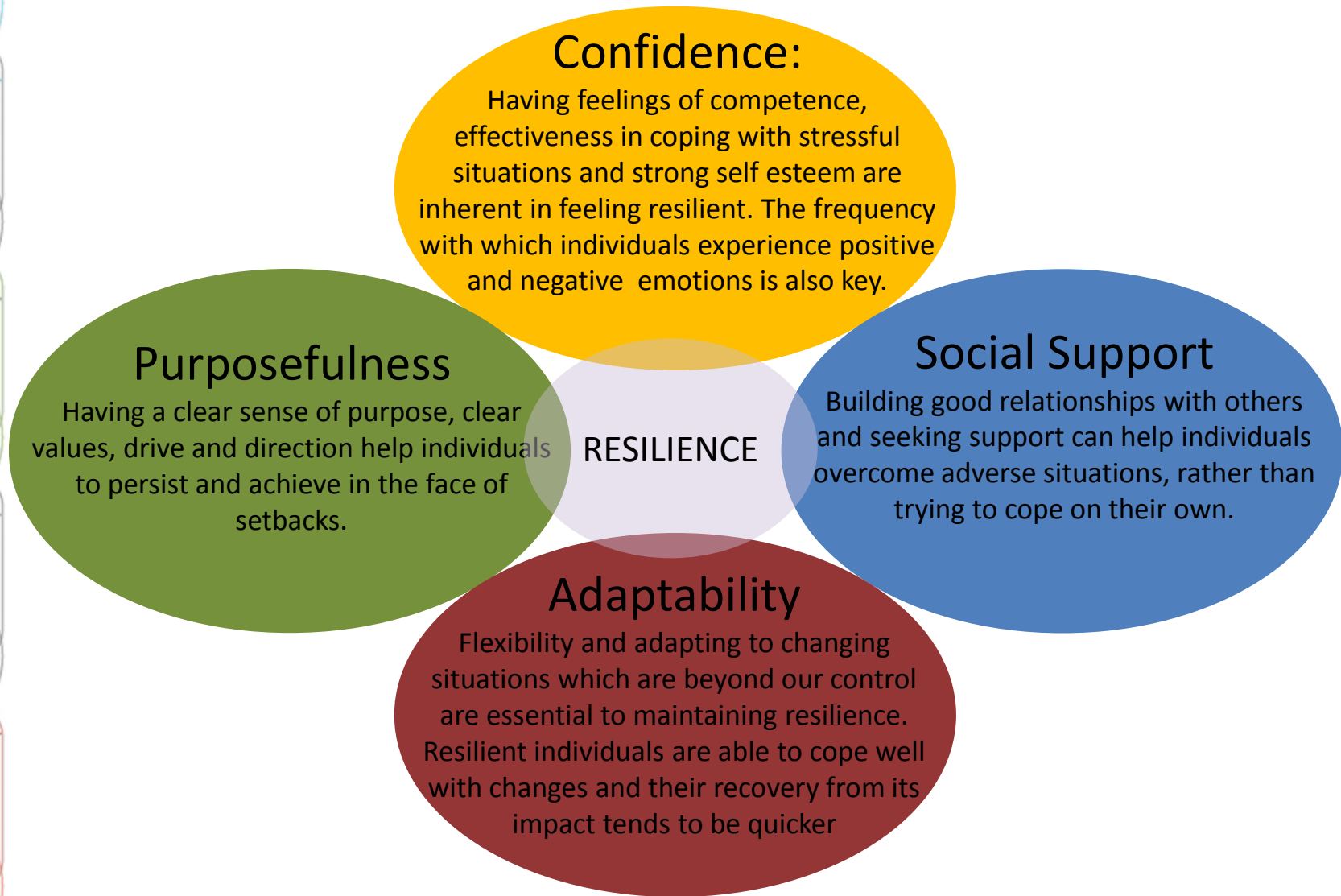
- learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to Others

- even the smallest act can count, and larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

Be Mindful

- being more aware of the present moment, including your feelings and thoughts, your body and the world around you can positively change the way you feel about life and how you approach challenges.





Physical Fitness

- Puts you in the best position to be resilient
- Research shows that physical activity
 - boosts self-esteem & mood
 - improves sleep quality
 - increases energy,
 - reduces your risk of stress, depression, dementia and Alzheimer's disease.
- “If exercise were a pill, it would be one of the most cost-effective drugs ever invented”



Supportive Social Network

- Strengthen relationships with people who are close to you, such as family and friends:
 - Make time each day to spend with your family. This might include “family time” that is fixed each day, or time that you find around other commitments.
 - Arrange a day out with friends you haven't seen for a while.
 - Switch off the TV tonight and play a game, or just talk.
- Broaden relationships in your community and the wider world:
 - Speak to someone new today
 - Have lunch with a colleague.
 - Visit a friend or family member who needs support or company.
 - Volunteer at a local school, hospital or community group. This is also a way of giving your time.



Coping Strategies



“Mindfulness”

- A way of paying attention to the present moment, using techniques like meditation, breathing, and yoga
- Helps people to change the way they think and feel about their experiences – especially stressful experiences
- Recommended as a treatment for some people with mental health problems including stress, anxiety, and depression
- Helps people to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they’re better able to manage them.
- Practising mindfulness can give more insight into emotions and boost attention and concentration
- Online courses, books and audio too where you can learn through self-directed practice at home:

<http://www.bemindfulonline.com/>



Develop Cognitive Flexibility

- all-or-nothing thinking
- over-generalisation
- jumping to conclusions
- mind reading
- magnification
- emotional reasoning
- should (must, ought) statements

NHS choices

AUDIO ONLY

**Unhelpful
thinking**

WWW.NHS.UK / MOODZONE



Face your Fears

- Take time out
 - Better decisions when physically calm
- Don't fight the fear
- Expose yourself to the fear
- Try to get real
- Don't expect perfection
- Visualise
- Talk about it
- Get back to basics – good mental hygiene
- Reward yourself!



Resilient Role Model



- Develop / train regularly in multiple areas
- Recognise & develop signature Strengths



Assessing your Resilience

- Robertson Cooper
- [*i-resilience questionnaire*](#)
- Automatically generated response



Resources

- [Well Online](#)
- [NHS Moodzone](#)
- [Audio Guides to Boost Your Mood](#)
- [Online Mindfulness Training](#)
- [CiC \(Employee Assistance Programme\)](#)
- [Robertson Cooper](#)
- [Be Mindful](#)