



**well.**  
**being**  
for life

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# Building Personal Resilience to Change

# Group Rules

- Keep sound and screen on if possible.
- Be present.
- Join in.
- Everyone is different.
- Evaluate at the end.

# Learning Outcomes

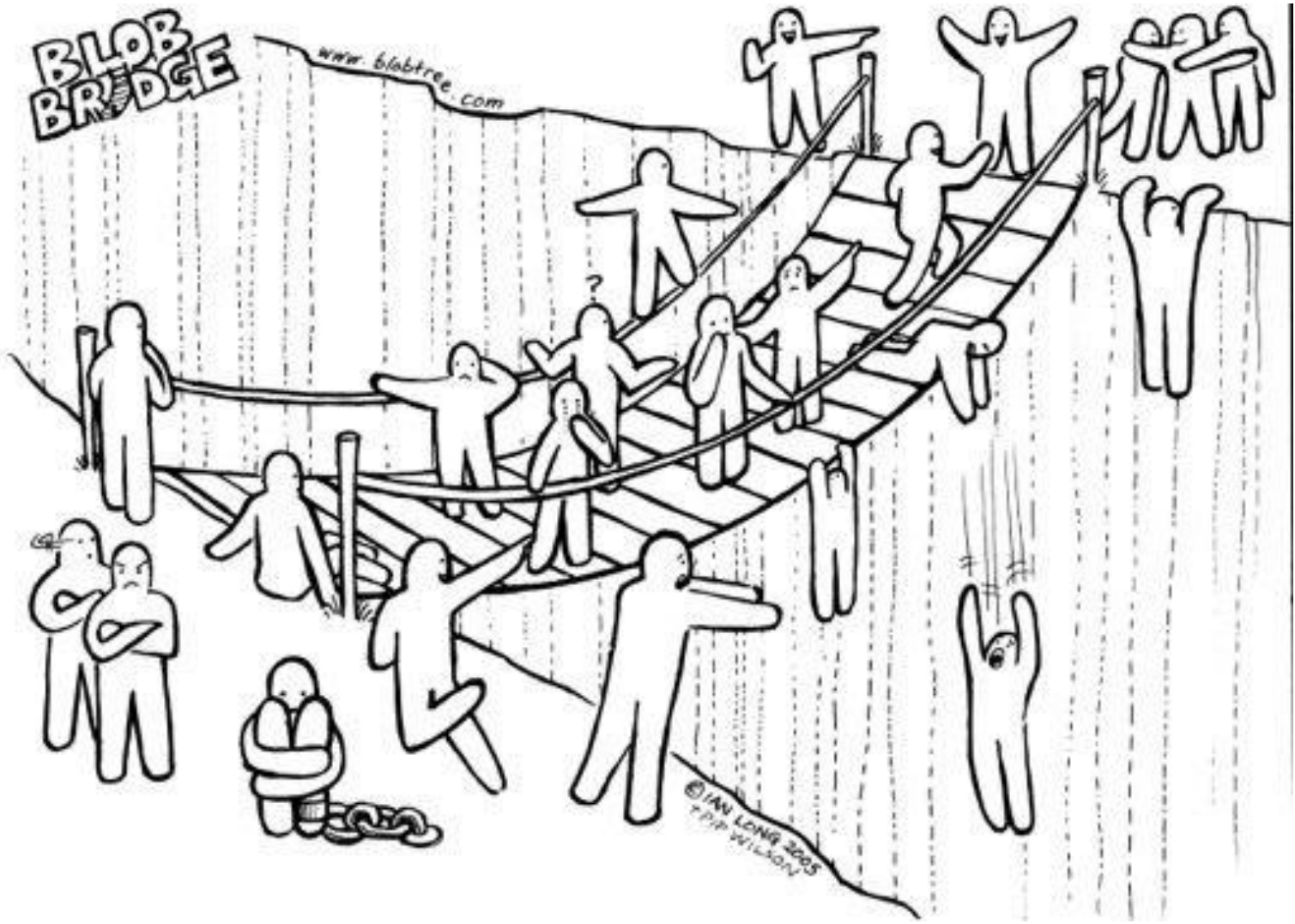
- To identify ways to build your personal resilience
- To be able to identify what your strengths are and how to apply them
- To be able to assess what you can and cannot influence
- To identify personal action points
- To consider your support networks and self-care mechanisms

# Personal Reflection

- Produce a picture or visual representation that captures the change you are experiencing and:
  - how it is impacting on you
  - how you feel about it

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# Change and Transition


- Change is an **external** situational event - something old stops and something new begins
- Transition is an **internal** psychological adjustment process as we try to adapt to change

# Everybody is different

How an individual copes with change is determined by a variety of factors, including support systems at home and work, and their own personality and coping mechanisms.

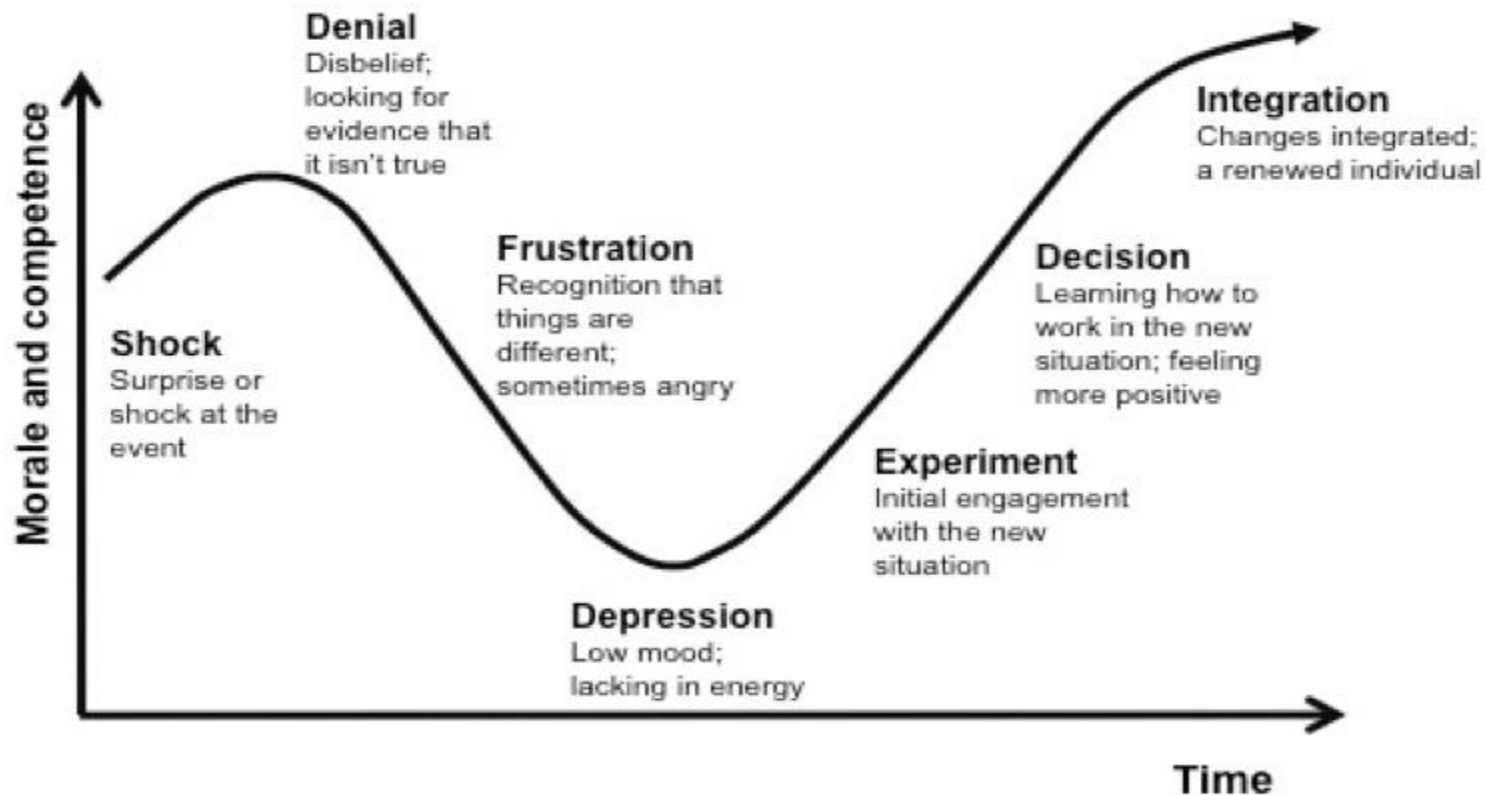
What may be too much pressure for one person at one particular time may not be too much for the same person at a different time or for a different person at any time.





“Everyone is **NOT** in the **SAME BOAT**  
in the storm;  
But is in the **SAME STORM**,  
but each on a **DIFFERENT BOAT.**”

# The Kübler-Ross change curve



# Develop Your Resilience

“It’s not the strongest of the species that survive, nor the most intelligent, but the most responsive to change.”

- Charles Darwin

# Resilience?

- Maintaining high performance and positive well-being, including being able to:
  - Sustain successful performance and well-being when facing adverse conditions
  - Recover from, or adjust easily to, misfortune or change

**Buoyancy**

**Bounce forward**

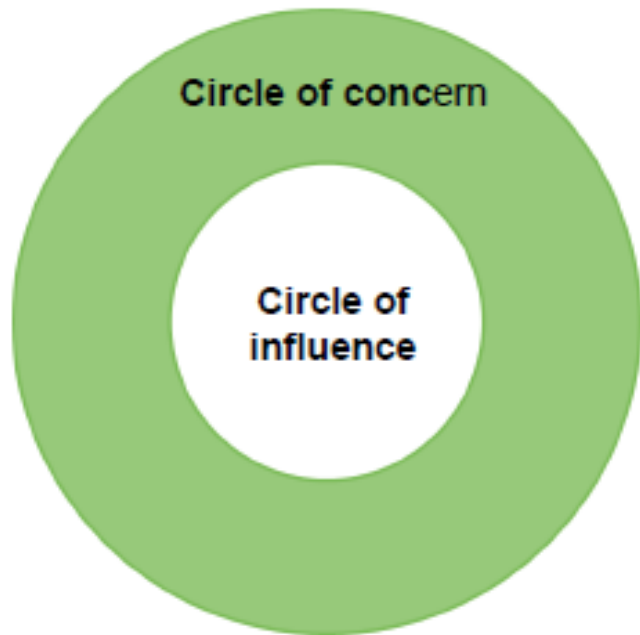
**Spring back**

**Recover quickly**

# Resilient individuals....

- Operate in their circle of influence
- Are aware of and use their strengths
- Have an optimistic style
- Have a “can do” mind-set
- Stay connected to others
- Exercise self care
- Set goals

# Circle of Influence



Consider the change you are experiencing at present:

- What are your concerns?
- What actions are within your influence or control? (i.e. helpful actions you could take )

# Personal Strengths



- Resilient individuals are aware of their strengths and use them on a daily basis.
- People typically possess 5 to 7 ‘signature strengths’.
- Signature strengths are those strengths that best describe the positive aspects of who you are.
- We understand from positive psychology that focusing on strengths, rather than weaknesses, is beneficial in improving overall wellbeing.

# Challenge unhelpful thinking

- Mental filter
- Jumping to conclusions
- Overgeneralisation
- Catastrophising
- Shoulds and Must
- Personalising



# Optimistic or Pessimistic

## Personal or external

- Do I think that I played a key part in causing the event, success or setback – or was it caused by outside forces?

## Temporary or permanent

- Do I think that the experience – the success or setback – and the feelings around it will remain the same or can things be changed over time?

## Pervasive or specific

- Do I think that the experience – the success or setback – extends right across my life or is it specific to just one part of it?

# Example

	Explains good things as.....	Explains bad things as.....
The Optimist...	Permanent, Pervasive and Personal	Temporary, Specific and External
	<i>"I was well prepared, I am capable, future presentations should go well too."</i>	<i>"I didn't sleep well...not at my best, I can do better next time, it's only one presentation."</i>
The Pessimist...	Temporary, Specific and External	Permanent, Pervasive and Personal
	"I knew my subject and the audience were supportive, it won't be as easy in future presentations."	"I am never going to be able to give good presentations – just not up to it.. that's the end of my career as an...."

# Optimistic or pessimistic

“A stumbling block to the pessimist is a stepping stone to the optimist.”

- Eleanor Roosevelt

# 'Can do' thinking

“Whether you think you can or whether you think you can't, you are probably right!”

- Henry Ford

**confident and resourceful in the face of challenges**

Having a can-do attitude is not about saying yes to everything. It's about being open, positive and upbeat

# Exercise



Think about the current situation with the coronavirus:

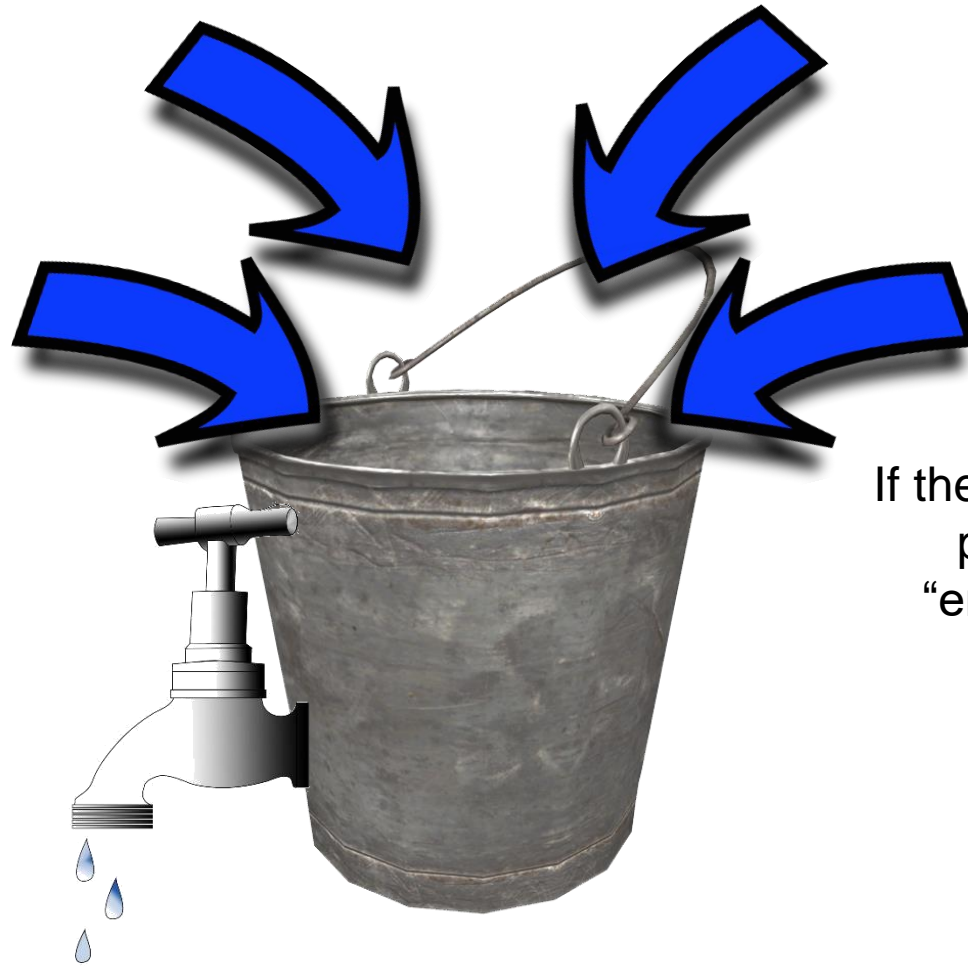
- Do you have an example when you have had a 'can do' attitude?
- What can/do you do differently now?
- How does it feel?

# Staying connected



- Can you identify your support networks?
- An individual's network of relationships has an important impact upon how they respond to challenges and pressures.
- Developing and using good social support systems is a key way to strengthen our well-being and resilience.
- Our network can be made up of people from various areas of our life, work, family, friends, social groups and people may provide different forms of support, the important thing is that our connections can be a great “buffer” and a valuable resource.

# Stress Bucket



If the container overflows,  
problems develop  
“emotional snapping”

Helpful coping strategies  
= tap is working

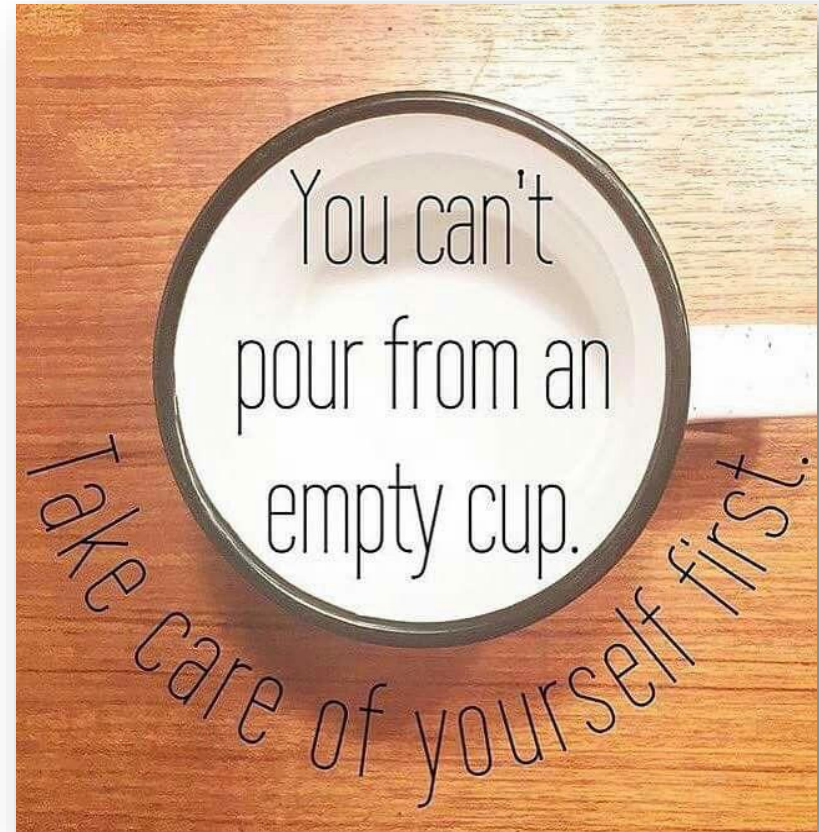
Unhelpful coping strategies  
= tap is blocked

# Self Care

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

Although it's a simple concept in theory, it's something we very often overlook.

Good self-care is key to improved mood and reduced anxiety.





# Self Care

- Try and have a nutritious, healthy diet.
- Get enough quality sleep.
- Do a form of exercise that you like!
- Use relaxation exercises
- Practice meditation
- Spend enough time with your loved ones
- Have a social media break
- Have a nap
- Do at least one relaxing activity every day
- Do at least one pleasurable activity every day
- Look for opportunities to laugh
- Read a book
- Spend time with a pet
- Have a bath
- Do not compare yourself to others

# Tips for staying mentally well during covid-19

- Do not compare yourself to others
- Have a break from social media and the news
- It's ok to have a wobble
- Set boundaries between work and personal life
- Keep a gratitude journal
- Concentrate on your needs and not expectations
- Know when it is time to seek help for your mental health
- Society runs the risk of pathologising the **natural process** of adapting to radically changed circumstances

# Five ways to wellbeing

**Connect**

**Be active**

**Take notice**

**Keep Learning**

**Give**

# Local support services

## Wellbeing for Life

If you need support with healthy eating, weight loss or gain, stopping smoking, mental wellbeing, reducing your alcohol intake or getting back out into the community.

**Tel: 0800 876 6887**

**Web: [www.wellbeingforlife.net](http://www.wellbeingforlife.net)**

## Durham Locate

Durham Locate is an online directory allowing residents to connect with local services.

**<https://www.durhamlocate.org.uk/>**

# Thank you, any questions?

