

Session	Resilience and Mental Health
Background Information	Resilience is a key factor in protecting and promoting good mental health and is defined as an individual's ability to successfully adapt to life tasks in the face of social disadvantage or highly adverse conditions. Adversity and stress can come in the shape of family or relationship problems, health problems, or school and financial worries, among others. Resilience is one's ability to bounce back from a negative experience with competent functioning.
Aim	To raise awareness of resilience and how it supports mental health
Objectives	<p>Participants will be able to:</p> <ol style="list-style-type: none"> 1. Dispel resilience myths 2. Describe what resilience is 3. Discuss what risk factors can impact on resilience 4. List the benefits of being resilient 5. Identify strategies to help develop resilience 6. List resources to support mental health and wellbeing
Duration	<ul style="list-style-type: none"> • 1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Internet access if using resilience clip • Presentation • Quiz • Flipchart/pens • Session handouts • Reflective practice tool

Learning outcomes	Participant Activity	Resources	Time
1. Dispel resilience myths	<ul style="list-style-type: none"> • Myth buster 	Quiz	10 min
2. Describe what resilience is	<ul style="list-style-type: none"> • None 	Slide	10 min
3. Discuss what risk factors can impact on resilience	<ul style="list-style-type: none"> • Body Map 	Flipchart/ Pens Slide	10 min
4. List the benefits of being resilient	<ul style="list-style-type: none"> • Body Map 	Flipchart/ Pens Slide	15 min
5. Identify strategies to help develop resilience	<ul style="list-style-type: none"> • Developing resilience 	Flipchart/ Pens Top ten tips	15 min
6. List resources to support mental health and wellbeing	<ul style="list-style-type: none"> • None 	Mental Health Resources handout Resilience clip (optional)	20 min
7. Looking after our own mental health	<ul style="list-style-type: none"> • Self-care 	Slide	5 min
8. Reflection and session close	<ul style="list-style-type: none"> • Reflection 	Reflective practice tool	5 min

Resilience and mental health

Facilitator notes

Slide	Notes	Time	Resources
Slide 1	Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today. Emphasise the session is not intended to make participants experts on resilience but to raise awareness of resilience and what we can do to help build resilience which helps promote positive mental health and wellbeing.		
Activity & Slide 3	<p>Resilience Quiz and Definition</p> <p>Let's start with looking at some of the myths that surround resilience</p> <p>Distribute the resilience quiz to participants. This can be done individually or as a group. Invite participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to resilience.</p> <p>Once completed, go through each question. Share the correct answers using the supporting statements to help you.</p> <p>Discussion point: once the quiz is completed ask the participants' to call out words, phrases that they associate with resilience. Take a few examples and then put up the resilience definition slide.</p> <p>Resilience can be defined as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.</p> <p>Discussion point: the use of the word significant may be challenged as who determines what significant is? We all respond differently to stress. Ask participants if they have any thoughts or comments on the definition, is it clear and meaningful? Does this reflect what they thought resilience meant? Highlight there are lots of definitions of resilience some of which may be very similar. Bounce back is a term that is often associated with resilience when defining it.</p> <p>When we look at resilience and mental health, resilience can help protect us from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such stress.</p>	<p>10 min</p> <p>(5 min activity, 5 min feedback)</p>	<p>Quiz</p> <p>Slide</p>

Slide	Notes	Time	Resources
Activity & Slide 4	<p>What can impact on our resilience?</p> <p>Divide the participants into groups, provide flipchart and pens.</p> <p>Inform the participants we are now going to explore the resilience definition in a bit more detail to look at adversity, trauma, tragedy and stresses and what these can look like.</p> <p>Invite the groups to draw a body and to write down examples of adversity, trauma, tragedy, stresses that people may experience.</p> <p>Take feedback from each of the groups, one/two examples from each.</p> <p>Please remember the keeping safe rules, the session does not allow for detailed discussion, it is merely to highlight examples.</p> <p>Put up the risk factors slide and use this to compare with the examples the groups have given. Inform the participants that the list is not exhaustive and highlight that people do not all react the same way to traumatic and stressful life events.</p>	<p>15 min</p> <p>(10 min activity and 5 min feedback)</p>	<p>Flipchart/ pens Slide</p>
Activity & Slide 5	<p>What are the benefits of being resilient?</p> <p>Keep participants in their groups, provide flipchart.</p> <p>Inform them that we are now to explore and discuss what the benefits of being resilient are.</p> <p>Invite them to discuss in their groups what they think the benefits of being resilient are. Ask them to consider the physical, mental and social benefits write these down on the flipchart.</p> <p>Remind them of the activities they have completed so far, dispelling the myths and the definition of resilience to help them consider the benefits.</p> <p>Take feedback from the groups, one/two examples from each.</p> <p>Put up the benefits of being resilient slide. Use this to compare with the examples the groups have fed back.</p>	<p>15 min</p> <p>(10 min activity and 5 min feedback)</p>	<p>Flipchart/ pens</p>

Slide	Notes	Time	Resources
Activity & Slide 6	<p>How can we build resilience?</p> <p>Keep the participants in their groups, provide flipchart.</p> <p>Now that we have looked at the benefits that being resilient can bring, we are going to explore and consider how we can help learn, develop and build resilience that can help us deal with the adversity, tragedies and stressful events that can change our lives such as the death of a loved one, loss of job etc.</p> <p>Remind them of the discussion at the beginning of the session dispelling the myths section, resilience is not something that you are born with, it can be learned and developed.</p> <p>Invite the groups to discuss ways in which we can help build and develop resilience. Ask them to write these down on the flipchart. Remind them to consider the discussions from the previous activities around benefits and what impacts on resilience.</p> <p>Take some feedback from each of the groups.</p> <p>Put up the top ten tips for resilience slide and distribute the top ten tips for resilience handout. Go through each bullet point. Inform the participants that this is a resource that provides simple strategies we can practice to help develop resilience.</p> <p>Discussion point: Highlight that developing resilience is a personal journey and people can use various strategies and that one size does not fit all. Getting help when we need it is crucial in building our resilience.</p> <p>Distribute the supporting mental health resources document (adult or child/youth) to highlight the range of resources and support available. Highlight the list is not exhaustive.</p>	<p>30 min</p> <p>(20 min activity, 10 min feedback)</p>	<p>Slide</p> <p>Top ten tips for resilience</p> <p>Mental health resources handout</p>
Resilience clip (Optional)	<p>Showing the clip is optional. This is from the Glasgow Centre for Population Health called Supporting Resilience. Inform the participants the resilience clip can help consolidate the information we have covered in the session. The clip can be accessed</p> <p>https://www.gcph.co.uk/resilience_and_empowerment/resilience_and_public_health</p> <p>Discussion point: what are participants' thoughts on the clip? Does this help add value to their understanding of resilience?</p>	5 min	Internet access
Activity & Slide 7	Remind participants of the importance of looking after their own mental health and provide a self care activity.	5 min	Slide
Session Close	Thank the participants for their time and ask them to complete the reflective practice tool.	5 min	Reflective practice tool



Resilience and mental health quiz

True or false statements

(please circle)

1. Resilience is about ignoring emotions	True/False
2. Resilience is something that you have or don't	True/False
3. Resilient people never get stressed	True/False
4. Resilient people never fail	True/False
5. Resilient people are able to communicate effectively	True/False
6. Resilient people are more likely to seek and ask for help if they need it	True/False
7. Being resilient helps make your problems go away	True/False
8. You can't be resilient if you have a mental health condition	True/False

Resilience and mental health quiz

Answers

1. Resilience is about ignoring emotions	False Resilience is about experiencing all of life's emotions and dealing with them. This includes how we deal with the more challenging emotions without being controlled or overwhelmed by them. Avoiding the more difficult emotions can decrease our resilience.
2. Resilience is something that you have or don't	False Resilience isn't a trait. The behaviours, thoughts and actions can be learned and developed in anyone at anytime in their lives.
3. Resilient people never get stressed	False We all experience stress at times in our lives including resilient people. Resilient people develop healthy coping strategies to get them through stressful times.
4. Resilient people never fail	False We all experience failure at times in our lives. Resilient people learn and grow from their failures. They look at what went wrong, ask for help and look for new solutions.
5. Resilient people are able to communicate effectively	True Resilient people are able to express feelings and thoughts and listen to those of others. They are more accepting and non judgemental of others.
6. Resilient people are more likely to seek and ask for help if they need it	True Resilient people recognise and understand their strengths and weaknesses and are not afraid to ask for help.
7. Being resilient helps make your problems go away	False It won't make your problems go away but will give you the ability to deal with them in a healthy way and move on.
8. You can't be resilient if you have a mental health condition	False If you have a mental health condition, being resilient can improve your ability to cope.



Resilience and mental health

TOP 10 TIPS FOR RESILIENCE

- R** **Remain Positive** Look towards the future, think of what you want from life.
- E** **Establish Realistic & Achievable Goals** This helps give you focus.
- S** **Strategies** Plan your coping strategies. Don't be afraid to ask for help.
- I** **Identify** Identify your strengths and be confident in yourself.
- L** **Learn from Experience** Learn from experience and move on.
- I** **Introduce** Introduce a positive way of thinking. Focus on the good things in your life.
- E** **Enjoy** Make time to do the things you enjoy.
- N** **Needs** Take care of yourself. Keep healthy and fit.
- C** **Connect** Build healthy relationships with your family, friends and teachers.
- E** **Embrace Change** Don't dwell on the past. Put your energy into the present to shape your future.