

# Resilience and Mental Health

# Overview

- What is resilience?
- What can affect resilience?
- What are the benefits of being resilient?
- How can we build and develop resilience?
- Resources and support
- Looking after yourself

# What is resilience?

*“the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”*

*(American Psychological Association, The road to resilience 2014)*

# What affects resilience?

- Loss and bereavement
- Health
- Addiction
- Domestic Abuse
- Lack of connectedness
- Trauma
- Absence of supportive adult
- Homelessness
- Financial/poverty
- Criminal justice

# What are the benefits of being resilient?

- Good communication skills
- Manage emotions effectively
- Connected to support systems
- Empathise with others
- Sense of happiness
- Develops mutually respectful relationships
- Good problem solver
- Asks for help when needed
- Sense of independence
- Learn from mistakes
- Set realistic goals
- Adapts to change

# What are the top tips for developing resilience?

- Remain positive
- Establish realistic and achievable goals
- Strategies
- Identify strengths
- Learn from experience
- Introduce
- Enjoy
- Needs
- Connect
- Embrace change

# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....