

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
- Substance use
- Domestic abuse
- Lack of connectedness
- Trauma
- Absence of supportive adult
- Homelessness
- Financial difficulties/poverty
- Criminal justice

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

Top Tips for Developing Resilience

- **R**emain positive
- **E**stablish realistic and achievable goals
- **S**trategies
- **I**dentify strengths
- **L**earn from experience
- **I**ntroduce
- **E**njoy
- **N**eeds
- **C**onnect
- **E**mbrace change

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....