

## Resilience and Mental Health

### Session Plan

Session	Resilience and Mental Health
<b>Background Information</b>	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.
<b>Aim</b>	To raise awareness of resilience and how it supports mental health
<b>Learning Outcomes</b>	<p>Participants will be able to:</p> <ol style="list-style-type: none"> <li>1. Dispel resilience myths</li> <li>2. Describe what resilience is</li> <li>3. Discuss what risk factors impact on resilience</li> <li>4. List the benefits of being resilient</li> <li>5. Identify strategies to help develop resilience</li> <li>6. List resources to support mental health and wellbeing</li> </ol>
<b>Duration</b>	<ul style="list-style-type: none"> <li>• 1.5 hours</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• IT</li> <li>• Internet access if using resilience clip</li> <li>• Presentation</li> <li>• Quiz</li> <li>• Flipchart/pens</li> <li>• Session handouts</li> <li>• Evaluation</li> </ul>

Learning outcomes	Participant Activity	Resources	Time
1. Dispel resilience myths	<ul style="list-style-type: none"> <li>• Myth Buster</li> </ul>	Quiz	5 min
2. Describe what resilience is	<ul style="list-style-type: none"> <li>• Discussion</li> </ul>	Slide	5 min

3. Discuss what risk factors impact on resilience	<ul style="list-style-type: none"> <li>• Body map</li> </ul>	Flip chart/pens Slide	15 min
4. List the benefits of being resilient	<ul style="list-style-type: none"> <li>• Body map</li> </ul>	Flip chart/pens Slide	15 min
5. Identify strategies to help develop resilience	<ul style="list-style-type: none"> <li>• Developing resilience</li> </ul>	Flip chart/pens Top Ten Tips Handout	30 min
6. List resources to support mental health and wellbeing	<ul style="list-style-type: none"> <li>• Discussed</li> </ul>	Resilience clip (optional)	10 min
7. Looking after our own mental health	<ul style="list-style-type: none"> <li>• Self-care</li> </ul>	Slide	5 min
8. Reflection and session close	<ul style="list-style-type: none"> <li>• Reflection</li> </ul>	Evaluation	5 min

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## Facilitator notes

Slide	Notes	Time	Resources
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	
2	<p>Put up the session overview slide and read out what will be covered today.</p> <p>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 can help promote positive mental health and wellbeing.</p> <p><b>Keeping safe</b> Reinforce this is a basic awareness session and does not allow for detailed discussion. If you are concerned about a participant's mental health and wellbeing and feel they may be in distress, their Doctor should be their first point of contact. If you feel the person's life is in immediate danger please call 999 for assistance.</p> <p><b>Online delivery</b> Please refer to the <a href="#">Healthy Minds Online Guidance</a> if you are facilitating a session online.</p>		
<b>Activity &amp; 3</b>	<p><b>Resilience Quiz and Definition</b></p> <p><b>Group or Individual Activity</b></p> <p>Let's start with looking at some of the myths that surround resilience.</p> <p>Distribute the resilience quiz to participants. 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. Use the supporting statements to provide the correct answers and information.</p> <p><b>Discussion point:</b> 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>10 min</p> <p>(5 min activity, 5 min feedback)</p>	Quiz Slide

	<p>Resilience <b>can be</b> defined as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress.</p> <p><b>Discussion point:</b> 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? 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>		
<b>Activity &amp; 4</b>	<p><b>What can impact on our resilience?</b></p> <p><b>Group Activity</b></p> <p>Divide the participants into groups, provide flipchart and pens.</p> <p><b>Safety Notice</b></p> <p>Participants may highlight a range of issues that can impact on resilience (eg trauma, abuse etc). This might be triggering for some; remind participants to keep themselves safe.</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 an outline of 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</p>	<p>15 min</p> <p>(10 min activity and 5 min feedback)</p>	<p>Flipchart</p> <p>Pens</p> <p>Slide</p>

	highlight that people do not all react the same way to traumatic and stressful life events.		
<b>Activity &amp; 5</b>	<p><b>What are the benefits of being resilient?</b></p> <p><b>Group Activity</b></p> <p>Keep participants in their groups, provide flipchart.</p> <p>Inform them that we are now going 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, 5 min feedback)</p>	<p>Flipchart</p> <p>Pens</p>
<b>Activity &amp; 6</b>	<p><b>How can we build resilience?</b></p> <p><b>Group Activity</b></p> <p>Keep the participants in their groups, provide flipchart.</p> <p>Now that we have looked at the benefits being resilient can bring, we are going to explore and consider how we can help learn, develop and build resilience that can help to deal with the adversity, tragedies and stressful events that can change 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</p>	<p>30 min</p> <p>(20 min activity, 10 min feedback)</p>	<p>Slide</p> <p>Top ten tips</p> <p>Mental health resources handout</p>

	<p>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><b>Discussion point:</b> 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>Visit or signpost to the <a href="#">NHSGGC Mental Health Improvement Website</a> that hosts of a range of resources to support child and youth and adult mental health. Facilitators may want to share local mental health resources and supports.</p>		
<b>Resilience clip (Optional)</b>	<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 at</p> <p><a href="http://www.gcph.co.uk/resilience_and_empowerment/resilience_and_public_health">http://www.gcph.co.uk/resilience_and_empowerment/resilience_and_public_health</a></p> <p><b>Discussion point:</b> what are participants' thoughts on the clip? Does this help add value to their understanding of resilience?</p>	5 min	Internet access
<b>Activity &amp; 7</b>	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
<b>Session close</b>	Thank the participants for their time and ask them to complete an evaluation.	5 min	Evaluation