

## PILLARS OF RESILIENCE

### - Resilience Workshop -

Resilience is the process of adapting well or bouncing back from difficult experiences and setbacks, such as stress within the family and personal relationships, serious health problems or workplace and financial stress. Without resilience even small things can have a negative impact on our mental health and well-being and increase our stress levels.

Our resilience can be divided into 'Pillars of Resilience' that we can strengthen individually:

- **Self-Esteem:** High self-esteem allows us to take setbacks in our stride. It helps us to have tolerance and respect for others and ourselves, we are also able to forgive and love ourselves and others. Identifying and building on our strengths is an excellent way to build self-esteem and be our best selves.
  - Check our '*Self-Esteem & Confidence*' resources.
- **Emotional management:** Emotions are a normal part of life, even the intense or negative emotions, and learning how to manage and regulate them is an important part of developing resilience.
  - Use '*Resilience Worksheet – Battery Test*'
  - Use '*Resilience Worksheet - Feelings & Distractions*'.
  - Check our '*Looking Back, Looking Forward*' resources.
- **Mindfulness:** This form of meditation enables us to centre and ground ourselves in anxious or stressful situations, by focusing on the present and not on anxious thoughts of the future or ruminating on thoughts of the past.
  - Use '*Resilience Worksheet – Mindfulness*'
  - Use '*Resilience Worksheet – Grounding Exercises*'
- **Positive Coping Strategies:** having a toolkit of coping strategies for times of stress allows us to become more resilient while providing reassurance.
  - Use '*Resilience Worksheet – Coping Strategies*'.
- **Strong relationships:** Relationships and support networks are key to developing resilience and adapting to change. Building on our personal relationships and having a support network is vital, while also improving our communication habits.

- **Non-judgemental attitude**– not judging ourselves or others enables us to move on from mistakes and value ourselves and others. We can accept our mistakes and those of others and this builds on our resilience. This is something you can work on every day – don't judge yourself for mistakes or the past – be kind to yourself.
  - Use '*Resilience Worksheet – Negative Thought Cycle & Self-Talk*'
- **Do something every day that makes you feel good** - Feeling a lot better about yourself overall often begins with feeling a little better every day. Depending on your interests, you might exercise, listen to music, recite an inspiring poem, cook a wonderful meal, read a book, spend time with a pet, or pursue a rewarding hobby.
  - Check our '*Gratitude Habits*' resources.
- **Flexibility:** Flexibility enables us to adapt to changing situations and setbacks. As you build all of the other skills above you will find that you are able to be more flexible and adapt to different situations.

All of us have good days and sometimes we will have bad days, we will have stress at times in our lives and face challenges but as our resilience becomes stronger so our ability to face challenges and difficult situations without it impacting on our mental health and wellbeing becomes greater.