

# Building Resilience

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A massive thank you to Joyce  
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## Course Outline

- ▶ This course will explain resilience, what it is and why it is so important to maintaining good mental health.
- ▶ It will then provide some straightforward advice and steps you can take to develop your own resilience

# Resilience and Mental health

## BACKGROUND INFORMATION

- Life may not come with a map, but everyone will experience twists and turns, from everyday challenges. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty.
- ▶ Resilience can help protect us from various mental health conditions, such as depression and anxiety. If you have an existing mental health condition, being resilient can improve your ability to cope.

Mayo Clinic

## Activity – ‘Resilience Check’

Complete the provided worksheet (1) in the Workbook individually. The worksheet requires you to:

- Rate your skills in help-seeking, emotional management and problem-solving skills
- reflect on ways they can enhance these resilience

# What is resilience?

- ▶ Gilligan, 2004 describes resilience as a person's capacity to cope with changes and challenges and to bounce back during difficult times.

# Signs you may need to develop resilience

A low resilience can have signs and symptoms like stress, anxiety or depression, and can include:

- Getting angry or irritated quickly
- Constantly becoming ill
- Isolating yourself from people
- Experiencing mood swings throughout the day
- Overreacting to normal levels of stress
- Increasingly being dependent on friends and family



# Strategies to improve your resilience

- ▶ **Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in both good times and bad.
- ▶ **Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day.
- ▶ **Learn from experience.** Using a journal, write down how you have coped with hardships in the past. Consider the skills and strategies that helped you through rough times.



# Strategies Cont'd



- ▶ **Remain hopeful** – Accepting and even anticipating change makes it easier to adapt and view challenges with less anxiety
- ▶ **Take care of your body** - Take deep breaths, stretch and meditate. Try to eat relatively well-balanced meals, move your body regularly, get plenty of sleep and highly limit alcohol and drugs. This will help boost your immunity — and your resilience
- ▶ **Be proactive** – do not ignore your problems, instead figure out what needs to be done. Make a plan and take action



# Building Resilience- Joyce's Recovery Story



► For me personally, my recovery journey started with me reflecting and wanting to get better (positive thinking and hope), even when I didn't believe and didn't know how to get there.

When I decided to come out, of always staying indoors, to the community (Clarendon), to make my life better and to get well, I also found meaning in trying to help others and to give hope.

Through the above, I was building resilience and learning everyday how to grow and to get better.

► I also found that sometimes staying calm, through a storm, brings out the answers (meditation, mindfulness, etc.).....

▶ Self-knowledge is a good tool to help us see our strengths. We all have examples of when we use our strengths well. Not over-reacting to critics, thinking through what went wrong in a situation, believing you will do better next time.

▶ Even if you are not as strong you would like in any of the 7 abilities on the next slide, you can strengthen them.

**Building on  
your  
strengths?**

- ▶. Recognizing your feelings
- ▶• Giving yourself thinking time
- ▶• Thinking through the cause of problems
- ▶• Staying hopeful (optimistic)
- ▶• Having empathy for others
- ▶• Believing in our abilities
- ▶• Reaching out



Please complete worksheet 2 in the workbook

# Our Thinking Affects What We Feel and Do



- ▶ How does thinking affect what we do?
- ▶ Something happens. We think about it. We respond.

Events    Thought    Response

# What Influences Our Thinking?

Do you find yourself over -reacting or feeling worse than you think you should?

There are four things that influence our automatic reactions to situations:

- ▶ 1 Unhelpful thinking habits
- ▶ 2 Our style of explaining things
- ▶ 3 Deep core beliefs
- ▶ 4 Our physical and mental well being

## Three key unhelpful thinking habits

- ▶ I caused the problem, (taking things personally).
- ▶ It will never go away, (over generalising).
- ▶ Everything is ruined because of it, (all or nothing thoughts).

A more helpful way to look at this is to ask yourself:

- ▶ Who caused the problem? Me / not me
- ▶ How long will it last? Always / not always
- ▶ How much of my life does this affect? Everything / not everything
- ▶ Is this message really true?
- ▶ Would a person say this to another person? If not, why am I saying it to myself?

# Types of unhelpful thinking

- ▶ 1. Over generalising
- ▶ 2. Jumping to conclusions
- ▶ 3. Mind reading
- ▶ 4. Making a mountain out of a mole hill
- ▶ 5. Emotional reasoning
- ▶ 6. Should statements
- ▶ 7. Taking things personally
- ▶ 8. Wishful thinking
- ▶ 9. Ignoring the good
- ▶ 10. Dwelling on the bad

Refer to worksheet 3. What type of unhelpful thinking (from the list) could be happening in each situation? Complete 4 & 5 as well



## Negative Thought

I am not worthy of.....

I don't deserve.....

I am a failure

I always make mistakes

I am so stupid.

I don't deserve a good  
life

## Positive Thought

I am worthy of.....

I deserve.....

I am always successful

I always get things right

I am always smart

I am happy, healthy and  
successful

# Challenging Negative Thoughts

- ▶ Develop positive statements you can use to replace your negative thoughts.
- ▶ In your statements, use positive words like *happy, peaceful, loving, enthusiastic* etc
- ▶ Avoid using negative words in your statements. For example "*I am not going to worry any more.*" "Always use the present tense, e.g., "*I am healthy,*" "*I am happy,*" "*I have a loving family*" as if the condition already exists.

## Change negative beliefs and unhelpful rules to positive ones

While recognizing unhelpful core beliefs can be a difficult skill, it can be the most powerful you could learn. Take each belief. Ask yourself:

- What does it mean to me?
- Is it working for me?
- Is there another way to see this?

In your workbook, read through the following examples of common beliefs and rules. Which of these contribute to the way you think? Do they work for you? How do they affect your relationships and daily living?

- ▶ Highly resilient people have **robust self-esteem and self-confidence**
- ▶ Self-esteem is how you feel about yourself. It determines how much you learn after something goes wrong.
- ▶ It allows you to receive praise and compliments. It acts as a buffer against hurtful statements while being receptive to constructive criticism.

## Self -Esteem

## Why should we ask for help?

- ▶ A problem shared is a problem halved?  
Being able to ask for help strengthens our belief that we are not alone and that someone cares.
- ▶ Building your supports involves not only being open to ask for help, but also being willing to give it.

Using support

## Types of help with examples

- ▶ **Practical help:** moving something heavy
- ▶ **Emotional help:** talking over worries
- ▶ **Financial help:** help with money worries
- ▶ **Emergency help:** help in a crisis
- ▶ **Medical help:** help with health issues
- ▶ **Mechanical help:** help to fix something that is broken

# Learning from the Past



Focusing on past experiences and sources of personal strength can help you learn about what strategies for building resilience might work for you.



By exploring the answers to the questions about yourself in the workbook , you may discover how you can respond effectively to difficult situations in your life.

## Activity - Video

This is a link on building resilience and finding meaning

: <https://optionb.org/build-resilience/lessons/finding-meaning>.

Reflect on how they or the character in the video overcomes that challenge with strengths, skills and coping strategies.  
Complete worksheet 7



# Your resilience action plan

## Reflection

- ▶ Which coping strategies will I try to use when I need them?
- ▶ What ideas will I take from this lesson?

Activity – complete your  
action plan in the  
workbook



## Sources of help

- ▶ Mental Health Foundation: looking after your mental health during the coronavirus outbreak.
- ▶ New Horizons Mental Health Charity: mental health support wellbeing apps available free to Londoners.
- ▶ Mind: what can I do when I'm feeling overwhelmed?
- ▶ Ted Talk: why we all need to practice emotional first aid

## Additional information and support

▶ Online self-help programs you can access to help support your mental health  
[www.turn2me.ie/Anxiety/Help](http://www.turn2me.ie/Anxiety/Help)

[www.rethink.org/mental-health](http://www.rethink.org/mental-health)  
[0121 720 8532](tel:01217208532)

- Beating the Blues app
- ▶ Sleepio app - Sleepio is a digital CBT program scientifically proven to help you sleep well without pills or potions
- ▶ The Samaritans 08457 909090
- ▶ Lifeline 0808 808 8000

# References

Bouncing Back Workbook Building Skills that Strengthen Resilience

[www.northerntrust.hscni.net](http://www.northerntrust.hscni.net)

**How to sleep better – Mental health Foundation**

*www.mentalhealth.org.uk > publications > how-sleep-b...*

Mayo Foundation for Medical Education and Research MayoClinic.org.

*www.mentalhealth.org.uk > publications > how-sleep-b...*

NHS Every mind matters [www.nhs.uk/One/You](http://www.nhs.uk/One/You)

Resilience at mind [www.mind.org.uk](http://www.mind.org.uk).

The Road to Resilience – American Psychological Associa