

Resilience Workshop Notes

This worksheet is a companion to the video workshop and is not intended as a stand alone worksheet. Please consider your own confidentiality when writing, storing and disposing of this sheet.

- Resilience is the ability to recover quickly from a setback, illness, overwork or any other adversity
- We build our resilience, our defences from childhood and are always developing our resilience as we go through difficulties in life
- Resilience does not mean being tough

Resilience skills include: positive future expectations, self-control, belief in our own abilities, good self-esteem, good coping skills, problem solving skills and good initiative. Where have you noticed these skills in your life?

The new and old brain can be very positive or can conflict and cause us issues and can make us more critical and judgemental of ourselves. Do you find that you are critical or harsh on yourself?

Primary emotions: Happiness, sadness, disgust, surprise, anger, fear. Emotions have an overall body experience of sensation when we have them.

Fight or Flight

Fight or flight changes our body. Our pupils dilate which helps us take in our surroundings. The blood goes to our arms and legs to help us fight or run and to our lungs to help us get more oxygen. How have you handled this in the past and how could you change it?

We learn resilience from the people around us. What did you learn in your home environment?

Managing emotions is an important resilience strategy. Can you describe how you generally manage your emotions to date and what would you change?

Hidden Strengths

Write down some smaller difficulties in your life and where you managed them well, what were the positive resilience strategies?

Write down some medium difficulties in your life and where you managed them well, what were the positive resilience strategies?

Write down some of the bigger difficulties in your life and where you managed them well, what were the positive resilience strategies?

What are your hidden strengths? (E.g. Humour, supportive of others, work hard, problem solving, strategise, fight back, increased your knowledge to improve your skills, kindness, relax)

- To build inner resilience we need to learn how to manage our emotions
- Observe thoughts and emotions instead of over identifying with them

Mindfulness helps us to observe our thoughts, feelings, sensations and gives us more clarity on our internal world.

Characteristics of resilience:

- Having positive future expectations and trust in good outcomes
- Managing emotions in a healthy way
- Having a belief in our abilities and strong self esteem
- Having good coping skills
- Having problem solving abilities and get support
- Being motivated and not avoiding difficulty
- Using support networks and getting support
- Learn new skills, develop and grow through difficult times

Strategies to build your resilience:

- Develop a mindfulness practice so that you can slow down and have clarity on how you are mentally and emotionally dealing with situations in life
- Breathing techniques to manage stresses and anxiety
- Learn to manage relationships and to accept support from family, friends, colleagues.
- Understand and build on our hidden strengths
- Develop our kindness, understanding and acceptance towards ourselves
- Address any inner judgemental or critical voices

What stands out for you that you would like to grow and develop going forward?
