

Resilience - Something we all demonstrate here but may hardly be aware of

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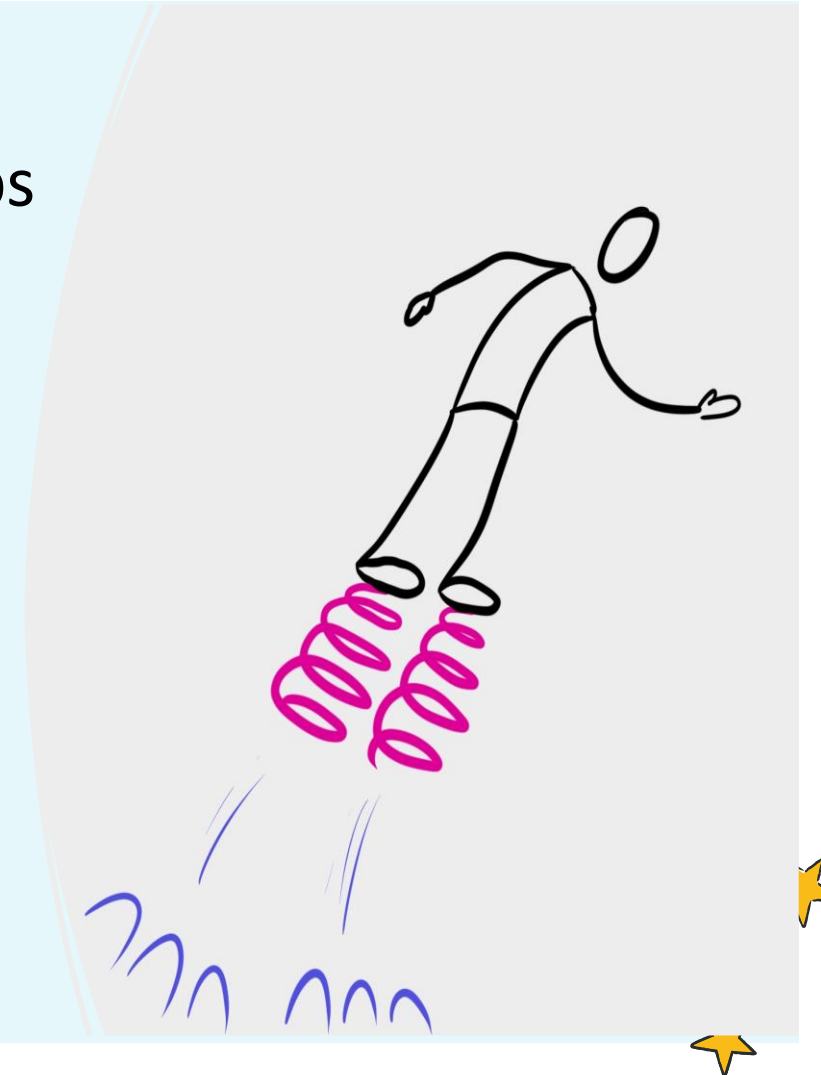
Education Support and the Samaritans offer free and confidential helplines, 24/7

What does being resilient mean?

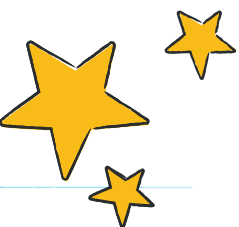
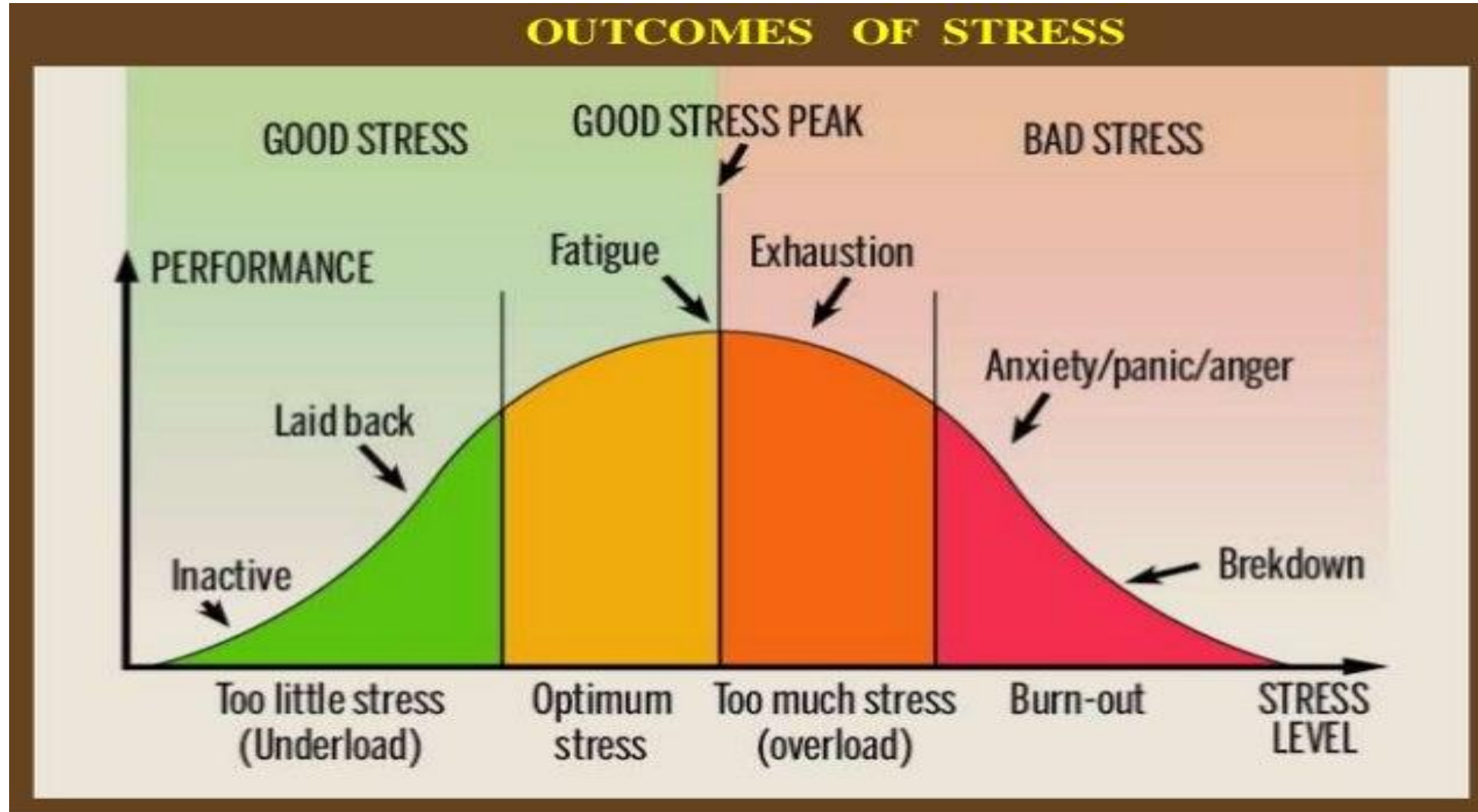


What does being resilient mean

- Being able to bounce back
- Finding the mental reservoir of strength that helps people handle stress and hardship & drawing on this to cope and recover
- Understanding that life is full of challenges – that we often can't avoid but we can remain open, flexible and be willing to adapt
- Being willing to learn to be resilient



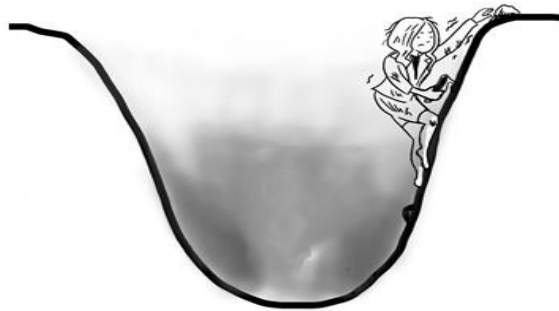
Stuff happens And then



Three dimensions of resilience

Three dimensions of resilience

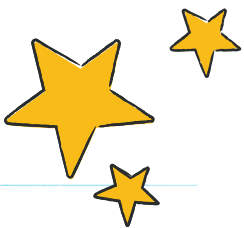
RECOVERY
Bouncing Back



COPING
Bouncing With



TRANSFORMATION
Bouncing Forward



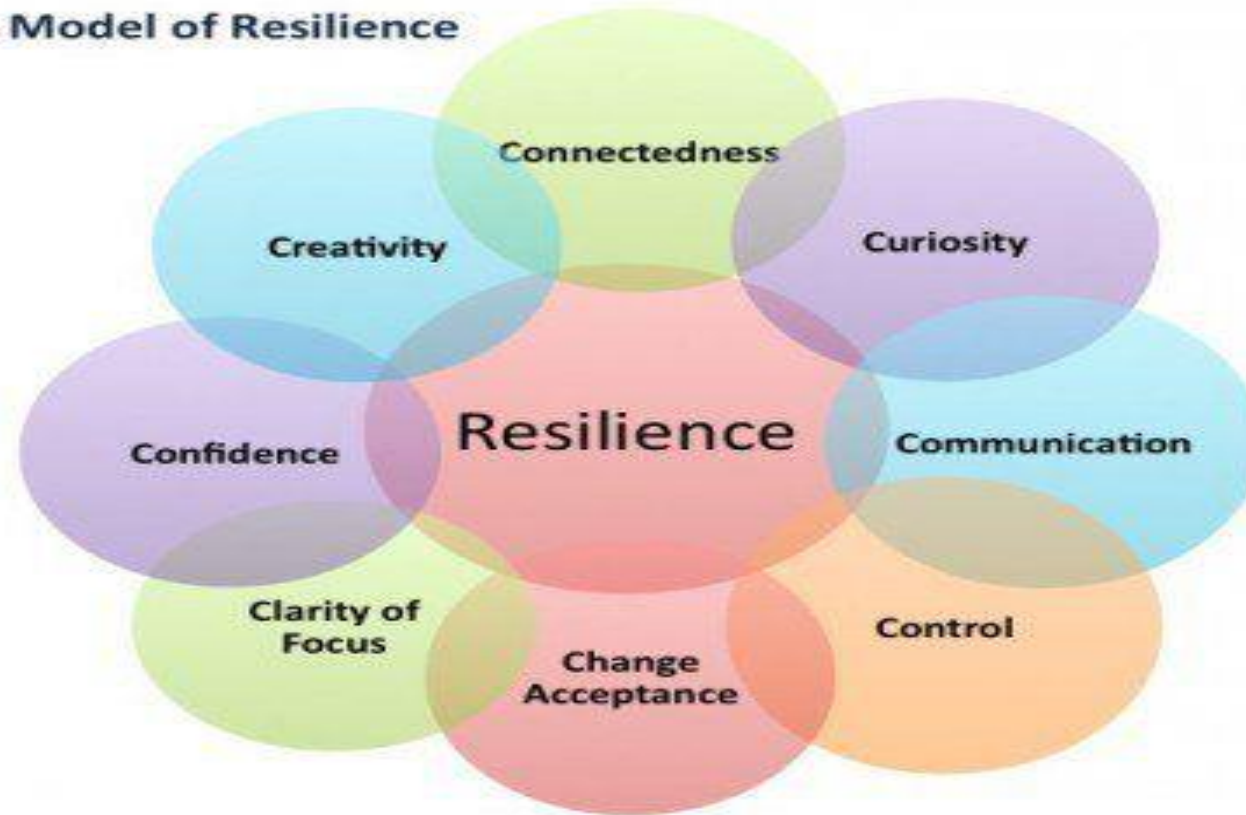
What are the characteristics of resilient people They

- Show Awareness
- Have strong social connections
- Are aware of their emotional reactions and those others
- Are able to think of new ways to tackle things
- Strive towards a sense of control over their world – survivor mentality
- Find purpose in things around them
- Are able to self regulate -
- Show Self compassion
- Are able to ask for help

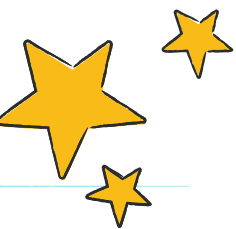


Kumar's model of resilience

Kumar's CR8 Model of Resilience



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Examples of resilient behaviour that we all try to do every day !

- **Accepting our emotions** – noticing when you need a break or need **help** – understanding where the feelings come from
- Trying to take a **positive perspective** on situations
- Working to see challenges as learning **opportunities**
- Striving to **express feelings** in ways that don't hurt others or yourself
- Working to **focus on things we CAN control** – CAN do rather than focusing on things we can't change
- Reminding ourselves that sometimes the way we think we see a situation – may not be the way it really is – that sometimes our feelings and thoughts about a situation can distort the situation (**cognitive distortions**)
- **Reframing worrying** intrusive negative thoughts to be more realistic and positive





We are all
strong in
different ways –
we may just
need each other
to help us try
some of these
ideas – to
nourish each
other

How can we grow resilience?

For minor annoyances ... will it matter in 5 years 😊

Give no one the power to lower your self worth

At least once a week spend time with someone who inspires you

Think of the larger purpose of your life and try to live with that sense of purpose

Be authentic – being vulnerable is ok – so is being sad sometimes

How could we grow resilience?

Recognise most people are struggling in their own way – keep a low threshold when it comes to offering forgiveness

Be kind – especially to yourself – it is a marker of strength not weakness

Lower your threshold for feeling grateful – a deep breath smell of coffee

Don't fight the uncontrollable – creatively work with what is

Be authentic – being vulnerable is ok – so is being sad sometimes

How could we grow resilience?

Make a NOT-TO-DO –
LIST!!!!

Try to connect with
nature - notice

When there is
too much going
on – Schedule
your worries
(otherwise they
eat the day)

Read or watch
something that feels
good

Sleep – to be awake
is human; to sleep
is divine!!

How could we grow resilience?

Remember to breathe
.... Practice
Meditation is different
for each person

Avoid prolonged
sitting

Avoid too much
of the news !!!

Stop eating when you
are just still a little
hungry (not easy)

Why are we too
busy just to slip a
tiny bit of
spirituality into our
lives?

There is a way forward ...

- But working together and supporting each other could make the difference



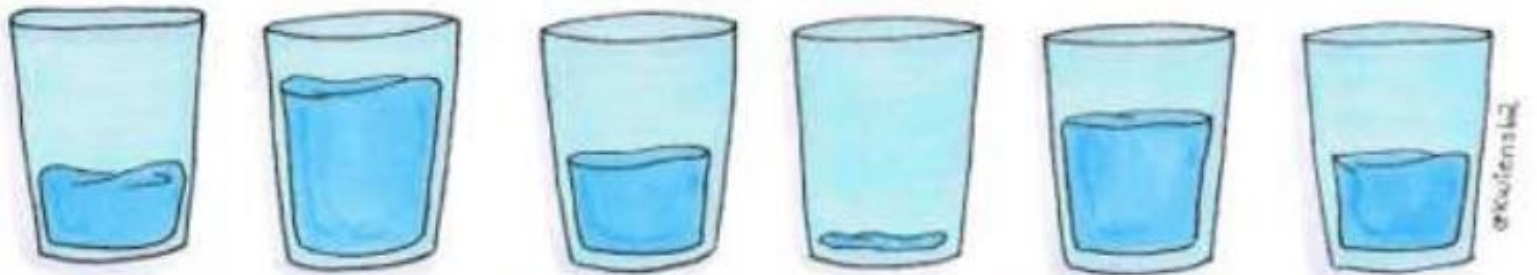


Please
remember...



WE CAN'T POUR FROM
AN EMPTY VESSEL

- 💧 OUR STUDENTS COUNT ON US TO HAVE CALM TO SHARE WITH THEM.
- 💧 WE NEED TO BE REGULATING OURSELVES TO BE AVAILABLE TO CO-REGULATE WITH OTHERS.
- 💧 WHEN WE TAKE CARE OF OURSELVES, WE TAKE CARE OF OUR STUDENTS.
- 💧 WHAT ARE YOUR RESTORATIVE PRACTICES?



OUR STUDENTS' CALM

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