



Building Resilience: Enhancing your mental and physical wellbeing

Greenwich Time to Talk

Improving lives

oxleas.nhs.uk



Plan and objectives

- Think about what it means to be 'resilient' and how it helps us get through difficult times
- Introduce 5 areas which we can work on to build our resilience
- Offer tips and techniques to build greater resilience by attending to these 5 different areas in our lives



Housekeeping

- Make yourself comfortable
- Interactive – but no pressure to share
- Feel free to ask questions throughout. We will also have a section at the end for questions
- Feel free to leave at any time if you need to
- Confidentiality and respect – ‘what is said here stays here’
- Presentation and hand-outs will be shared after the session



Who we are and what we do

- Greenwich Time to Talk is an NHS Talking Therapies service
- We support people with common mental health difficulties such as anxiety, stress and depression
- The types of treatment we offer are Cognitive Behavioral Therapy and Counselling

How to refer: you must live in the Greenwich borough and be over the age of 16



Ask your GP



Self-refer online at <http://oxleas.nhs.uk/gttt>



Call 0203 260 1100

Find your local Talking Therapies service:

<https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/>

What is resilience? Group discussion

- **What makes a person 'resilient'?**
 - What are their personal qualities, traits or characteristics?
 - How might they respond in challenging times?
- **Think of a challenging time in the past - what helped you get through it and move forward?**



Characteristics of resilient people

Determined

Positive /
optimistic

Adaptable

Problem solving
skills

Good social
support

Confidence

Hopeful

Helpful coping
mechanisms

Resourceful

Willing to learn
from negative and
positive
experiences

Proactive

What is resilience?

There are many definitions of resilience. The American Psychological Association define resilience as “the process of adapting well in the face of adversity”

It can be thought of as an inner strength or an ability to withstand life’s challenges and bounce back

Having resilience doesn’t mean we are unaffected by difficult experiences or immune to sadness or stress

But it does help us to get through these difficult times, and even use them as opportunities for learning and growth

How can being resilient help you?



**Build happier,
healthier
relationships**



**Maintain
positive
mental health**



**Reduce the
impact of
stress**



**Overcome
difficult
experiences**



Five Factors of Resilience

Purpose

Living according to your values, spending time doing things you're passionate about & having a healthy balance between different areas of your life

Self

Having a positive view of yourself and confidence in your strengths and abilities

Connection

Building healthy relationships and making connections in your community

Body

Having a healthy lifestyle and improving your physical wellbeing

Mind

Having a positive and balanced attitude towards life

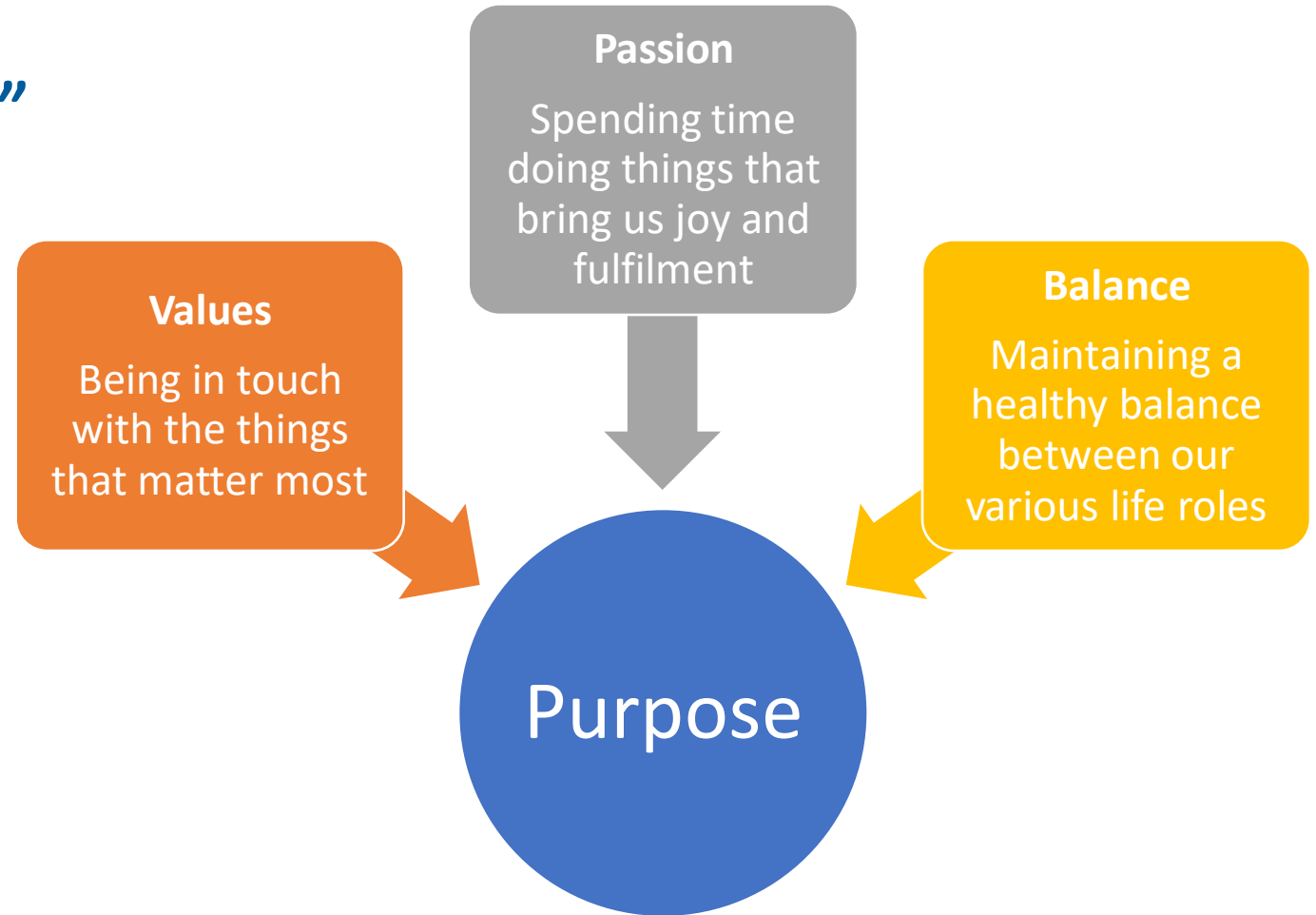
Purpose

- Purpose might be defined as your ‘why’ – the core values and passions that make you who you are and give your life meaning.
- Living life with purpose means that we feel **connected** to the things that really matter to us and have a sense of what we want to achieve with our lives
- When we face adversity, we can draw on this sense of purpose to weather the storm. It gives us a **psychological buffer** against stressful or challenging experiences
- It might give us the drive to deal with challenges, or remind us that we have meaning and purpose in our life beyond the difficult situation we face



The ingredients of “purpose”

- When we have a strong sense of purpose, we are in touch with our core **values** - the things that matter most to us
- We spend time doing things we’re **passionate** about that bring us joy and make us feel fulfilled
- We have a healthy **balance** between our various life roles



1. Values – what are they and why do they matter?

- Values are what you care about, deep down, and what you consider to be important and meaningful in life
- Values are different from goals – goals can be achieved whereas values are more like direction of travel. E.g., being generous vs donating to charity; continued learning and staying curious vs completing an educational course
- You are able to live with purpose and meaning when your daily life is in alignment with your values
- However, when the things you spend most of your time doing aren't in tune with your values, you may feel unhappy and unfulfilled.



Identifying your values

- What people and activities are most important to you and why?
- What brings meaning to your life / gives you a deep sense of satisfaction?
- What might other people say your core values are?
- Do you feel in tune with or out of touch with your values?



Getting in touch with your values



2. Passions

- Our passions are activities which completely absorb us and which we really enjoy
- These could be hobbies, sports, work, social activities or personal projects
- Making time for our passions brings us moments of **happiness** and helps us feel that our lives are **meaningful and fulfilled**
- The more time we invest in our passions, the more we will increase this sense of wellbeing and achievement. This can give us a reserve to draw on when the going gets tough or something to turn to for comfort when we're having a difficult time

ACTIVITY

Use the worksheet in the resource pack to identify your passions and think about how much time you make for these activities in your life.

Is it possible to make more time for these activities or to bring them into other areas of your life?



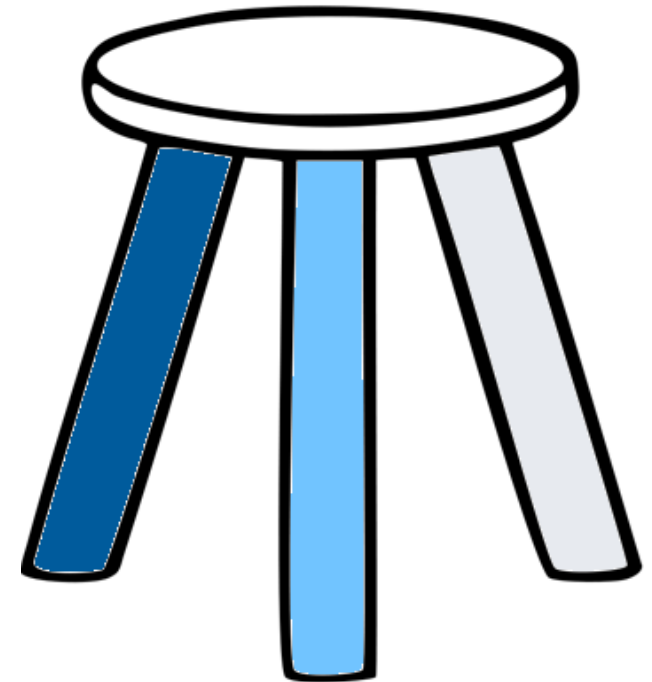
3. Balance

The different areas of our life can be split into 3 broad categories

1. **Work** (career / employment, childcare, domestic labour, community and voluntary work)
2. **Connections** (personal relationships and communities you belong to)
3. **Self** (self-care, health, leisure and personal projects)

Having balance between these three areas is important for your wellbeing and helps build resilience.

And the more we harness our values and passions in each of these areas, the more we will experience them as meaningful and rewarding



Being in Balance

ACTIVITY: List your different life roles and categorise them under the categories of work, connections and self – e.g.,

Work	Connections	Self
<ul style="list-style-type: none"> • Office manager • Volunteer • Primary carer 	<ul style="list-style-type: none"> • Friend • Family member (mother, daughter, sister) • Partner 	<ul style="list-style-type: none"> • Yoga • Eating well • Continual learning • Walking in nature

How are you bringing your values and passions into each life role or area?

What is your vision for each life role which taps into your values and passions?

Are you spending too much time and energy on one area or role & neglecting another?

What actions can you take to get back in balance?

Group discussion: Resilience and Self Esteem

1. How does your opinion of yourself impact the way you see the world?
2. Does having a positive view of yourself make a difference to the way you manage in difficult times?

Self esteem

- ‘Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves’ (Mind, 2019).
- Our self-esteem can affect almost every aspect of our lives.

Our self-esteem can change over time or suddenly. Some of the causes may include:

- Physical and mental health
- Challenges at work or with studies
- Bullying
- Money problems
- Relationship problems



Self-criticism and self-compassion

Self-compassion is about being kind to yourself in the face of stress, disappointments or failure.

Steps to building self-compassion

1. Catch your inner bully at work – “what was I thinking just now”
2. Challenge self-critical thoughts – “is this fact or opinion?” “am I being unfair on myself?”, “what’s the evidence for this”
3. Take a different perspective – would you talk to a friend like that?
4. Avoid comparing yourself to others

*What’s wrong
with me?*

I’m so stupid

*Why do I
always get
things wrong?*

Identifying your strengths

- Logical thinking
- Creativity
- Making things with my hands
- Sociability - getting on with people
- Empathy
- Humour - making people laugh
- Teaching people
- Leadership
- Organisation
- Attention to detail
- Musical ability
- Physical skills such as sports
- Artistic skills such as painting
- Outdoor skills such as gardening

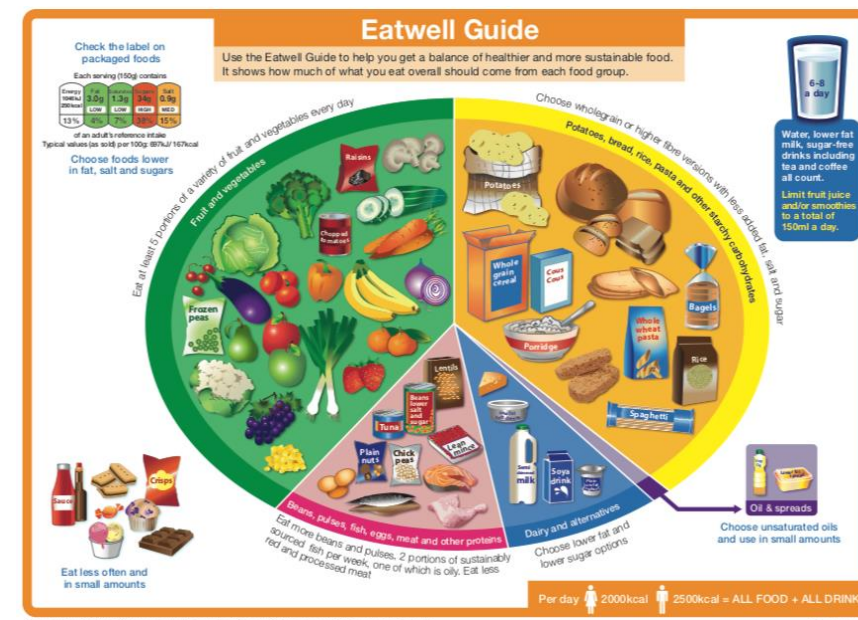
Group discussion: Resilience and Body

1. What factors contribute to us having a healthy body?
2. How might looking after our body and health help us cope during challenging times?



Diet, resilience and mood

1. When we have a good diet, we are more likely to be healthy which helps us get through challenging times.
2. The key to a good diet is **moderation** – eating a mix of fruit and vegetables, starchy carbs, beans, pulses & other proteins and dairy products (preferably low fat, low sugar)
3. Healthier gut = more serotonin (mood regulating hormone)



Movement

1. Regular physical activity reduces our risk of long-term physical health conditions and symptoms of depression and anxiety
2. WHO recommends at least 2.5 – 5 hours of moderate exercise per week for adults, and around 1 hour for children
3. This can include walking, cycling, shopping, doing household tasks – all physical activity counts
4. Too much sedentary behaviour can increase the risk of heart disease, cancer, & type-2 diabetes.



Increasing activity – ideas

- Invite a friend along – e.g. when you go for a run or a long walk
- Join a walking group
- Go to a dance class
- Use YouTube – short exercise videos
- Get off the bus or train a stop earlier and walk the rest of the journey
- Park the car further away from the supermarket
- Taking the stairs and not the lift
- Exercise apps
- Chair exercises

Use the 5 minute rule



Resilience and connections

Who makes up your network of connections?

Why is important to nurture these relationships? How does it help build resilience?



Connections

- Our connections are composed of our personal relationships (family, friends, partners, colleagues, children) and our roles in wider communities or groups
- Humans are social beings and our connections form an integral part of our wellbeing.
- These connections can be an invaluable source of support during challenging times. They can also sometimes be challenging in themselves!



Nurturing personal relationships

- **Your resilience is directly linked to the quality of your personal relationships** - The closer you are to the people who are important to you, the happier you can feel in life.
- **Keeping personal relationships positive needs care and attention.**

How do you build positive relationships?

Show
appreciation

Set boundaries

Listen and
empathise

Spend time
together and do
new things

Accept
differences and
deal with conflict

Good
communication

Building Communities

- Wider groups and communities play an important role in providing social support and shared connections
- Building connections with people around a shared interest or common purpose is a major contributor to your well-being and your resilience.
- What communities / groups do you belong to? Are there any you could join which would allow you to express your values and nurture your passions?

Type	Examples
Local Community	residents' group, community garden
Sport	football, tennis, walking
Work (paid or voluntary)	your work, scout leader, community volunteer
Religious/Spiritual	Church / temple / mosque, meditation group
Leisure	bridge club, debating team, chess club
Learning	language class, book club, study group
Creative	drama group, painting club, creative writing class
Musical	choir, band, orchestra, music class
Online	gaming group, online community
Personal	family, extended family, friends group
Therapeutic	support group, recovery group, self-help group (e.g. AA)
Other	political party

Group discussion: Resilience and Mind

- How might your attitude influence the way you approach difficult situations?
- Do you know anyone with an optimistic outlook and do you think this has helped them get through difficult times?

Mind – pessimism vs. optimism

Imagine that your responsibilities and the demands on your time are starting to build up and you feel overwhelmed

Pessimistic view	Optimistic view
Conclude that it's too much and it's never going to change	Conclude that although the situation is stressful now, it will get better
Look at the situation in terms of your failings and tell yourself that you don't have the resources to cope	Tell yourself that you're passionate about your commitments and they bring meaning and joy to your life
Give up or avoid the situation	Problem solve and seek support
Be self critical. Tell yourself "its my fault" or "I let it get like this"	Be self compassionate – "it's a difficult situation but I'm doing my best".
Let the situation discourage you from doing things in the future	See the situation as an opportunity to learn and grow

Mind – balanced optimism

- Ultimately, the best approach is having a balance of optimism with a healthy dose of pessimistic scepticism. It's important to fully understand the weight of any decision in its negative and positive aspects.



Adjusting your perspective will help you make more calculated, beneficial decisions in the future.

Mind – gratitude and mind

Gratitude is our ability to feel and express thankfulness and appreciation.

The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time.” – Douglas Wood (Author)

- Being grateful is associated with better mental health and increased resilience
- It helps us experience more positive emotion and leads us to focus on opportunities rather than threats
- It is something we can practice until it becomes second nature

Mind – expressing gratitude

- Write a gratitude journal
- Give personalised gift
- Make a gratitude jar
- Say thank you – make sure people's efforts are recognised and they feel appreciated

PURPOSE

Align your **purpose** with your values and passions to build resilience

MIND

Evaluate how you think about difficult situations – achieve a realistic **mindset** by balancing optimism and pessimism

Take stock daily and practise gratitude

CONNECTIONS

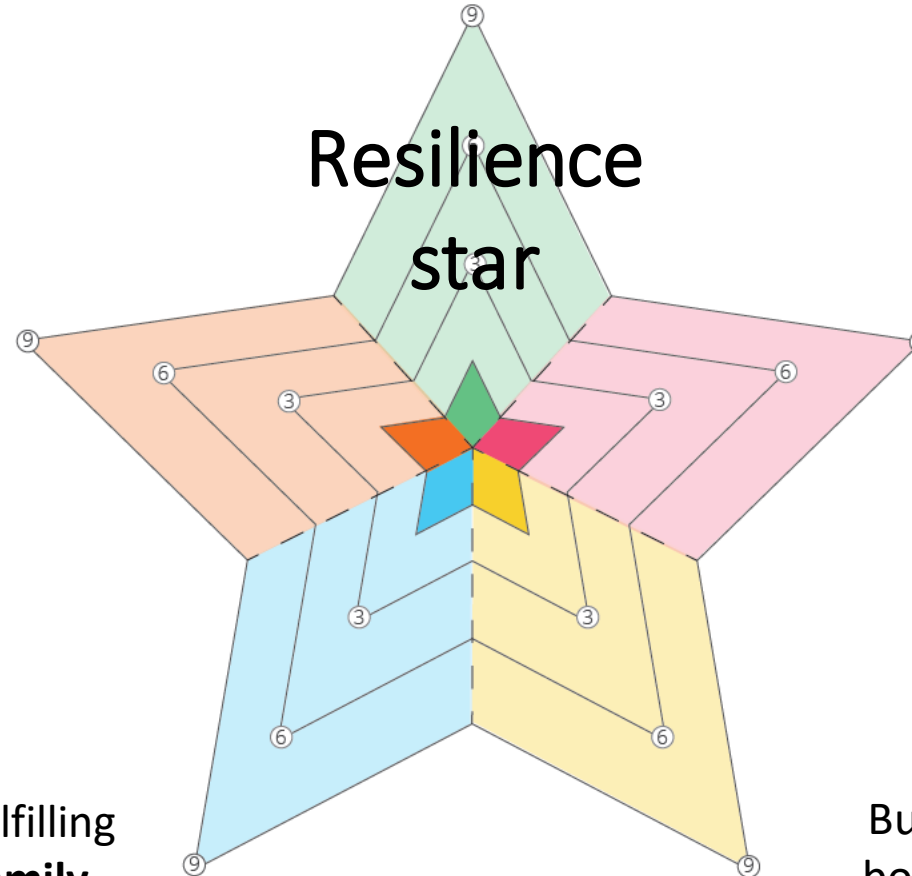
Cultivate meaningful and fulfilling connections with **friends, family** and members of your **community**

SELF

Practise positive **self-talk** daily. Know your **strengths** and identify opportunities to use these

BODY

Build resilience by nourishing your body with healthy lifestyle changes in **exercise** and **diet**



Five Factors of Resilience

MIND

Maintaining a hopeful, positive outlook and being grateful for the good aspects of life

CONNECTIONS

Having strong and supportive personal relationships and positive connections in the wider community

SELF

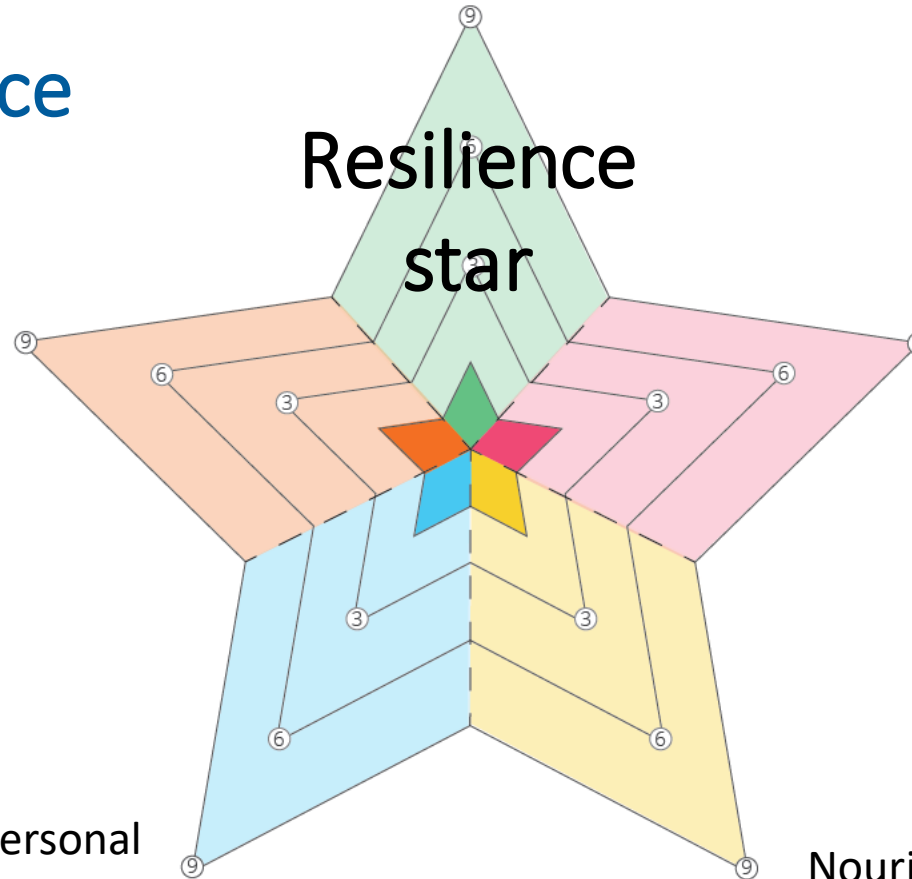
Being kind and compassionate towards yourself

PURPOSE

Living life according to your values and spending time doing things you're passionate about

BODY

Nourishing your body with healthy food, sleep and relaxation





Thank you!

Improving lives

