

Resilience Workshop

Today

01 What is resilience

02 Resilience factors

03 Understanding resilience

04 How to build resilience

05 Coping strategies

06 Further useful information

Welcome

This workshop will empower you to enhance your ability to cope under pressure—a crucial skill for thriving in the **ADD SECTOR**. We will cover the definition of resilience, explore risk factors that can affect it, and provide practical coping strategies. Whether dealing with long-term health conditions, managing stress, or facing other challenges, you'll leave equipped with tools to maintain your mental and physical well-being while confidently navigating workplace demands.

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Aims of the session

By the end of this information session, you will be able to understand:

- What is resilience.
- Factors analysis.
- Protective / risk factors to resilience.
- Coping strategies.

Creating a Safe & Confidential Space

Before we begin

If you have any questions that you want to ask or anything that you wish to discuss in confidence, please email me at: **ADD TUTORS EMAIL ADDRESS**

Please be aware if it is regarding a safeguarding issue, I will need to act upon this.

•This is a safe space and if you wish to share personal experiences, please feel free to share with the group



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What is Resilience?

Resilience is defined as - the ability to cope under pressure. A person who copes well under pressure is resilient. Research suggests that the ability to cope well under pressure is based on a positive outlook, combined with strategies to manage pressure”.

To be resilient in your NHS / Work Role is to feel able to approach the potential challenges that your role as a support worker may bring, without these impacting on your life outside of work and on your mental and physical wellbeing. It is important that you feel happy and confident within your role.

Discussion

Share your feedback and experiences

Add video title here

Add short video her on Resilience i.e. What is resilience, 5 top tips to improve resilience,

Factor Analysis

In the chat box type in what you would consider to be a risk factor for resilience.



Protective Factors	Risk Factors
Individual Factors	
• A feeling of control over one's life • A sense of cohesion with others • Close relationships with competent adults • Connections to prosocial organizations • Tolerance for delayed gratification • A sense of humor	• Little sense of control over one's life • Poor self-control • Negative emotionality • A need for immediate gratification
Family Factors	
• Good parenting skills • Trusting relationships • Well-defined family roles and responsibilities • Opportunities to learn to deal with criticism, rejection and silence	• Parental and sibling drug use • Poor child rearing and socialization practices • Ineffective parental supervision • Family conflict and marital discord • Domestic violence, abuse and neglect
Community Factors	
• Participation in school, work and community with a sense of belonging and contributing • A social network of peers • An opportunity to learn to handle challenges	• Limited resources • Low socioeconomic status • Communities that lack the ability or resources to reach out to those in need of assistance

Discussion

Share your feedback and experiences

Understanding Resilience: Beyond Personal Control

The terms 'resilience' and 'managing stress' can mean different things to different people. We might understand them differently because our experiences shape how we feel stress, and how easily we can respond to it.

Some people may think that our response to stress is something that we can all easily control. But this is not true. There are some causes of stress that are beyond our control. And some ways of managing stress and building resilience are not always available to us.

Understanding Resilience: Beyond Personal Control

This makes dealing with stress very personal – it may be harder for some of us than for others. Some experiences that can make it more difficult include:

- Having a long-term physical health condition
- Having a mental health problem
- Experiencing discrimination and hate, including racism, homophobia, biphobia or transphobia
- Living far away from family or friends, or having difficult relationships with them
- Experiencing loneliness
- Experiencing poverty and money worries, including debt or problems with benefits
- Living in an area with poor access to services like healthcare, public transport and green spaces
- Being a single parent
- Being a carer
- Having poor quality housing
- Lacking safety and protection, such as living in areas with poor policing

Research shows that it is easier to develop resilience if we don't face these barriers. But many of these things are difficult or impossible to change.

Remember: if you face these barriers, this is not your fault, and it is not up to you to remove these barriers yourself.

Discussion

Share your feedback and experiences

Add video title here

Add short video her on Resilience i.e. The story of the donkey, how to build resilience, the science of resilience.

Discussion

What are your learning points from this video?

Coping Strategies

Identify your stressors: identify what is causing you to feel stressed, this can aid with developing positive coping mechanisms

Current coping skills: how are you currently coping with the stressors are you using negative or positive coping mechanisms.

Something new: try a different coping mechanism until you find one that works best for you

Get into a habit: make your coping skills part of your daily routine, try taking a few minutes in your day to carry out some deep breathing exercises or try 5 minutes of meditation, try with friends and colleagues if you can.

Reach out for help: if you cannot find a coping mechanism that works for you be sure to reach out for help you are not alone.

- Deep breathing
- Meditation
- Exercise
- Journaling
- Talking with a friend
- Positive thoughts
- Taking a bath
- Reading a book
- Aromatherapy

Useful Sites for Further Reading

Mind

<https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/>

The Samaritans

<https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/>

Useful Apps

- Headspace
- Insight Timer
- Meditation Oasis
- Smiling Mind
- Calm
- Self-help for anxiety management

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Thank you
Any Questions?