

Resilience Workshop 1: Understanding stress and resilience

Trainer: Eleanor Thorne



What we will be covering:

What is resilience?

Why is resilience important?

What is needed to develop and enhance resilience?

Understanding stress and stress triggers

Activity

- Imagine you are going rafting down a river.
- How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge?





What is resilience?

Resilience:

“An ability to recover from or adjust easily to misfortune or change”

- Merriam-Webster Dictionary



Why is resilience important?

- Helps us adapt to change (Webb, 2013)
- Helps us to manage our stress (Paton et al, 2003)
- Improves problem-solving skills (Li et al, 2018)
- Better decision making (Xing et al, 2013)
- Healthier relationships (Cloninger et al, 2021)
- Helps to prevent burnout (Shatté et al, 2017)

How resilient are
you?

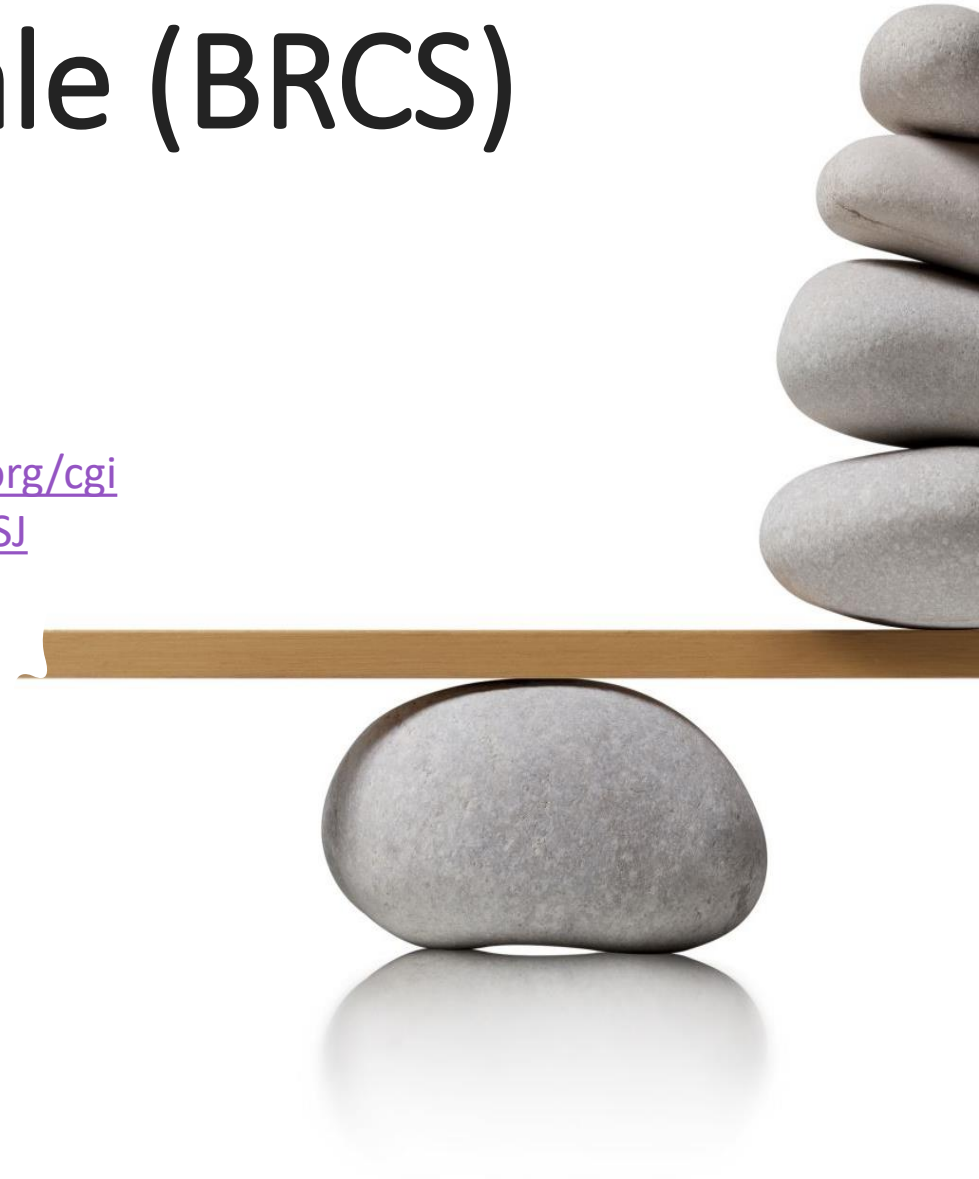


Brief Resilient Coping Scale (BRCS)

(Sinclair and Wallston, 2004)



<https://www.psytoolkit.org/cgi-bin/3.4.4/survey?s=LOYSJ>





How can resilience be
enhanced?

Ways to improve resilience





Discussion

- What challenges our resilience?



What is stress?

Stress Triggers

Internal Stressors

- Thoughts and perceptions
- Physical health
- Emotional factors
- Cognitive overload

External Stressors

- Environmental factors
- Life events
- Workplace factors
- Relationships factors
- Financial factors



Consequences of stress

- Psychological distress
- Physical health issues
- Relationship problems
- Burnout
- Compassion fatigue

How do people cope with stress?

- Organisation and time management
- Putting in boundaries
- Relaxation techniques
- Exercise



How do people cope with stress?

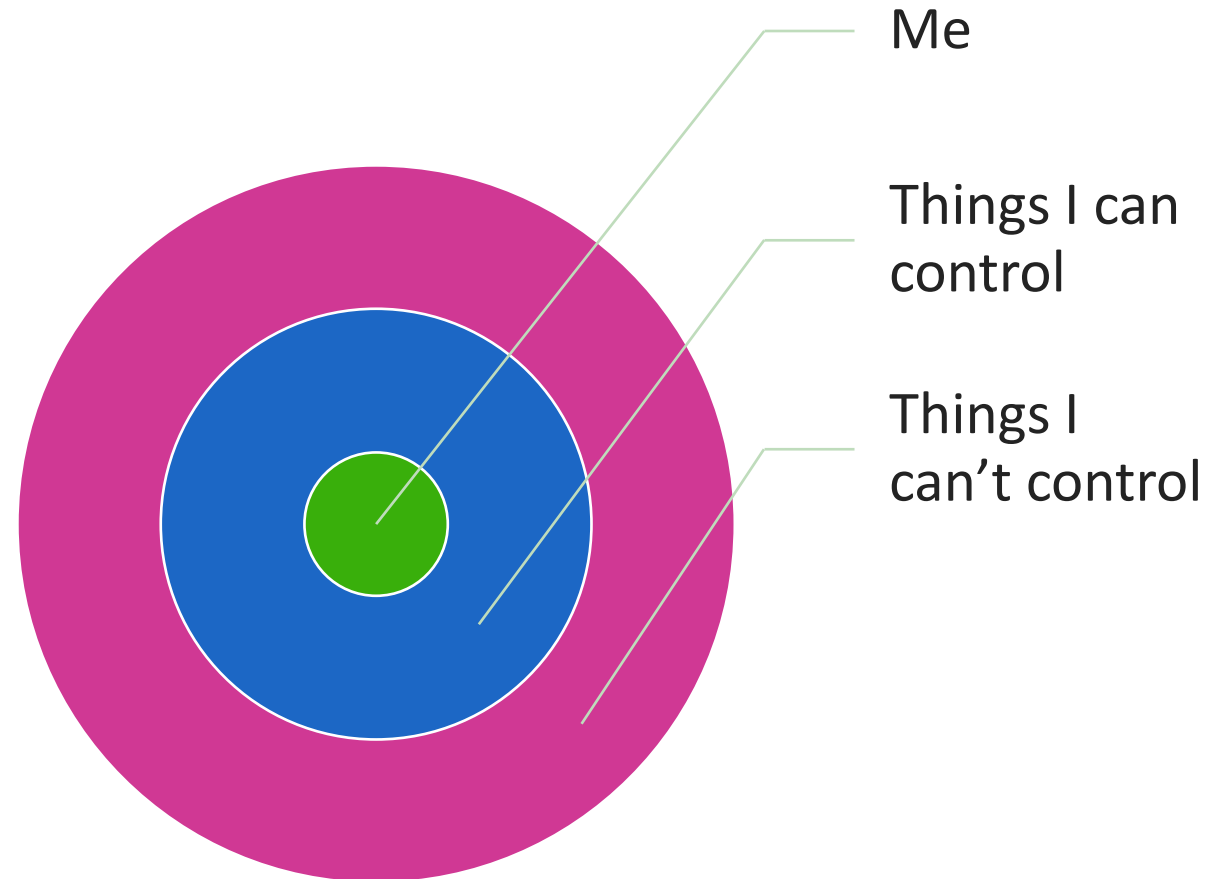
- Healthy lifestyle
- Support from others
- Hobbies
- Rest and breaks



Circles of influence

Things we can control:

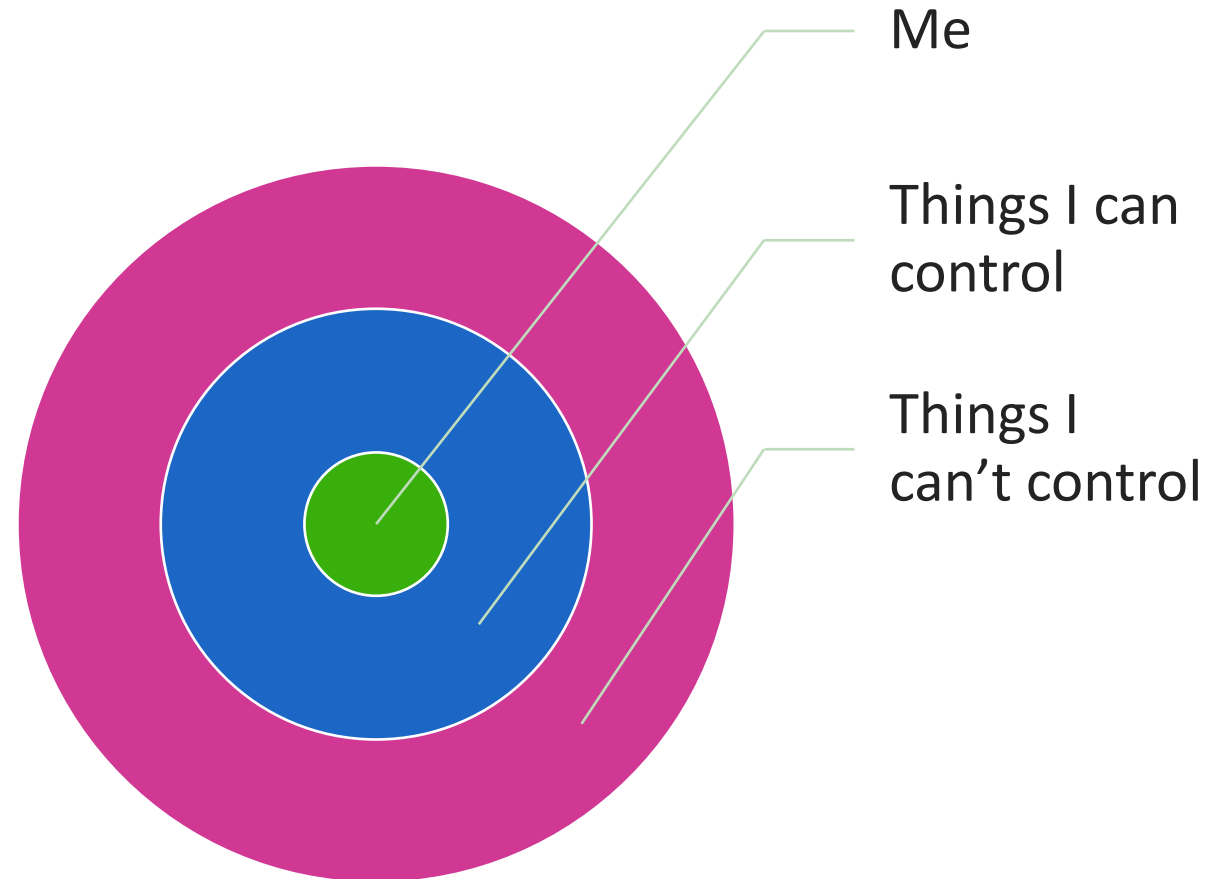
- Our words
- Boundaries we set
- What we give our attention to
- Our thoughts and actions
- How we treat others



Circles of influence

Things we can't control:

- What others think, feel or do
- The decisions others make
- The past and the future
- Having all the answers
- The economy and the weather





Before the next session...

- Use the **QR code** to test your stress levels.
- When you have your results, I would like you to think about or write down the different factors contributing to your stress and which of them you can or can't control.

<https://www.bemindfulonline.com/test-your-stress>





Questions?

Evaluation

Please fill out our quick evaluation survey.



Next time.....

- Reframing negative thoughts
- Recognising strengths

Resilience workshop 2 – Mon 12 Feb 2:30pm-3:15pm

Resilience workshop 3 - Mon 19 Feb 2:30pm-3:15pm

Conflict Resolution workshop - Weds 21 Feb 1pm-2pm

