Eleanor Thorne  
We will also be using MENTIMETER and at the end of the session there'll be the option to add in questions then.

Eleanor Thorne  
OK, so I'm just turning on transcription and recording now, so just a final introduction for those that are just joining, I'm Eleanor and I'll be the trainer for today.

Eleanor Thorne  
We have my colleague at Helen with us on the call.

Eleanor Thorne  
We also have our BSL interpreter, Saumaya with us today and she should be a pinned video.

Eleanor Thorne  
So if everyone can make sure that they're cameras are off and they're on mute, then we can get started.

Eleanor Thorne  
So today in our workshop, we'll be covering what resilience is, why resilience is important, what is needed to develop an enhanced resilience, and understanding stress and stress triggers.

Eleanor Thorne  
So first of all, I would like us all to do a quick activity.

Eleanor Thorne  
So I'd like you all to imagine that you're in a raft or a small inflatable boat.

Eleanor Thorne  
Your rafting down a river and at the moment the water is calm and slow moving.

Eleanor Thorne  
However, on the horizon you can see some rocks coming up and the water looks like it's becoming a bit more choppy.

Eleanor Thorne  
So now I would like you to think about how you might make sure that you can safely cross the rough waters and handle any unexpected problems that come from this challenge.

Eleanor Thorne  
So what might you need to cross those choppy waters?

Eleanor Thorne  
So we've got a section in the mentee meter for you to put your to your answers in what do you think you might need to cross the choppy waters when you're in your raft and your rafting down this river?

Eleanor Thorne  
So if you can Add all your answers to.

Eleanor Thorne  
The mentimeter and if you can't access the mentimeter, we can use the chat.

Eleanor Thorne  
Although I should say if you're using the chat and you've got a screen reader, it will focus on what's in the chat, so the screen reader will just focus on everything that's in the chat.

Eleanor Thorne  
So you can use the mentee meter as well, and Helen's put a link into the chat, so be great to hear.

Eleanor Thorne  
What do people think they'll need to safely cross the rough waters in their raft?

Helen Ginman  
So there's lots.

Eleanor Thorne  
What are some of?

Eleanor Thorne  
Yep, Helen, if you can read out some of the ideas from people.

Eleanor Thorne  
Mm-hmm.

Helen Ginman  
So there's lots of comments coming in a life jacket, a paddle, A-Team to support you, determination, calmness, strength, team popping up quite a lot actually.

Eleanor Thorne  
Mm-hmm.

Helen Ginman  
UM call mindset help from others assistance change of wind direction.

Helen Ginman  
Collaboration.

Helen Ginman  
Positive attitude. Lots and lots of different pieces of feedback coming in.

Eleanor Thorne  
Brilliant. Yeah, that's fab. That's great. Really great ideas there. Good to see that some people are putting in support from others or teamwork. That's really, really important when we're facing challenges in our lives, like choppy waters or stressful situations.

Eleanor Thorne  
OK. So we're going to move on now.

Eleanor Thorne  
To look at what is resilience. So what do people think that resilience is? Has anyone got any ideas?

Eleanor Thorne  
Has anyone heard of resilience before? What do we think that might be? You can either put your ideas in the mentimeter or on the chat.

Eleanor Thorne  
Great. So yeah, what are some people? What do some people think resilience is.

Helen Ginman  
For the feedback bouncing back, inner strength, ability to keep going, ability to cope, to overcome hardships, staying strong, a sense of inner strength and perseverance.

Helen Ginman  
Being able to stand and get through it.

Eleanor Thorne  
Yeah, some absolutely fab responses there and I think you're all, you're all pretty much there in terms of resilience. So there's lots of different definitions of resilience and it's still very much an evolving concept. I've picked the Merriam Webster Dictionary definition here, and the dictionary says that it's an ability to recover from or adjust easily to misfortune or change.

Eleanor Thorne  
So yeah, definitely kind of very similar to a lot of the ideas that people were putting in. So you're kind of familiar with resilience.

Eleanor Thorne  
Great. So we're going to look now.

Eleanor Thorne  
At why resilience is important. So there's been lots and lots of research carried out on the concept of resilience. It's been linked with a number of different positive outcomes, so developing resilience can help us to adapt to change.

Eleanor Thorne  
It can help us to manage our stress.

Eleanor Thorne  
It improves problem solving skills.

Eleanor Thorne  
Better decision making.

Eleanor Thorne  
Healthier relationships, and it can really help to prevent burnout.

Eleanor Thorne  
So a lot of really important reasons as to why it's good for us to develop our resilience.

Eleanor Thorne  
OK, so now we're going to move on to thinking about how resilient we are as people now, how are we going to do this is we're going to have a go at doing the brief, resilient coping scale.

Eleanor Thorne  
So what I'd like you to do if you're able to, is to either scan the QR code.

Eleanor Thorne  
Or you can click on the link and I think Helen's going to put in the chat as well the link so that you can access it. I'd like you to have a quick go at this short scale and it will give you.

Eleanor Thorne  
Guidance on how resilient you are. So there's only four questions in the scale, so it should only take you a minute, a couple of minutes. And then I'd like you to have a think about your score is your score.

Eleanor Thorne  
Something that you expected?

Eleanor Thorne  
Comes up with high resilience.

Eleanor Thorne  
Is that something that you thought that you would be? Or if it comes up with?

Eleanor Thorne  
Low resilience is that surprising to you, so have it. Just have a think about that once you've.

Eleanor Thorne  
Once you've completed the brief resilient coping skill.

Eleanor Thorne  
So you can either use AQR code so the way that you access the QR code is on your phone. If you can access the camera feature and then if you hold the camera over the QR code, it should link you.

Eleanor Thorne  
To access it should give you a link to access the scale and we have also put a link to the scale in the chat.

Eleanor Thorne  
So Helen's also putting the link to the mentee metre.

Eleanor Thorne  
OK, so we're getting some more, some more feedback on the chat about.

Eleanor Thorne  
Some scores people's scores. So are these surprising for you, or are these what you expected?

Eleanor Thorne  
These kind of what you thought you'd get in terms of your own resilience.

Eleanor Thorne  
OK. So we're going to move on now.

Eleanor Thorne  
And don't worry if you haven't filled out the brief, resilient coping skill. You can do it after the workshop and have a little think about it.

Eleanor Thorne  
So.

Eleanor Thorne  
Thinking about resilience then, a lot of people think that resilience might be a fixed thing, but actually we can develop or enhance our resilience and improve upon our resilience skills. So how do we think that our resilience can be enhanced? What sort of things do we think that we could do to enhance our resilience?

Eleanor Thorne  
If you've got any ideas, you can add them on the mentee metre or on the chat.

Eleanor Thorne  
What are some of the strategies that you might use to enhance your resilience?

Eleanor Thorne  
Anything that you've used in the past?

Eleanor Thorne  
To help develop your resilience.

Helen Ginman  
So lots of feedback coming through again.

Helen Ginman  
Some on the chat, some via mentee, so we've got things like mindfulness, exercise, coaching, maintaining social circle, existing support systems, community support, work life balance.

Helen Ginman  
Taking time to step back. Reassurance, talking to your support network.

Helen Ginman  
Lots of different types of strategies that people are using.

Eleanor Thorne  
So really good to hear that some people are saying social support, work, life balance all really fab suggestions.

Eleanor Thorne  
So there are lots and lots of ways that we can boost our resilience. And in this series of resilience workshops, we'll be looking specifically at a few of them. So we'll be looking at our strengths, developing our self-awareness.

Eleanor Thorne  
How social connections help.

Eleanor Thorne  
Coping strategies and mindfulness.

Eleanor Thorne  
But there's lots and lots of other strategies that you can use, but these are just some of the ones that we'll be covering.

Eleanor Thorne  
So now I want you to have a little think about what is it that might be challenging our resilience. What is it that we might encounter on a daily basis in our lives that might be impacting on how resilient we feel? So again, if you can use either the mentimeter or you can get on the chat, we prefer people to use the mentimetre, just so that it makes it a bit easier for those using.

Eleanor Thorne  
Technology assistance.

Eleanor Thorne  
So if you can share, what do you think that might challenge our resilience on a daily basis?

Helen Ginman  
Lots of responses coming through again, so we've got unexpected change, stressful situations, stress, tiredness, burnt out poor nutrition.

Helen Ginman  
Emotional intelligence. Too many demands on our time feeding out of control, the changing workplace, sickness issues at work overload.

Helen Ginman  
Feeling a lack of control?

Helen Ginman  
Unexpected situations, exhaustion that coming up a few times, actually difficulties close to home, lack of support from from team life changes.

Helen Ginman  
Busy lifestyle, lifestyle and not having enough time for oneself.

Eleanor Thorne  
Yeah, definitely lots of good suggestions there in today's day-to-day world. It's such a fast pace of living, lots of challenges coming up.

Eleanor Thorne  
To challenge our resilience on a daily basis.

Eleanor Thorne  
So I think a few people mentioned that stress might be one of them. So what do we think? Stress is what stress mean to us. So the world has.

Eleanor Thorne  
Organisation defines stress as a state of worry or mental tension caused by a difficult situation. So stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree the way that we respond to stress, however, makes a big difference to our overall well-being.

Eleanor Thorne  
So stress can affect both the mind and the body. A little bit of stress is good for us and it can help us to perform our daily activities. So I don't know if anyone's ever had it where they've had to do maybe a presentation or they're playing in a sports event and they feel a bit nervous before they start.

Eleanor Thorne  
And they think, oh, I feel those butterflies in my stomach. I feel a little bit anxious and that stress helps us then to perform at our best.

Eleanor Thorne  
In our sport and we do a really good job because that that little bit of stress is, is really kind of helped us to perform at our best.

Eleanor Thorne  
However, too much stress can cause physical and mental health problems.

Eleanor Thorne  
So now we're going to look at some of the things, some of the stress triggers that might be in our lives, so.

Eleanor Thorne  
Some stresses that can be in our lives can even can even be internal or external, so some examples of some internal stresses might be our thoughts and perceptions. So having negative thought patterns.

Eleanor Thorne  
Pessimism. Unrealistic expectations.

Eleanor Thorne  
We might have physical health stresses, so things like illness, lack of sleep, nutritional deficiencies.

Eleanor Thorne  
All of these can contribute to stress.

Eleanor Thorne  
We might also have emotional factors, so anxiety, fear, excessive worry, all of those things can contribute to stress. And finally, cognitive overload. So having too many tasks or responsibilities can help us to feel kind of very much overwhelmed, very stressed.

Eleanor Thorne  
So not only are there internal stresses, there's also external stressors.

Eleanor Thorne  
Show some examples might be environmental factors such as noise pollution or weather conditions, particularly in today's current society where we're having more extreme weather that can be very stressful for people.

Eleanor Thorne  
Life events. So major changes in our lives or traumatic events or even significant transitions. So even though something might be a positive such as getting married.

Eleanor Thorne  
Having a baby, getting a new job, anything that you feel kind of is a positive in your life. It can still cause us some stress because it's a significant transition or a change.

Eleanor Thorne  
We've also got workplace factors, so these can include job demands, deadlines and conflicts at work. I know a few people put in the chat earlier that that workplace stress was was a big one for them. We've also got relationship factors, so conflicts with our family, with our friends or even at work with our colleagues and Co workers.

Eleanor Thorne  
And then lastly, we've got financial factors, so economic difficulties or financial instability.

Eleanor Thorne  
So when we're faced with a stressor, the body's fight or flight response is triggered. This then involves the release of stress hormones such as cortisol and adrenaline, and these hormones prepare the body for action. So a little bit like I was saying earlier, when you've got a presentation or a sports match to be playing, those stress hormones get us ready. They prepare us to be at our best to perform.

Eleanor Thorne  
So we might also have some physiological.

Eleanor Thorne  
So increased heart rate, elevated blood pressure, heightened alertness and a release of energy. So all of those things might be really helpful when we're trying to perform at our best.

Eleanor Thorne  
However, wall stress is a normal and adaptive factor.

Eleanor Thorne  
It's also.

Eleanor Thorne  
Kind of. It's also a really good way of helping us, you know, deal with the challenges that we have.

Eleanor Thorne  
It can really help us with, as I said, performance at work performance in our in our personal lives, chronic or excessive stress can have detrimental effects on both our physical and mental health. So long term stress is associated with a range of health problems.

Eleanor Thorne  
For example, cardiovascular issues, immune system suppression, digestive disorders and mental health conditions such as anxiety and depression. So we're going to have a little bit more of a look at the consequences of stress. So we talk then it can have long term and chronic stress can have an impact.

Eleanor Thorne  
So some of the consequences, we've just talked a little bit about some physical.

Eleanor Thorne  
Health consequences, but it can also.

Eleanor Thorne  
Impact us in terms of psychological distress, so this can refer to non specific symptoms of stress, anxiety and depression and high levels of psychological distress are indicative of impaired mental health and may reflect common mental disorders like depression and anxiety.

Eleanor Thorne  
We also talked a little bit just now about physical health conditions such as high blood pressure, heart disease.

Eleanor Thorne  
It can also increase the risk of stroke and heart attacks.

Eleanor Thorne  
It can also impact on our relationships. So either by making us withdraw and isolate when we're stressed, or by increasing tensions in our relationships, causing us to be more irritable and snappy. I know I'm definitely when I'm hungry and tired and I've had a stressful day at work. The first person that I tend to be a bit snappy with is my partner. When I see him in the evenings, I'm sort of drained and I think.

Eleanor Thorne  
I don't have enough energy to be particularly polite, so that long term stress as well can really great at some of our relationships, which isn't helpful because we need those relationships as our social support.

Eleanor Thorne  
So burnout is another one. So burnout you might have heard of. It's a state of physical, emotional and mental exhaustion. So this can be caused by prolonged stress, often related to work or caregiving responsibilities. So it's characterised by feelings of overwhelm, a depletion of energy, feeling cynical, very detached from our work and a reduced sense of accomplishment.

Eleanor Thorne  
Or efficacy.

Eleanor Thorne  
And then lastly, we've got compassion fatigue. So this is also known as a secondary traumatic stress or vicarious traumatization. So this is a type of stress reaction that occurs when people are repeatedly witnessing or hearing about the suffering and trauma of others. So it tends to normally impact on people that are in caregiving or helping professions such as healthcare workers, therapists, social workers, emergency responders, and just anyone else.

Eleanor Thorne  
That regularly interacts with people who are experiencing trauma and distress.

Eleanor Thorne  
So compassion fatigue is characterised by a gradual erosion of empathy and compassion. This is then accompanied by emotional and physical exhaustion.

Eleanor Thorne  
So now we've talked about stress and stress triggers.

Eleanor Thorne  
We're going to move on to talking about how we might cope with stress.

Eleanor Thorne  
So in the chat or on the mentee metre, preferably if you can use the mentee metre, I'd like you to put down some coping strategies that you use to deal with stress, so we're going to be talking about a few of them in a minute, but I'd like to hear what are people using.

Eleanor Thorne  
To deal with their stress.

Eleanor Thorne  
It's always. Yep. Sorry, Helen.

Helen Ginman  
So we've got exercise, walking, socialising, talking, mindfulness.

Helen Ginman  
Retail therapy.

Helen Ginman  
Listening to classical music, taking regular breaks, gaming being organised, cooking time with the family.

Helen Ginman  
Meditation offloading, walking outdoors wine.

Helen Ginman  
Wine often pops up doing extra work.

Helen Ginman  
Alone time resting.

Helen Ginman  
Dancing, asking for help. Lots of different ways people cope with stress.

Eleanor Thorne  
Great. And it's really fab to see everyone putting their ideas in because sometimes, you know, there might be some strategies that other people are using that we haven't thought about. So it's really great to see what other people are doing. And I think a couple of people mentioned walking and being outdoors in, in nature. One of the ways that I, one of the strategies I use to deal with stress is to take my I've got two dogs and I quite often like taking them out for a walk.

Eleanor Thorne  
We've got some woods near where I live, so it's quite nice to go for a walk in the middle of the day just to get away from the computer, have a little bit of a de stress and they always make me laugh. Running around and having fun.

Eleanor Thorne  
OK, then so keep feel free to keep putting all the things that you use, all the coping strategies we're going to talk about a few now. So the coping strategies that we use can really reduce the impact of stress on our mental and physical well-being. So they can help.

Eleanor Thorne  
Reduce some of those effects that we talked about from internal and external stresses.

Eleanor Thorne  
So some people might use healthy lifestyle so things like eating a balanced diet, getting adequate sleep, avoiding excessive caffeine, alcohol or substance, use all of those things can exacerbate stress if we're not. If we're not doing those. And I know sometimes for a lot of people that when we are stressed and we're very busy.

Eleanor Thorne  
Some of these things are the 1st to go out the window, so we might kind of feel like we haven't got time to eat a balanced diet. We're quickly grabbing things just out of the cupboard or on the go.

Eleanor Thorne  
And maybe we don't sleep as much, stay up late to finish our work or to look after our families. But these things are really important to help in manage our stress.

Eleanor Thorne  
Another one that people have mentioned so far is support from others.

Eleanor Thorne  
So reaching out to friends, family members, support groups for emotional support and connections so they don't have to be in person. I know a lot of people benefit from online support groups or connections.

Eleanor Thorne  
So sharing our feelings with others can provide comfort and perspective, and knowing that you're not alone in your struggles.

Eleanor Thorne  
Really reassuring.

Eleanor Thorne  
Also hobbies, so making time for activities that bring us joy and relaxation. So whether that's reading, listening to music, spending time in nature or other hobbies and interests so it doesn't have to be a big hobby or a big interest. You know, even just going outside and noticing some of the nature that's around us having an interesting kind of what's outside our houses or our workplaces.

Eleanor Thorne  
So it's also really essential.

Eleanor Thorne  
To put in rest and breaks.

Eleanor Thorne  
As I said earlier, sometimes in terms of sleep, we might stay up late or get up early because we've got lots of other things to do, but making sure that we are then taking a few rest breaks throughout the day.

Eleanor Thorne  
So it's essential to recognise that coping with stress is a personal journey and different strategies work for different individuals. It's important to experiment with various techniques.

Eleanor Thorne  
And to find out kind of what works for you.

Eleanor Thorne  
What's the best thing that works for you? And if you are finding that stress is becoming overwhelming, it's always important to seek guidance from a mental health professional. If you're finding that work stress.

Eleanor Thorne  
So overwhelming speaking to your manager or another relevant person is important.

Eleanor Thorne  
OK.

Eleanor Thorne  
So we've got a few more.

Eleanor Thorne  
Of our coping strategies. So we've got organisation and time management so breaking task into manageable steps.

Eleanor Thorne  
Prioritising tasks and using time management techniques such as setting realistic goals, creating to do lists, or using a planner to stay organised can really help to reduce feelings of overwhelm. I know that I find using A to do list every day is really helpful. It helps me to prioritise.

Eleanor Thorne  
Also putting in boundaries so I know this can be quite difficult for people being able to say no to additional comments.

Eleanor Thorne  
An additional commitments when you're overwhelmed or at capacity, that can be hard, especially if it's coming from.

Eleanor Thorne  
Family members.

Eleanor Thorne  
Or anyone that's really important to us. It can be really hard to actually say no. I I'm kind of at capacity right now.

Eleanor Thorne  
Also relaxation techniques. So I'm I think a few people put in the chat earlier that they use mindfulness meditation in our third workshop of the series. We'll be doing a guided mindfulness.

Eleanor Thorne  
Exercise together, so if you are not using meditation at the moment and you'd like to learn.

Eleanor Thorne  
A meditation exercise or a mindfulness exercise do make sure that you're registered on our third workshop.

Eleanor Thorne  
As well as mindfulness, you can use deep, deep breathing, progressive muscle relaxation, anything that just kind of helps you to relax your mind and your body. And I know a lot of people put in exercise. That's a really great one to help us release endorphins. These are all those natural stress fighting chemicals that make us feel good. And again, exercise doesn't have to be really.

Eleanor Thorne  
Extreme. You don't have to be running a marathon to get the benefits of exercise.

Eleanor Thorne  
Just going for a short 5 minute walk if you're able to, or if you're not able to doing some exercises in your house, even sitting down, we can do some really great exercises just to get a little bit of physical movement into our day.

Eleanor Thorne  
OK.

Eleanor Thorne  
So now I want to have a look at.

Eleanor Thorne  
Circles of influence. So have people heard about circles of influence before? So it's quite a well known model.

Eleanor Thorne  
So we've got the circles of influence. So people heard of that.

Eleanor Thorne  
OK. Yeah. So I'm getting some thumbs up some nose. OK, so we're going to go through the circles of influence model now. So basically there's three kind of levels we've got right in the middle. We've got ourselves and then the next level we've got the circle of influence. So this inner circle represents the things that people have control over or can directly influence through their actions.

Eleanor Thorne  
Decisions and behaviours, so it includes aspects of our personal and professional life, such as our attitudes, behaviours, relationships.

Eleanor Thorne  
Goals, priorities, habits. These are all the areas where people can take proactive steps to make a difference and achieve desired outcomes. So these things that we control are the things that we should focus on when we're when we're stressed. So if we're in a stressful situation with someone else and we're maybe having an argument.

Eleanor Thorne  
We might not be able to change how the other person is feeling or what they're thinking, but we can really think about what we want to say. Any boundaries that we want to set our thoughts and actions, and how we respond to the other person.

Eleanor Thorne  
So it can be really helpful when we're thinking about our stress levels and what makes us stress to try and categorise are these things that I can control or are these things I can't control. So now we'll have a look at the things that we can't control.

Eleanor Thorne  
So this is the outer circle and this represents all the things that we might have, maybe a little bit of concern over or we might care about. But generally we can't control them.

Eleanor Thorne  
So it can include a wide range of things. We've got global events, societal problems.

Eleanor Thorne  
Family Matters, health concerns, financial issues. So many of the things in this circle are beyond our direct control and we may have maybe a little bit of limited influence over them.

Eleanor Thorne  
So it's really important to remember if there are things that fall into this category.

Eleanor Thorne  
It's important to not.

Eleanor Thorne  
Too much of our energy and our attention on them because these aren't things that we can control. We can't control what the weather's going to do, but we might be able to control what activities we're going to do depending on the weather to help with our stress levels. So if it's raining really hard outside and we think, oh, I like to use going for a walk as a good coping strategy, but I don't want to go out when it's raining. Are there any indoor activities that we can prioritise?

Eleanor Thorne  
Great.

Eleanor Thorne  
OK so.

Eleanor Thorne  
Does that all make sense to people? Does that?

Eleanor Thorne  
How do we feel about that model? The circles of influence model?

Eleanor Thorne  
What do people think?

Eleanor Thorne  
Yeah, I'm getting lots of thumbs up.

Eleanor Thorne  
Fab.

Eleanor Thorne  
Yeah, a lot of people liking the. Yeah, it's really, really great model. Just sometimes when we find ourselves going down those kind of pits of worry where we think, oh, no, I hope this person, you know, responds in this way or that way and actually thinking, well, I can't really control that. All I can do in this situation is control, kind of what I'm going to say or how I'm going to respond.

Eleanor Thorne  
Right. OK then. So as we come.

Eleanor Thorne  
Towards the end of the workshop today.

Eleanor Thorne  
Before we move on to the last couple of slides where I talk about what I would like people to have a look at before.

Eleanor Thorne  
Next week, if you could just take maybe a minute or 30 seconds just to fill out our quick evaluation survey. So you can either access the survey using the QR code again or I think Helen will be putting in the in the chat. The link to the survey and we really, really appreciate all of your feedback.

Eleanor Thorne  
Comments. We're always looking to improve.

Eleanor Thorne  
Future workshops, so we really appreciate if you've got any feedback for us. So I'll give people just a few seconds just to be able to access that and you don't have to fill it in right now, you can do it after today's session, but we would really, really appreciate you filling it in. Yeah. And I saw a comment just pop up then about dates for the next session. So that's going to be in one of the next slides we are getting to that, I promise.

Eleanor Thorne  
And we're also going to talk about what I would like everyone to have a look at before the next workshop. And even if you're not attending the next workshop, it might just be something you're interested in looking at anyway.

Eleanor Thorne  
And we will be sending out at the end of today's workshop. You'll receive an e-mail with a copy of the slides from today we will be including some of the word clouds that were on mentimeter in the presentation that copy that you get sent because I know a lot of people like to see.

Eleanor Thorne  
What other people have provided answers for, especially in terms of, you know, stress coping strategies. It's always really helpful to see other people's ideas.

Eleanor Thorne  
You'll also receive a link to the evaluation survey and links to the next workshop dates, so that will all that'll all be on there. So, and as I said, this session is recorded and the next two sessions will be recorded. So even if you can't make the date, it's probably worth.

Eleanor Thorne  
Signing up anyway and then people will be able to access recordings later on in March.

Eleanor Thorne  
OK. So just before we end then?

Eleanor Thorne  
Just going to move on to so before the next session, I would really love if people could have a look at another short quiz. So this is a quiz that that enables you to test your stress levels. So when you've accessed the quiz and you've taken it, I want you to have a think and have a write down all the different factors that are contributing to your stress and which of them you can and can't control.

Eleanor Thorne  
So after this workshop, you'll also be sent in that e-mail that I was just talking about. You'll receive a worksheet that has the circles of influence.

Eleanor Thorne  
Model on it so you can fill it in yourselves.

Eleanor Thorne  
And you'll receive that in the e-mail after this session. Umm. And also you'll receive the link to all of these slides. So if you don't get a chance to fill in the stress test now you can do that in your own time and then I want you to have a think about the what the different factors are that contributing to your stress and which one of ones of them you can control and which ones you can't.

Eleanor Thorne  
OK, so we've got just a couple of minutes now. So just as we come to the end, I want to ask if there's any questions and I'm going to put this last slide up so that people can see when the next workshops are. So we've got our second.

Eleanor Thorne  
Resilience workshop next Monday and then the third one the Monday after. We do also have some conflict resolution workshops, so we're running those twice. It's the same, the same workshop, so you don't need to sign up twice.

Eleanor Thorne  
And we'll be running those on this Wednesday and Wednesday the 28th of February as well. So I highly recommend getting in on those if that's something that you're interested in.

Eleanor Thorne  
So we've got a couple of minutes just for any questions, but before we do, I just want to say a big thank you to our BSL interpreter, Samaya for being on the on the training today. Thank you to all of you for joining. It's been absolutely fab to have you all. I've loved hearing everyone's ideas and thoughts on the chat and the mentimeter.

Eleanor Thorne  
Thank you to Helen for reading some of those off. If you have got any questions or you've got or you would like a copy of the transcript, please do feel free to get in touch with us. We're always happy to respond to questions and provide the transcripts and anything else you might need, but thank you very much everyone. I hope you have a fantastic rest of your Monday, and if there's any questions now, if you want to, we've got just a couple of minutes. The team will be able to answer them. If there's anything that people want to ask.

Helen Ginman  
Someone had a question about whether or not there was any more dates for the conflict resolution training, so I suggested to sign up so that you've got the access to the recording.

Eleanor Thorne  
Yeah.

Helen Ginman  
But other than that, there's no other questions coming through.

Eleanor Thorne  
Great. OK. Yeah. So there's those two dates for the conflict resolution workshops. As I said, they're both exactly the same, just two different dates and we will be recording one of those and we will have a BSL interpreter on that recording.

Eleanor Thorne  
Great. Well, I hope everyone has a fantastic rest of your day. It's been Absolutely Fabulous to see you all and thank you for joining the workshop and hopefully I'll see you all at Workshop 2 next week or possibly at Workshop 3.