

Personal exercise on Resilience



This exercise is designed to reflect on your own resilience, to look at your reactions to things going wrong, and the resilience mechanisms you use to “bounce back” to normality.

Resilience is:

- The ability to remain responsive to external events
- Maintaining a sense of well being internally
- Having access to internal and external sources of support

1 WHAT HAPPENS WHEN THINGS GO WRONG?

Start with the top 2 boxes of the exercise, and review the list of feelings and behaviours; do these correspond to any of the feelings you have when things go wrong; are there others? How does your behaviour manifest itself?

Then go onto the bottom 2 boxes looking at frequency, and whether there are any particular things that trigger the feelings and behaviour

Feelings	Behaviour
<ul style="list-style-type: none">• Anxiety• Worry• Depression• Anger• Loneliness• Hitting ‘rock bottom’	<ul style="list-style-type: none">• Push people away• Get into arguments• Sulk• Withdraw• Urgently seek comfort• Eat/drink/smoke too much• Take time off/away
	Other behaviours?

<p>Other feelings?</p>	
<p>Frequency</p> <ul style="list-style-type: none"> • How many times a week/month? • What is the severity/depth of that feeling? (if it helps, think about it on a scale of 1-10) 	<p>What sorts of things trigger it?</p> <ul style="list-style-type: none"> • At work • At home • With loved ones • Changes – big/small? • Conflict?

2 WHAT RESILIENCE MECHANISMS DO YOU USE? HOW EFFECTIVE ARE THEY?

For this section, there are a few examples of some of the typical approaches people use to recover from adversity and setbacks.

Go through the list, and identify and comment on the things that you use, and any others that you employ, that aren't on here

External Support (e.g. professional/personal networks, talking to trusted friends and loved ones; are you able to let your feelings out in a safe way?)

Mindset and beliefs (Do you have a positive attitude to problems in learning from them? Do you hold onto a sense of compassion for yourself and others, and maintain hope and perspective?)

Physical Exercise (e.g. a regular timetable of exercise that helps manage stress and looks after the body; this could encompass things like running, Yoga, Pilates etc.)

Creating an inner sense of peace (including consistent approaches to relaxation, like reading, taking time out during a day to relax, Meditation, crosswords, watching a favourite programme; things that feel like a “treat” and time out from the everyday hustle)

Keeping connected to your strength (remembering in times of anxiety back to times when you felt resourceful and resilient, and connecting to these times to work through present difficulties)

Are there any other approaches that you personally take to recover from adversity?

3 REFLECTIONS AND IDEAS

What is it that makes you a resilient person?

What are your overall reflections on what happens when things go wrong: are there any patterns that emerge for you?

Having reflected on your resilience mechanisms, is there anything else you could be doing to strengthen these? List 5 things that will help you the next time you experience adversity