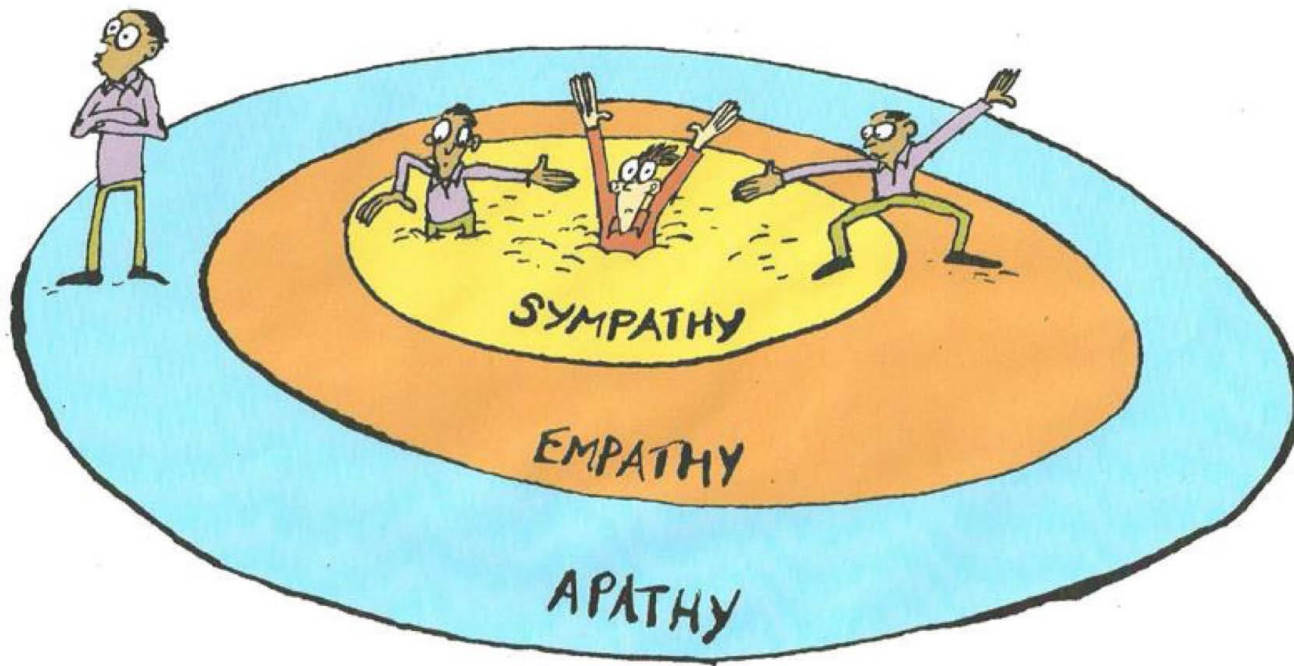


# Resilience

*HOW CINDERELLA LEARNT TO SURF*



In our teams



Where are you?

Who are you holding?

Who is holding you?

# Resilience is...

- ▶ “...to face, overcome and ultimately be strengthened and even transformed by life’s adversities and challenges...a complex relationship of psychological inner strengths and environmental social supports”

Masten, A.S.O

- ▶ “The kinds of things we need to make happen to help [anyone] manage life when it’s tough. Plus ways of thinking and acting ourselves if we want to make things better for children (or adults)”

Aumann and Hart, 2009

# Resilience is...

- ▶ *“In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided in culturally meaningful ways.”*

(See also [Ungar, 2008](#) and [Ungar, 2011](#))

*It is not: A panacea*

*A quick fix*

*Just about individual skills*



# Resilience: a 12 step programme

- ▶ **Structure**
- ▶ **Consequences**
- ▶ **Intimate relationships**
- ▶ **Supportive relationships**
- ▶ **Powerful identity**
- ▶ **Sense of control**
- ▶ **Belonging**
- ▶ **Rights and responsibilities**
- ▶ **Basic needs met**
- ▶ **Positive thinking**
- ▶ **Physical wellbeing**
- ▶ **Financial wellbeing**

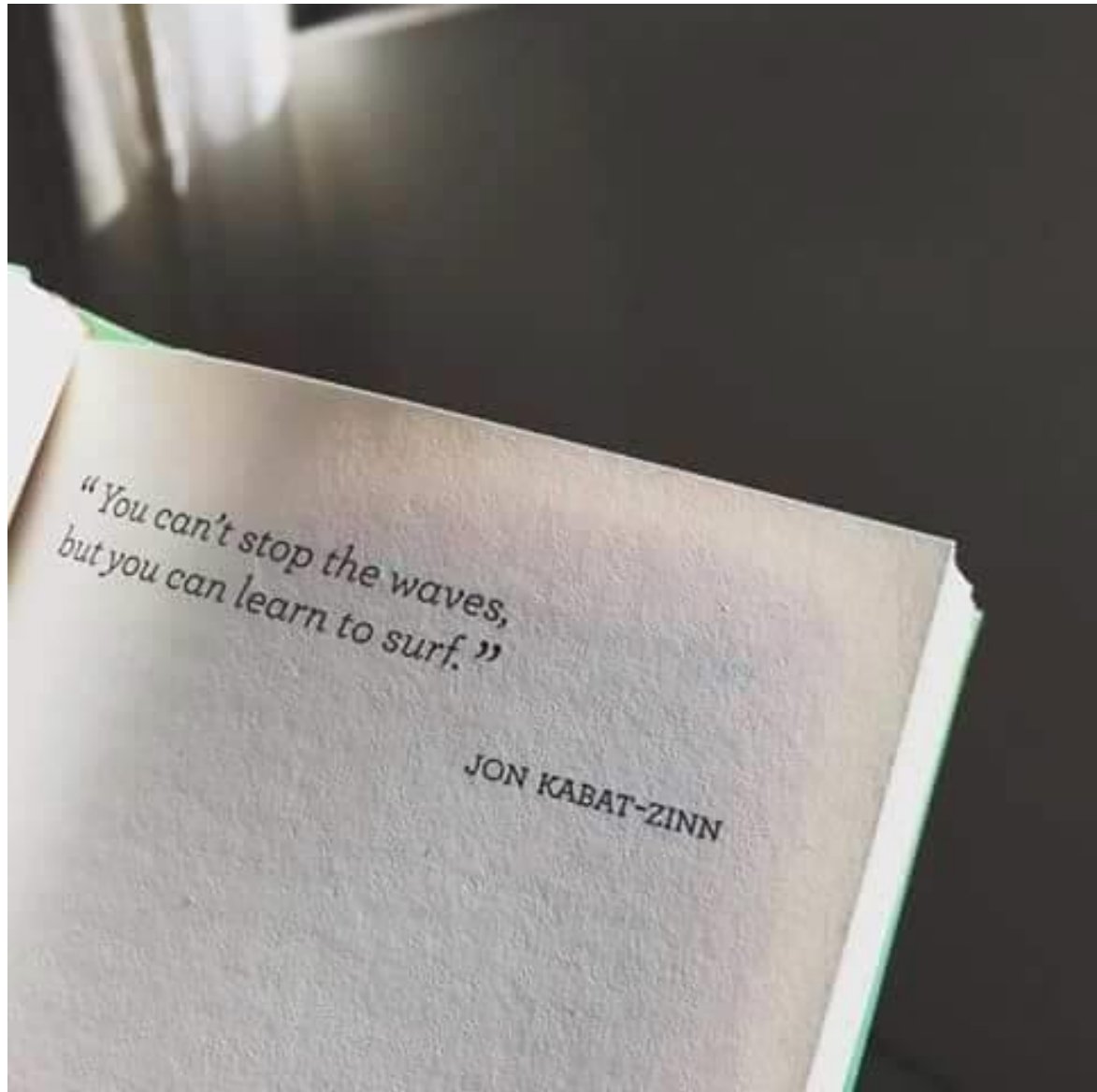
# So what does this mean

- ▶ **Need all 12 things to work together**
- ▶ **Need to fit and be meaningful in your teams' context – navigation to resources to *build assets***
- ▶ **During times of change and stress, maximise these 12 things, don't try to diminish them!**



Resilience Framework (Adults) – Copyright Hart, Blincow & Cameron (adapted from original) [www.boingboing.org.uk](http://www.boingboing.org.uk)

Resilience Framework (Adults) – Copyright Hart, Blincow & Cameron (adapted from original) <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a>					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
<b>SPECIFIC APPROACHES</b>	Good enough housing	Find somewhere to belong	Make work & learning as successful as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help understand place in the world, & that others may face similar situations		Engage mentors	
		Tap into good influences (eg peer support)	Identifying & solving problems (reduce self blame and guilt)		Promote understanding of others
	Being safe	Keep relationships going (eg educator /support partners/carers/family)	Map out career or life plan		
	Access & transport	The more healthy relationships the better		Help self-organisation	Fostering their interests
		Take what you can from relationships where there is some hope	Calming down & self-soothing (support reflection, not feeling overwhelmed by illness)		Help the person take responsibility for her/himself (self-advocacy)
	Healthy diet	Get together people the person can count on	Highlight achievements	Remember tomorrow is another day	
	Exercise and fresh air	Responsibilities & obligations		Develop life skills	Lean on others when necessary
		Focus on good times and places	Have a laugh		There are tried and tested treatments for specific problems, use them
	Enough sleep	Make sense of where the person has come from			
	Leisure & work occupations	Predict a good experience of someone or something new			
		Make friends and mix			
<b>NOBLE TRUTHS</b>					
	<b>ACCEPTING</b> Interpersonal skills, empathy	<b>CONSERVING</b> Interpersonal skills, trust	<b>COMMITMENT</b> Ongoing support issues	<b>ENLISTING</b> Self (eg not passive), family, friends, mental health professionals, GP	



*"You can't stop the waves,  
but you can learn to surf."*

JON KABAT-ZINN

**No one learns to surf without a surfboard, a coach, a lifeguard...**

# Resources

- ▶ **Beyond Survival:**  
<https://www.nottingham.ac.uk/research/groups/crelm/documents/teachers-resilience/teachers-resilience.pdf>
- ▶ **Resilience frameworks:** <http://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>
- ▶ **Building resilience worksheet (adult)**  
<http://nbpsa.org/images/PRP/Worksheets.pdf>
- ▶ **Resilience session for pupils**  
<https://www.samaritans.org/education/deal/coping-strategies/building-resilience>
- ▶ **Building resilience in the workplace:**  
[https://www.cipd.co.uk/Images/developing-resilience\\_2011-evidence-based\\_tcm18-10079.pdf](https://www.cipd.co.uk/Images/developing-resilience_2011-evidence-based_tcm18-10079.pdf)