

@kateatkin

Building Resilience - practical strategies

www.kateatkin.com/mids



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Is stress good or bad for us?



2

The response of the body to any demand made upon it

Hans Selye 1907-1982



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Resilience

The ability to keep going or bounce back in adverse conditions

Luthar 2000



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Resilient People

Believe they can influence the events

Are engaged & committed to what they are doing

See change as an opportunity for growth



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Defining Burnout

**A gradual emotional depletion and a loss of motivation and commitment
(Freudenberger 1974)**

**Emotional exhaustion
Depersonalisation
Reduced accomplishment
(Maslach, Jackson & Leiter 1996)**



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**To 'burn'
implies the
presence of
fire**

**ie engagement
at work**



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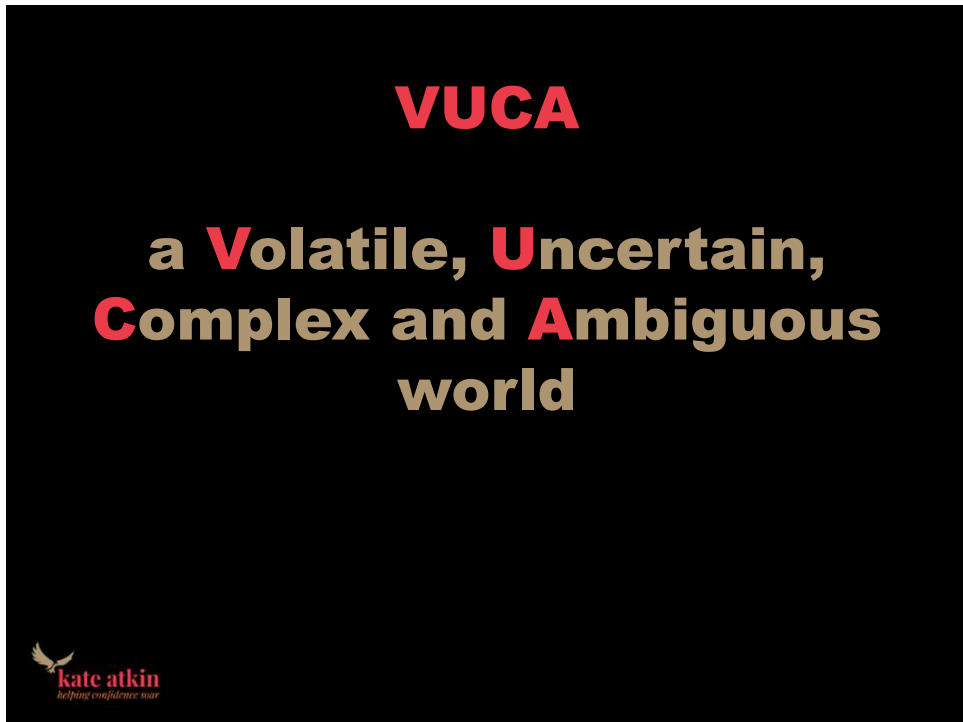
**A fire
burns out
when it no
longer has
any fuel...**



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How well are you coping?



To what extent are you...

In touch with your thoughts and feelings?

Able to live with an unresolved problem?

Positive and optimistic about life?

Able to think accurately about things?

Sensitive to how people around you are feeling?

Confident of solving problems?

**Willing to embrace the new, in order
to grow?**

Resilience questionnaire from Skills for Care booklet

Emotional regulation can help boost your resilience

How many emotions can you think of?

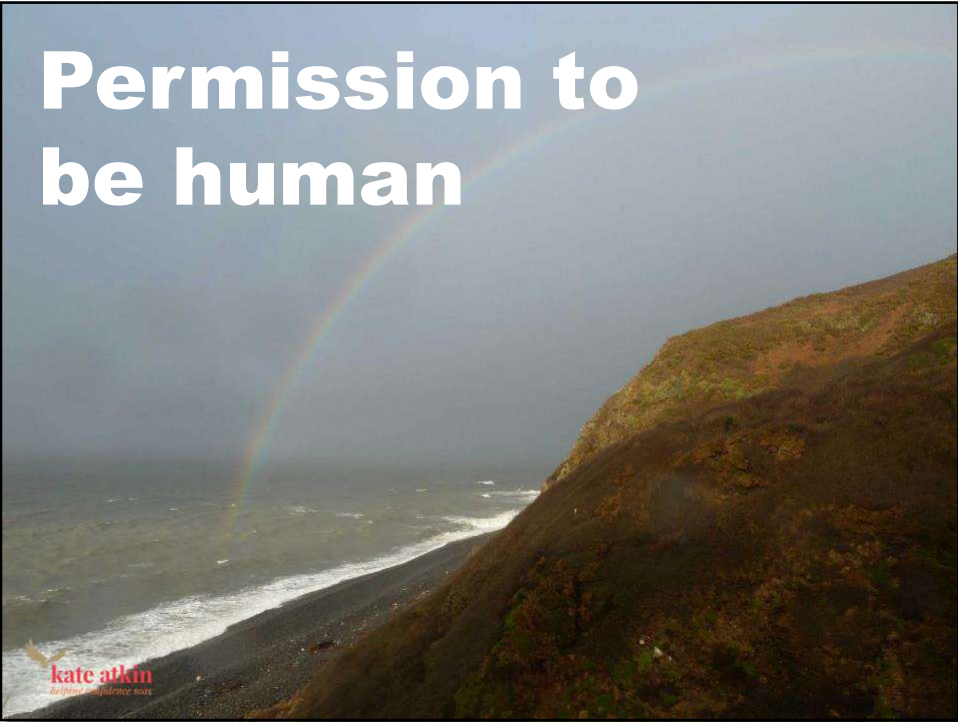


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Happiness is just one of many positive emotions, here are some others



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What makes you happy?



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Achieving goals Nature
Relaxing Singing wine
Helping others Food
Done a god job Sleep Friends
Holidays Sunshine Pets
Integrity Family Fairness justice
Good health Exercise Reading

Shopping

Music

Clean sheets

Taking a bath

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Connect
Be Active
Be Curious
Keep Learning
Give



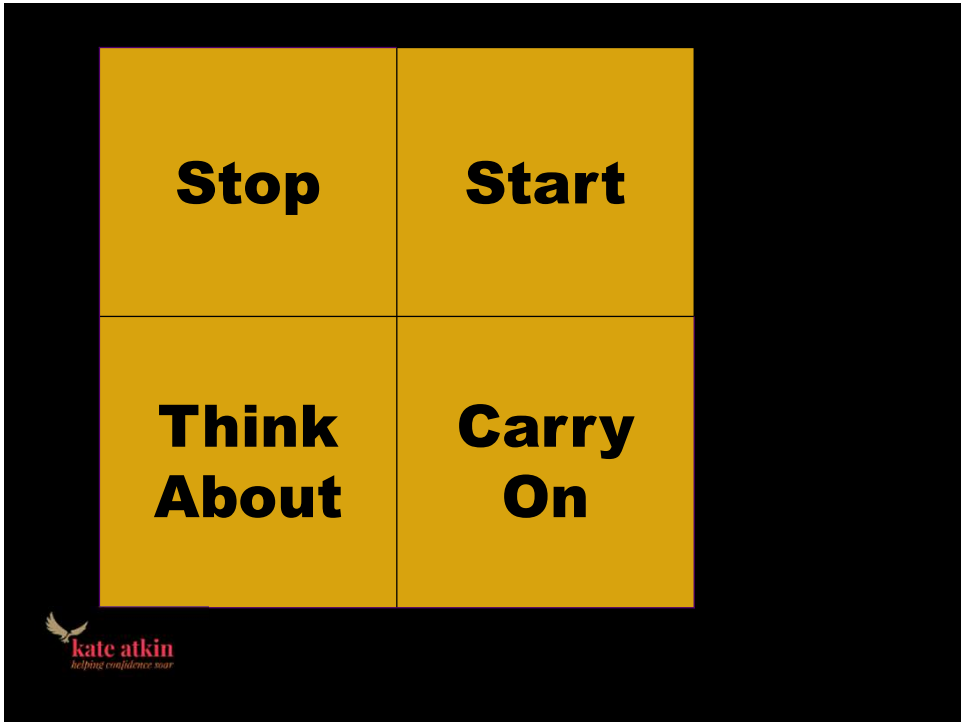
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Be more Zebra!



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