

## How to build your resilience

### Our natural resilience

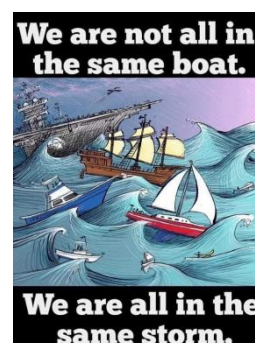
Firstly, it's important to recognise that this is a very stressful time and humans aren't built to withstand chronic stress. Humans cope well with short periods of stress and then periods of rest. To cope with stress long-term, we can increase our resilience through several different tools or strategies.

### Same storm, different boats

Everyone is different:

"We are not all in the same boat. We are all in the same storm. Some of us are on super-yachts. Some have just the one oar".

We can recognise the unique challenges we face, while supporting ourselves and those around us.



### Be kind to yourself

When talking about 'resilience', it's easy to sound dismissive of the fact that coping with difficulty can be hard.

Self-care is incredibly important and it's essential to have a number of different techniques and tools that help you, because different things will help at different times. Ultimately, be kind to yourself.

### Feeling worried or stressed

The first step to coping with worry, stress and negative feelings is to recognise and acknowledge them when they come up. These are completely natural emotions, but some practical tips to help manage them include:

- Have a list of people and organisations you can speak to if you need to. Links to further support around mental health & wellbeing can be found here on our website [http://www.scargill.derbyshire.sch.uk/website/early\\_help/449260](http://www.scargill.derbyshire.sch.uk/website/early_help/449260)
- Keep a box of reminders of things you're looking forward to and happier times in the past.
- Write your worries down.

## What's within your control?

Spend some time thinking about things that tend to cause you stress or overwhelm, that you're able to influence. Write a list and then next to each thing, write all the things you can do to reduce the impact. Share these with others so together you can work out how to make them easier.

## What's out of your control?

If anything comes up in your mind that you have absolutely no control over, write that on a separate list. On this list, in the second column you write all the things you can do to distract yourself if you're feeling stressed or worried about things you can't control. This could include:

- Hobbies, crafts, knitting etc.
- Listening to music.
- Reading, writing.
- Speaking to loved ones.
- TV, movies etc.
- Exercise, yoga, going for a walk.
- Breathing exercises, meditation.

## Coping with uncertainty

Make it easier to cope with uncertainty with creative ways to look forward, but don't put pressure on yourself to set a date for plans:

- Make a joy jar.
- Create a vision board of things you're looking forward to.
- Talk to people regularly.



## Social media holiday

If you find social media gets you down, take a regular 'social media holiday' to reduce overwhelm.

## Communicate

Speaking to loved ones about how you're feeling can help build you up. Even if someone can't give you practical help, the emotional support will help you feel stronger.

## Remember how strong you are

Repeating the lyric "it's always darkest just before the dawn" to myself helps me. It may sound cheesy but reminding yourself of how strong you are when you're feeling at your weakest is incredibly powerful. We are a resilient bunch and it's worth remembering that.