

DEVELOPING RESILIENCE WORKSHOP

An antidote to everyday stressors

Stress, either at work or home, is a significant factor that can negatively impact our physical and mental health. Developing our resilience skills is an effective way to support our physical and mental health, helping us to stay focused, productive and positive. The purpose of this workshop is to help individuals develop their resilience skills and learn how to use these skills as an anti-dote to the everyday stressors we experience.

9.00**Introduction****What is resilience and how does it help?**

- The link between resilience, wellbeing and stress.

An integrated approach to resilience

- The resilience model - mind, body, emotions, relationships & environment.
- Personal resilience snapshot.

10.30**Break****11.00****Understanding behaviour change**

- How can we make and sustain real changes in our behaviour?

The 5 elements of resilience

- The Mind - how changing our thinking can improve our resilience.
- The Body - looking after our physical health through sleep, movement and eating well.

12.30**Lunch****13.30**

- Emotions - emotional regulation and using positive emotion.
- Relationships - connecting to our support networks.

3.00**Break****3.30**

- Environment - the impact of our home, work and natural environment

Personal resilience action planing

- Making the change and committing to action.

5.00**Close**