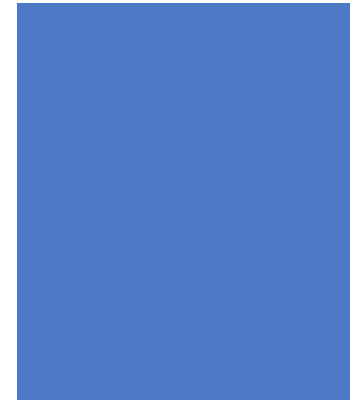


Resilience and Wellbeing



Return to Clinical practice 2020

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Associate Dean HEE

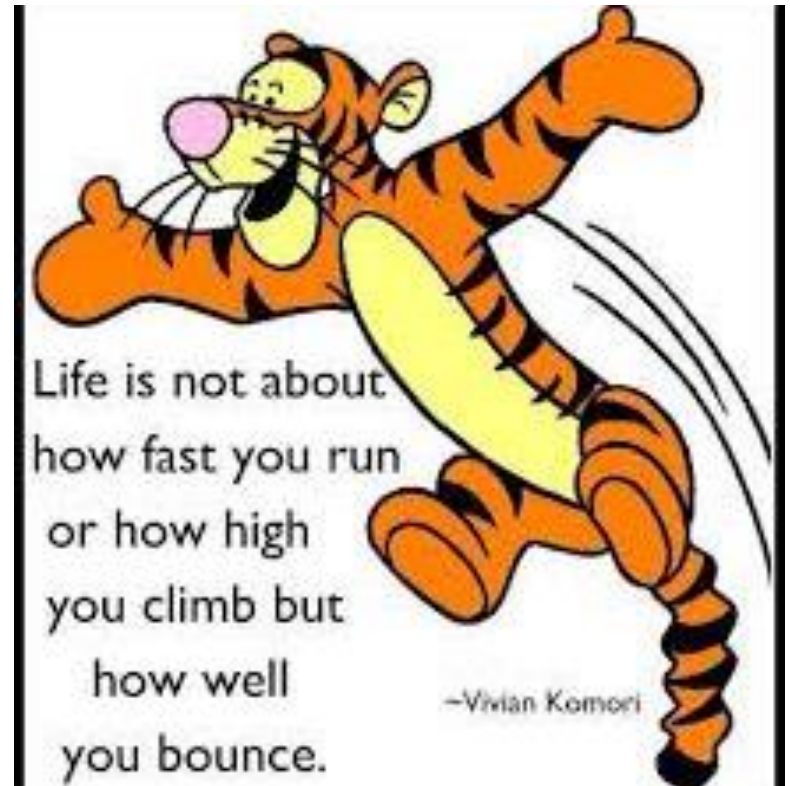




What are your current stressors?

What is resilience

- The ability to bounce back from setbacks
- To grow and be enthused by change and challenge
- The ability to connect and care for others in authentic relationships
- The ability to reflect on situations with self-awareness

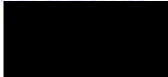
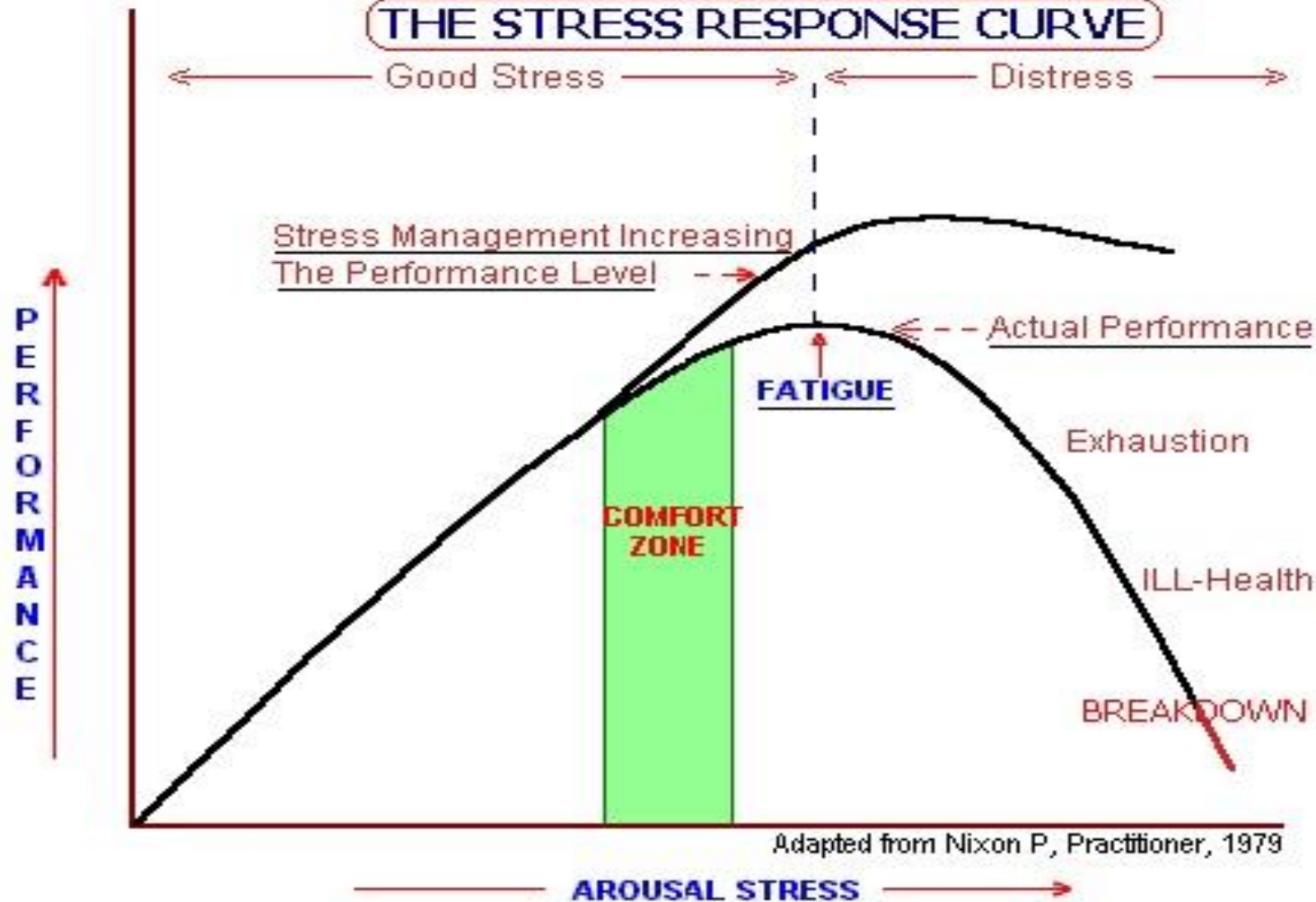


Why
improve
your
resilience?

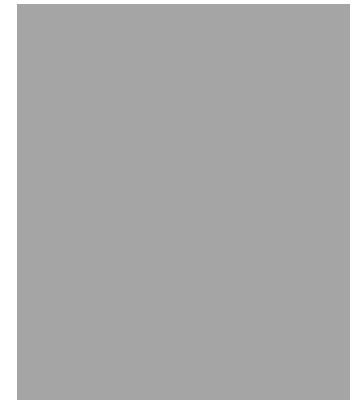
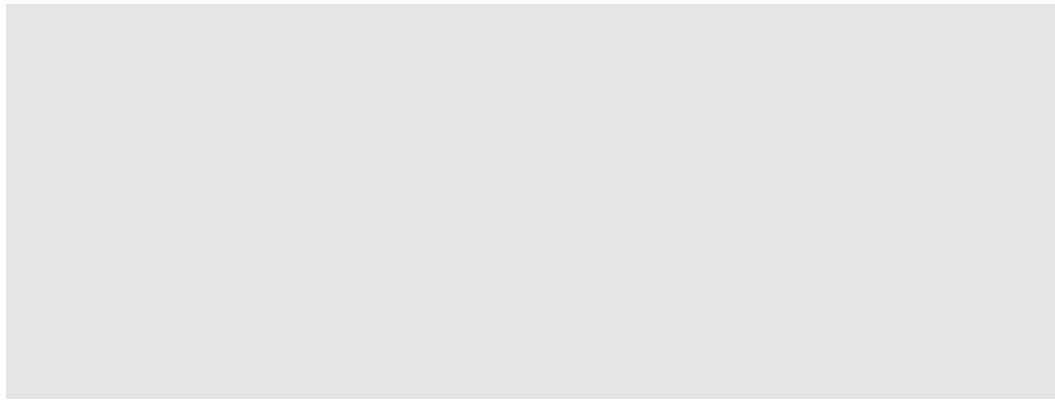
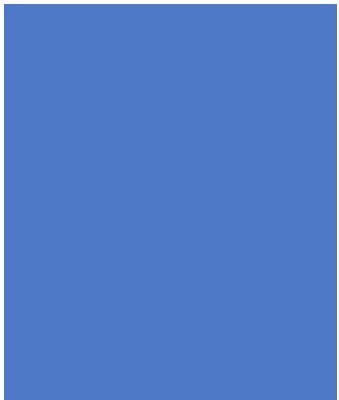


- Events + Response= OUTCOME
- Alter your response via altering your RESILIENCE
- Develop a reserve to cope when going gets tough

THE STRESS RESPONSE CURVE



Improving your well being and resilience



Role Models exercise



Who would you describe as resilient?
(Friend, relative, or celebrity!)



What characteristics/qualities do they
have which make them resilient?

Key Characteristics

- Clear Focus-specific goals
- Self knowledge
- Positive response to negative events-
flexibility
- Learn from previous events
- Clear driving values
- Reflective- re-evaluating



Developing a Positive Attitude



- How important in 6 months?
- Scale 1-10
- Difficult day- will pass
- Expect to come through
- Consciously acknowledging coming through
- Fear is normal
- Learning from past

Improving your Resilience via Wellbeing

- What could you do to improve your physical well being?
- How could you free up time?
- Make a commitment to even a small change
- Write it on a post it and stick it on the wall
- Discuss at your table

An exercise!

- All stand up.....



Sit down if

- You drink more than 14 units a week
- You do not eat 3 meals a day
- You drink less than a litre of clear fluid a day
- You get less than 7 hours sleep a night
- You do less than 20 mins exercise 5 times a week

Might looking after yourself improve your resilience?

Other things that help



- Social Support
- Thankfulness/kindness
- Mentors/Coaches
- Getting active feedback
- Mindfulness- apps
- Meditation/Yoga/
Stoicism exercises
- Use of reflection –
focus on addressing
thought reframing

Quick fixes
to improve
well being
&
resilience

- 3 good things a day
- Acts of random kindness
- 7 minutes of exercise
- 4 x 4 x 4 x 4 x 4 breathing exercise
- Do something new

Looking after yourselves

What do you tell patients?

Looking after yourselves

What do you do yourself?

Some ideas
to look
after
yourself

- Eat three meals a day
- Drink 2-3 litres of clear fluids a day
- 7-8 hours sleep a night
- 20 mins exercise, 4-5x a week
- Reduce alcohol consumption
- Join a gym/ book club/choir/mum's night out

- You are 'Also Human'.....





Singing in the rain
rather than waiting
for the sun to
shine'

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