Building Resilience

Jen Myddleton
Building Resilience

Growing Confidence
Supporting Children and Young People Guides

• Support staff awareness about the importance of positive mental health and emotional wellbeing in learning.

• Offer ideas on how settings can create an ethos and culture which promotes mental health and emotional wellbeing.

• Provide guidance on identifying and addressing wellbeing concerns at an early stage. (HMIE Recognition)
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- Keep Connected
- Respect Yourself
- Challenge Your Mindset
- Take a Moment
- Talk Things Over

- Get Active
- Make a Difference
- Look on the Bright Side
- Be Kind to Others
- Have a Goal
Research finds that people who have caring and positive relationships are happier, healthier and live longer.
People who respect themselves, like themselves. They have a core set of moral values that are not based on what they can or can’t do, or in comparing themselves to others.
In this unit we will cover

We can hold fixed or growth mindsets in relation to our abilities in particular areas, which in turn can positively or negatively influence how we learn and behave.
4: Take a Moment

We all experience a range of emotions every day but being aware and learning how to manage these are one of the foundational skills of resilience and important for our health and wellbeing.
Research has found that the way we think, respond and process what happens to us can help to buffer the negative effects of worry and anxiety and support our wellbeing.
6: Get Active

Exercise releases endorphins and dopamine – brain chemicals that affect our mood and make us feel happier.
7. Make a Difference

Engaging in activities that are meaningful and altruistic leads to greater enjoyment of things you do, feelings of happiness and increased mental and physical wellbeing.
8. Look on the Bright Side

Research has found that it is not necessarily the events or situations we experience throughout life that negatively impact on our mental wellbeing but how we interpret, perceive or think about these events.
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9. Be Kind to Others

Kindness benefits the giver as well as the receiver. It can improve the immune system, extend our life span and make us happier.
10. Have a Goal

Setting and working towards goals can contribute to our wellbeing by being a source of interest, engagement or pleasure and giving us a sense of meaning and purpose.
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Summary

Why is it important to promote our own resilience?

- Looking after ourselves is not a luxury it is essential to our mental health
- It will increase our capacity to support others around us.
- If we want our children to have good emotional and mental health we need to role model what this looks like.
Thank you.

Health and Wellbeing Team
City of Edinburgh Council

growingconfidence@edinburgh.gov.uk
Adversity, Relationships and Psychologically Informed Environments

Dr. Adam Burley
Consultant Clinical Psychologist

NHS Lothian Psychotherapy Department
‘There is no such thing as a baby.’

D. Winnicott (1957)

Relationships define development
The Internal World.
The Emotional Experience.
Why?

Psychological Conflicts.

‘The relations with carers are characteristic; they are characterized by the defeat of help.’

R. Hinshelwood (2002)
Why?

Comprehension conflicts.

‘When a young person is to be found running down the street smashing windows, he is looking for his mother.’

D. Winnicott (1949)
Content *and* Process
'There is no such thing as a pupil.'

Education is *fundamentally* relational.
You are going to make a lot of bad choices in your life – choosing the wrong parents, the wrong socio-economic group, and the wrong social welfare home, where you are going to get yourself abused. After that you are just going to carry on making bad choices till you end up in prison. Or a psych ward.

When are you going to take some responsibility for yourself?
Thoughts / Questions?

WHY ARE YOU TRYING TO MAKE THIS ABOUT ME?