

Building Resilience



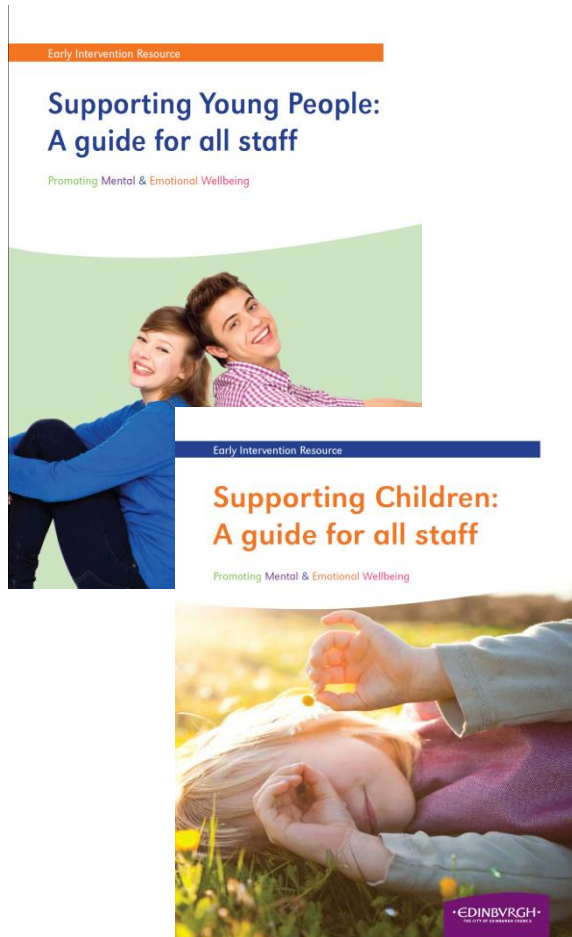
Building Resilience

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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)

Building Resilience



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

Promoting Emotional Health & Well-being



KEEP CONNECTED

1: Keep Connected

Research finds that people who have caring and positive relationships are happier, healthier and live longer.



RESPECT YOURSELF

2: Respect Yourself

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.



CHALLENGE
YOUR MINDSET

3: Challenge Your Mindset

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.



TAKE A MOMENT

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.



5: Talk Things Over

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.



GET ACTIVE

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.



**LOOK ON THE
BRIGHT SIDE**

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.



BE KIND TO OTHERS

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.



HAVE A GOAL

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.

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.



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Adversity, Relationships and Psychologically Informed Environments

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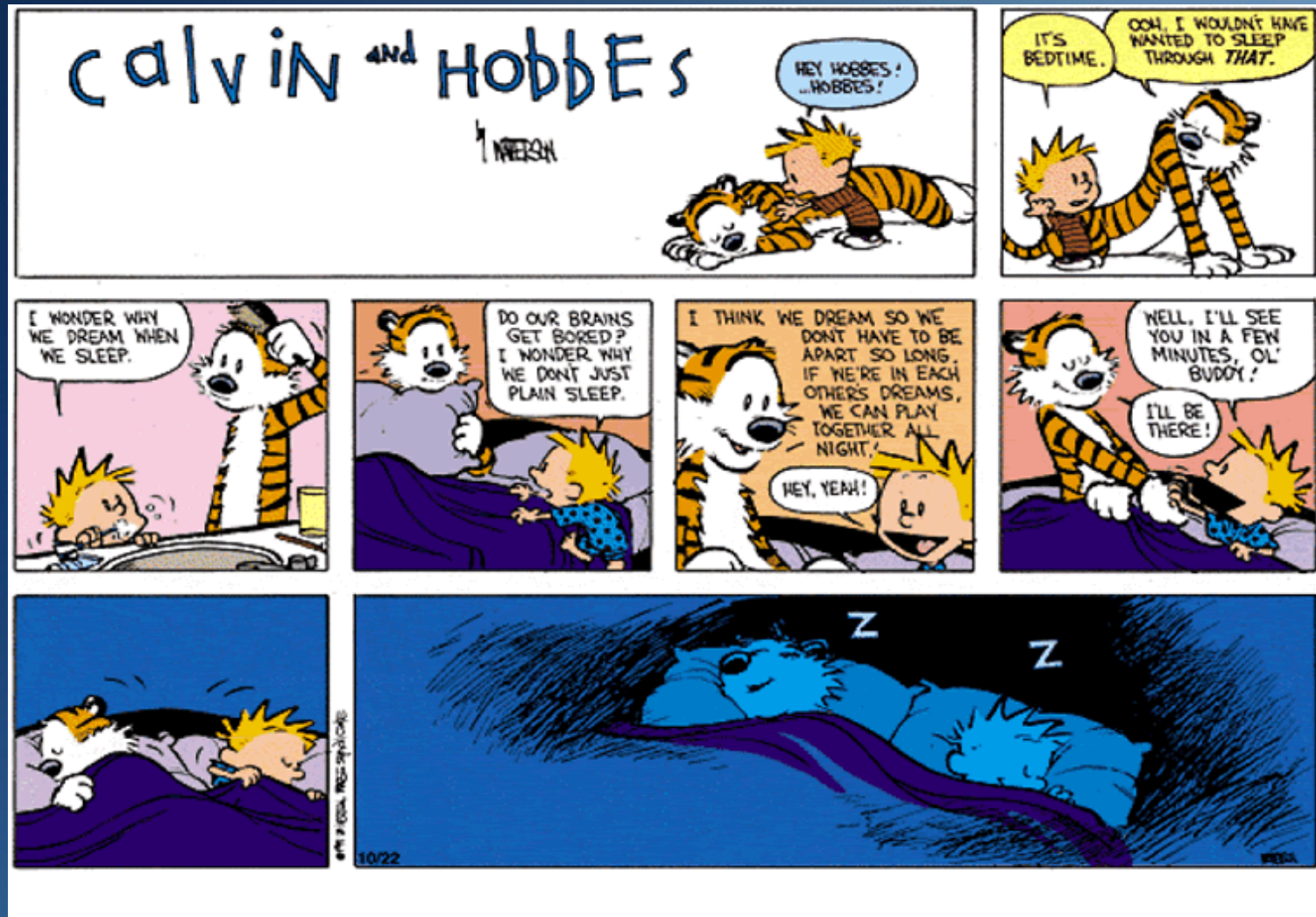
‘There is no such thing as a baby.’

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.’

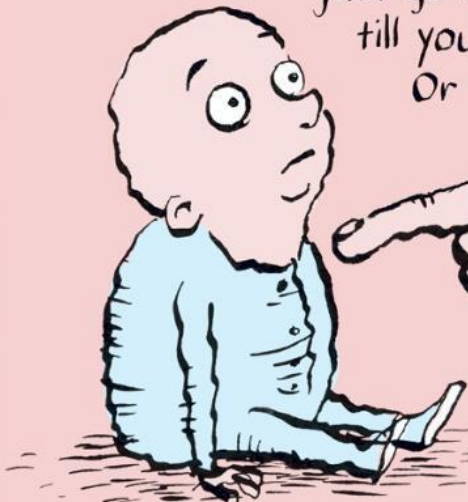


Education is *fundamentally* relational.



HISTORIC CLAIMS

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?

MURDOCH 14/02/15



Thoughts / Questions?

