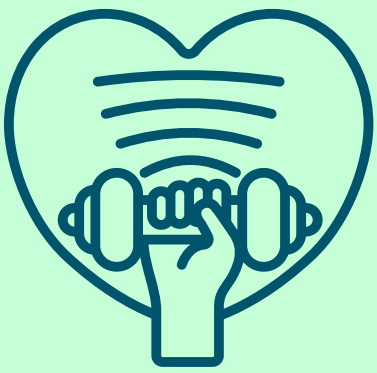


# Understanding Wellbeing and Resilience

## What do we mean by wellbeing?

- The World Health Organisation defines our health as a "state of complete physical, mental and social wellbeing".
- The NHS defines wellbeing as "feeling good and functioning well".



## What do we mean by resilience?

- "Ability to positively adapt in the face of adversity/ challenge and access/draw on a range of resources." - Brewer et al., 2019.
- To persevere, keep going, bounce back...

“

**What challenges to your wellbeing are you facing at the moment?**

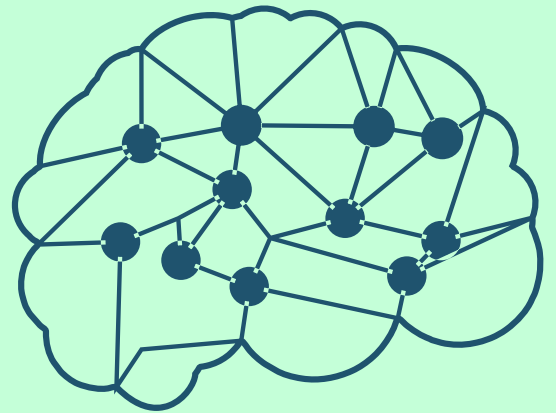
**What challenges to your wellbeing have you noticed during the pandemic?**

**Have you noticed any positive changes?**

”

## DID YOU KNOW?

- Both **anxiety** and **fear** involve physiological arousal of the sympathetic nervous system, and can be **adaptive**.
- **Fear** triggers 'fight or flight' response.
- **Anxiety** increases preparedness and moderate levels improve performance.



## Feelings are adaptive

- Feeling down, sad or low is often very normal and **adaptive**.
- A healthy response to a sad experience (loss, change, bereavement).
- As part of reflecting on life changes/decisions.
- Emotional responses to physical changes (ill health, fatigue, hormonal changes).

*it's okay to feel*



*your feelings*

## Factors affecting wellbeing

- **Vulnerabilities:** e.g. family history of depression and/or traumatic experiences.
- **Stress:** e.g. bereavement and significant life changes.
- **Strengths:** e.g. determination, support networks and hobbies.



## How do I know if there is a problem?

- The problem is lasting a **long time**.
- **Difficult to get a break** from difficult feelings/ thoughts/ experiences.
- **Stopping you doing things:** e.g. socialising, work, relationships, fun.

## Steps to positive mental wellbeing

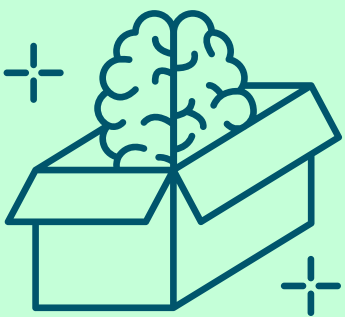
- **Body** - take good care of your body, eat well, sleep, exercise.
  - **Achieve** - give your brain a boost, have small achievable goals.
  - **Connect** - socialise and connect with others.
  - **Enjoy** - aim to participate more in enjoyable activities.
  - **Step back** - take a breath and consider the bigger picture.
- **Remember: thoughts are not facts!**



## Which box?

If you notice a persistent or distressing worry or intrusive thought, decide which box to put it in:

- 1** You can take action straight away and solve the issue.
- 2** You can work it out with some planning (make more manageable by breaking up into smaller steps).
- 3** If you can't control it - let it go! (keep your energy for things you can influence).



## When feeling low or burnt out...

- Notice it.
- Be kind to yourself as there's lots to cope with and think about.
- Externalise: talk with others, write thoughts and feelings down.
- Check in with yourself.
- Look at what is depleting your energy and what is topping it up.



TOP  
TIPS



Take time to top up your own wellbeing:

**Be active.**

**Take time for hobbies.**

**Get out in nature.**

**Be kind to yourself.**

## More wellbeing resources

- Mental Health Foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- Mind [www.mind.org.uk](http://www.mind.org.uk)
- Mindout [www.mindout.org.uk](http://www.mindout.org.uk)
- Breathing Space [www.breathingspace.scot](http://www.breathingspace.scot)
- NHS 5 Steps to Wellbeing [www.nhs.uk](http://www.nhs.uk)
- @psychologymum on Instagram
- Yale Science of Wellbeing Course



If you are interested in training, consultation or supervision for your business, school or organisation, please get in touch:

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