



Resilience

A guide for adults during the
Covid-19 lockdown

During the coronavirus pandemic we have all been faced with new challenges that often feel overwhelming. However, we have also seen how individuals and communities across the world can respond and cope in the face of unprecedented events. **This ability to not only bounce back from adversity but also adapt and grow in the face of difficult circumstances is called resilience.**

Although there are factors that can make some individuals more resilient than others, resilience isn't a personality trait – it's something that we can all take steps to develop and achieve. Additionally, it is often through adverse experiences that we learn new skills and strategies that can help us to become more resilient people in the long term.

This guide provides some advice and activities that may be helpful in developing your own resilience or in supporting the wellbeing of others in your life.

**In times of crisis it is more important than ever to
prioritise self-care and mental wellbeing.**

What can help us to become more resilient?

Pay attention to your needs and feelings

An important part of adapting well to challenges is to reflect on how they are making us think, feel and act. This can help us to identify triggers for stress, reframe unhelpful thinking styles and notice what helps us to feel better.

Recognise your strengths and abilities

Although we may be experiencing new challenges we can often find solutions by looking back to how we have overcome adversity in the past. Celebrating our past successes and strengths can also improve our self-esteem.

Make gratitude a habit

We can instinctively be more sensitive to negative events and emotions. Practising gratitude, for example by writing a list, can help restore balance and has been shown to positively affect wellbeing.

Consider your self-care and lifestyle habits

The 5 Ways to Wellbeing were developed by the New Economics Foundation as a guide for developing emotional resilience. They highlight key lifestyle habits that have been scientifically proven to help us feel good and cope with pressure and stressful situations. Consider which of the 5 Ways you are currently practising well and if there are any that you can use to develop your resilience further.

Click on the icons and the QR code below for more information on the 5 Ways to Wellbeing.





Try making your own 'resilience tree' to map out all the things that help to make you resilient.

Fruit: Gifts you have received, e.g. education, support opportunities and hobbies.

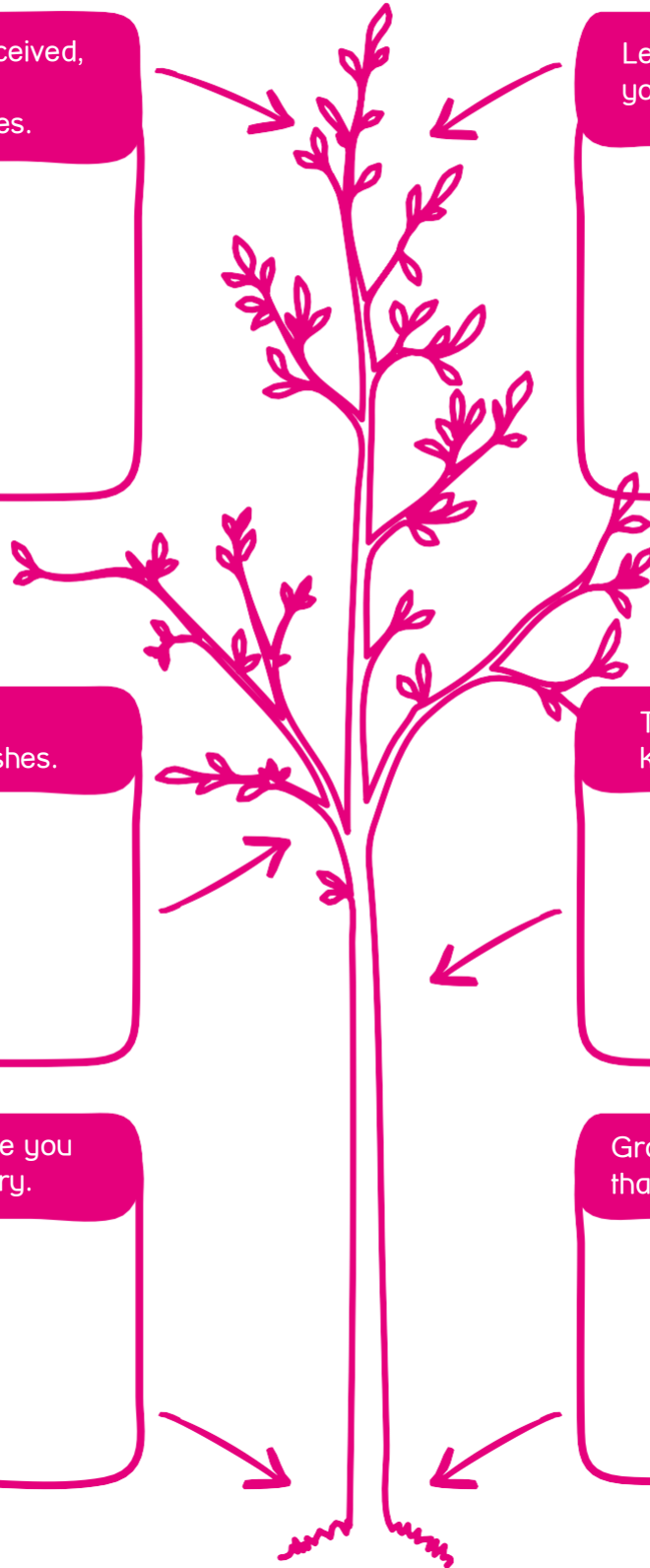
Leaves: Valued people in your life, past and present.

Branches: Your future plans, dreams and wishes.

Trunk: Your skills, knowledge, and qualities.

Roots: The past, where you come from, your history.

Ground: Places/people/things that are important to you.



If you are interested in learning more about resilience take a look at the following TED talks:

- [Lucy Hone – The three secrets of resilient people](#)
- [David Donaldson – Resilience, the up side of down](#)
- [Raphael Rose – How failure cultivates resilience](#)
- [Brene Brown – The power of vulnerability](#)

Use the clickable links to access more information and support on mental health, wellbeing and self-care:



Remember, this pandemic will go away. Maybe not tomorrow, but it will end!