Building Resilience & Positive YOU!

SOLE FOCUS PROJECT
Take A Stand For Mental Health
MENTAL HEALTH is ...

- Capacity
- Resilience
- Sense of control
- Multi-faceted
- Achieving and Maintaining Balance
- No health without mental health

Balance is the Key to Life
Wellbeing is made up of two key elements:

1. Feeling good
2. Functioning well

What kinds of things contribute to your own sense of mental wellbeing?
Resilience

Resilience is the ability to cope with life’s challenges and to adapt to adversity.

Your levels of resilience can change over the course of your life.
What is Emotional Resilience?

Emotional Resilience may be described as ‘the general capacity for flexible and resourceful adaptation to external and internal stressors’ (Klohen, 1996, p. 1067).

Emotional Resilience refers to effective coping and adaptation when faced with hardship and adversity (Collins, 2008).

Emotional Resilience has been characterized by an ability to experience and ‘bounce back’ from negative emotional experiences by adaptation, to check the changing demands of stressful experiences (Tugade and Fredrickson, 2004).
Why are wellbeing and resilience important?

Resilience is important because it can help to protect against the development of some mental health problems. Resilience helps us to maintain our wellbeing in difficult circumstances.

What type of things make you feel more or less resilient and able to cope?
What is Stress Management?

Complex process, involving:
- Thinking
- Self-Awareness
- Self-Discipline
- Complicated process, demanding:
- Commitment

Community wellbeing is our sole focus.
AAAABBCs of Stress Management

- Acknowledge
- Avoid
- Alter
- Accept
- Build healthy coping strategies so you can
- Change Your Perception

Community wellbeing is our sole focus.
Develop New Stress Skills

• Variety is the spice of life
• What’s your strength? Weakness?
• Which copers support values?
• Make a plan
Get Ready for Change

- ALL change is stressful
- Consequences: good & bad
- Life changes affecting you?
- Change in workplace is inevitable
- Perception and relabeling
- Make a plan

Community wellbeing is our sole focus.
Building resilience during tough times

What Can You Do?

• Invest in the things that matter most
  – family
  – friends
  – community
  – yourself

• Supportive relationships are key
Community wellbeing is our sole focus.

PERCEPTIONS
&
PERSPECTIVE
Self-Care

*Your Way to Achieving Balance*

- Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.

- Practicing self-care will help you:
  - Identify and manage the general challenges
  - Be aware of your own personal vulnerabilities
  - Achieve more balance in your life, by maintaining and enhancing the attention you pay to the different domains of your life in a way that makes sense to you.
  - Self-care is not simply about limiting your stress. It is also about enhancing your overall well-being.
Self-Awareness is key

- Your personal triggers/stressors
- Your signs and symptoms
- Your behaviours and thoughts
- Your coping strategies
  - Know your ABCs of Stress Management
Components of a Self-Care Plan

• Taking care of your physical health (body)
• Taking care of your brain (mind)
• Engaging in activities that are important & bring meaning to your life (spirit)
• Building a strong support network
• Goal setting
Observe Your Breathing

- Inhale while counting to five slowly
- Let the breath out while counting to five slowly
- Repeat

- Take a deep breath while taking one long stride
- Let out deep breath while taking one long stride.
- Repeat

“These exercise is designed to help you deal with crisis, stress and/or difficulties...”

Getting grounded with you breathing is something you can do anywhere and in any situation.
Build a Healthy Self-Esteem

Recognize & Celebrate Strengths

Understand & Accept Challenges
Be Active…

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
Connect...

With the people around you. With family, friends, colleagues and neighbors. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them.

Building these connections will support and enrich you every day.
Keep Learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.
Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.
Identify/Deal with Moods

• Give yourself permission to feel the way you do

• Remember though...feelings aren’t facts – gently challenge your thinking

• Share your feelings with friends, family, coworkers & professionals

• Laugh
Both listening to and creating music can have an impact on your life by positively effecting your mood and mental health.
Take Notice…

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
Find a Spirituality to Call Your Own

• Get to know yourself

• Accept and love yourself despite your flaws and challenges

• Trust your inner self

• Be at peace with yourself

http://www.youtube.com/watch?v=UyyjU8fzEYU
An inter-disciplinary team is available 7 days/week to provide mental health supports. Individuals are able to access all mental health services at the TSC, a partnership of Hôtel-Dieu Grace Healthcare and CMHA.
Thank you for your time

Social Media: @CMHAWECB

Visit us online www.WindsorEssex.cmha.ca
References

- 2018 Mental Health Commission of Canada
- 2018 CMHA National