

Being Resilient

Summary

This 1¼ hour workshop is suitable for all staff and provides an introduction to the following areas:

- Stress
- Team Resilience
- Individual Resilience

Aims

The aims of the session are:

- 1) To improve understanding of wellbeing and resilience
- 2) To reflect on support available at work
- 3) To consider ways of improving resilience

Content

- Overview of aims and objectives
- What is stress?
- How does stress affect us? (group exercise)
- What is resilience?
- Group exercise looking at what contributes to team resilience and individual resilience.
- Activity based on 5 Ways to Wellbeing
- Activity based on Wellness Recovery Action Planning (WRAP)
- Signposts to further support and information
- Review & evaluation form
- Mindfulness Exercise