



**LGMA**

Local Government  
Management Agency

# Resilience, Mental Health & Wellbeing

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# CHECKING IN

# Resilience

People who are resilient seem to recover and move forward more quickly from life-changing situations, adversity, trauma, tragedy, threats or significant sources of stress.

People with a high degree of resilience can also display high levels of:

- Perseverance
- Humour
- Balance
- Confidence
- Compassion
- Honesty
- Flexibility





## GRIEF MODEL



### **Change & Loss**

Loss of attachment  
(who am I connected to?)

Loss of territory (where do I belong?)

Loss of structure (what is my role?)

Loss of identity (who am I?)

Loss of future (where am I going?)

Loss of meaning (what is the point?)

Loss of control (I feel overwhelmed)

# GRIEF MODEL



## BRAINSTORM

- Are you a resilient person?
- What do you think makes you resilient?
- What elements/ characteristics do you think a resilient person has?



## Resilience – a Definition

### RESILIENCE

the ability to become strong, healthy, or successful again after something bad happens



## Some Myths Debunked About Resilience

Myth	Truth
It's as simple as bouncing back.	You may not get back what you've lost but it's about finding meaning or something different in the future and learning through that process.
Vulnerability is for losers and resilience is a fixed attribute.	Somebody might be resilient in relation to circumstances at one point in their lives and not at a different time or with a different life event.
It's mostly or mainly found within the person, in other words self-righting is supposed to be achieved alone.	Resilience is not achieved in isolation. Studies show that having caring and supportive relationships within and outside the family help a person be more resilient. If constructive support is offered take it.
Resilience is stoicism, noble forbearance in the face of pain and suffering. Showing emotion is a weakness.	Resilience in fact is about acknowledging and managing emotions not suppressing them.



## Factors Affecting Resilience

### TIME

Time can affect a person's interpretation of an event. If a person is a certain age, or in a vulnerable state at the time of the event, their interpretation of that event might be different from another time further on in their life.

As people change over time and as they practice more resilient behaviour, the old interpretation or perception can be re-examined and a new, more beneficial meaning or perception can be adopted thus helping the person to move forward from the memory of the event more positively.



## Factors Affecting Resilience

### THE CONTEXT

Being resilient or developing resilience and interpreting events more positively can be facilitated or impaired by the context in which that person lives e.g. supportive or unsupportive friends or family. Thus resilience is best understood by taking into account the wider context of a person's life rather than focusing on only one factor



## Factors Affecting Resilience

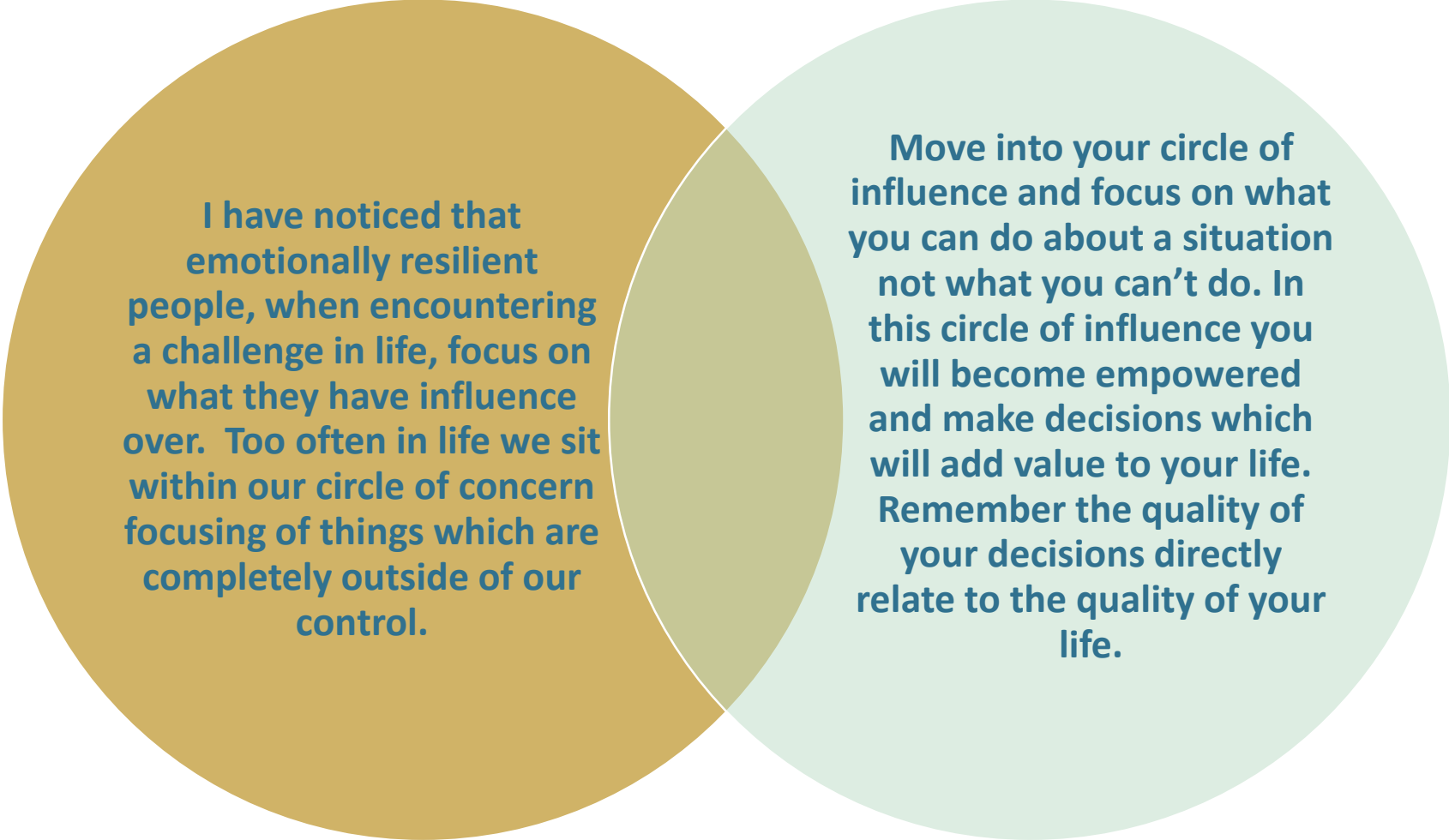
### VALUES AND BELIEFS

A person's interpretation of an event can also be affected by the person's values and beliefs a belief that we have grown up with, or that we have had all our lives about something or a belief about the way to interpret an event, might have served us well at a certain time but it doesn't necessarily mean it will serve us well all of the time.

*A belief about something is only a belief, and can be changed by applying a different attitude, perception or behaviour.*



# Circle of Influence/Circle of Concern



I have noticed that emotionally resilient people, when encountering a challenge in life, focus on what they have influence over. Too often in life we sit within our circle of concern focusing on things which are completely outside of our control.

Move into your circle of influence and focus on what you can do about a situation not what you can't do. In this circle of influence you will become empowered and make decisions which will add value to your life. Remember the quality of your decisions directly relate to the quality of your life.

## The PERMA Model of Wellbeing

### The **PERMA** Model of Well-Being

#### *Positive Emotion*

Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

#### *Relationships*

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

#### *Accomplishment*

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

#### *Engagement*

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

#### *Meaning*

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

## Learning From the Past

### Some questions to ask yourself about previous events

What kinds of events have been most stressful for you?

How have those events typically affected you?

Have you found it helpful to think of important people in your life when you are distressed?

To whom have you reached out for support in working through a traumatic or stressful experience?

What have you learned about yourself and your interactions with others during difficult times?

Has it been helpful for you to assist someone else going through a similar experience?

Have you been able to overcome obstacles, and if so, how?

What has helped make you feel more hopeful about the future?

## Mental Health First Aid Action Plan

- Action 1:** **A**pproach the person, assess and assist with any crisis
- Action 2:** **L**isten and communicate non-judgmentally
- Action 3:** **G**ive support and information
- Action 4:** **E**ncourage the person to get appropriate professional help
- Action 5:** **E**ncourage other supports

## Other Ways To Build Resilience

### **Make connections**

Good relationships with close family members, friends or others are important.

### **Avoid seeing crises as insurmountable problems**

You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events.

### **Accept that change is a part of living**

Certain goals may no longer be attainable as a result of adverse situations.

### **Move toward your goal one day at a time**

Develop some realistic goals. Do something regularly.



## What resilience builders do you practice?

	Current Practice	I can improve this area by ...
Social/ Interaction with others		
Physical		
Emotional		
Cognitive		

Thank you



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