

Resilience Workshop

Presented by BICS



BARNET
LONDON BOROUGH

Activity

- Your name
- Your child's year group
- A fun fact? (optional)

Ground rules

- Confidentiality
- Respect others opinions/experiences
- Raise your hands to speak

Today's workshop will cover

- What is resilience?
- The challenges
- Tools for being resilient
 - Self-care
 - Back-up team
 - Communication/Connecting

What is resilience?

- Resilience means being able to recover/bounce back after challenges and tough times.
- It is an important part of our emotional health as it helps us to cope with challenges.
- With all the uncertainties of life, e.g. COVID-19 pandemic, being resilient helps people to bounce back during difficult times.
- There are things that we can do to help strengthen our resilience which we will go on to discuss.

Challenges

- In pairs/groups, discuss some challenges you have faced. (2/3mins)
- Also, think about your challenges your children have faced.

Self-Care



- Self-care activities can be personal to each individual.
- Different people will have different self-care activities.
- Think about...
 - What you are good at/what would you like to learn?
 - What do I love?
- What do you currently do for self-care?

Connecting and Communicating

- Are you happier when you are surrounded by other people or when you are by yourself?
- Does your child express their feelings?

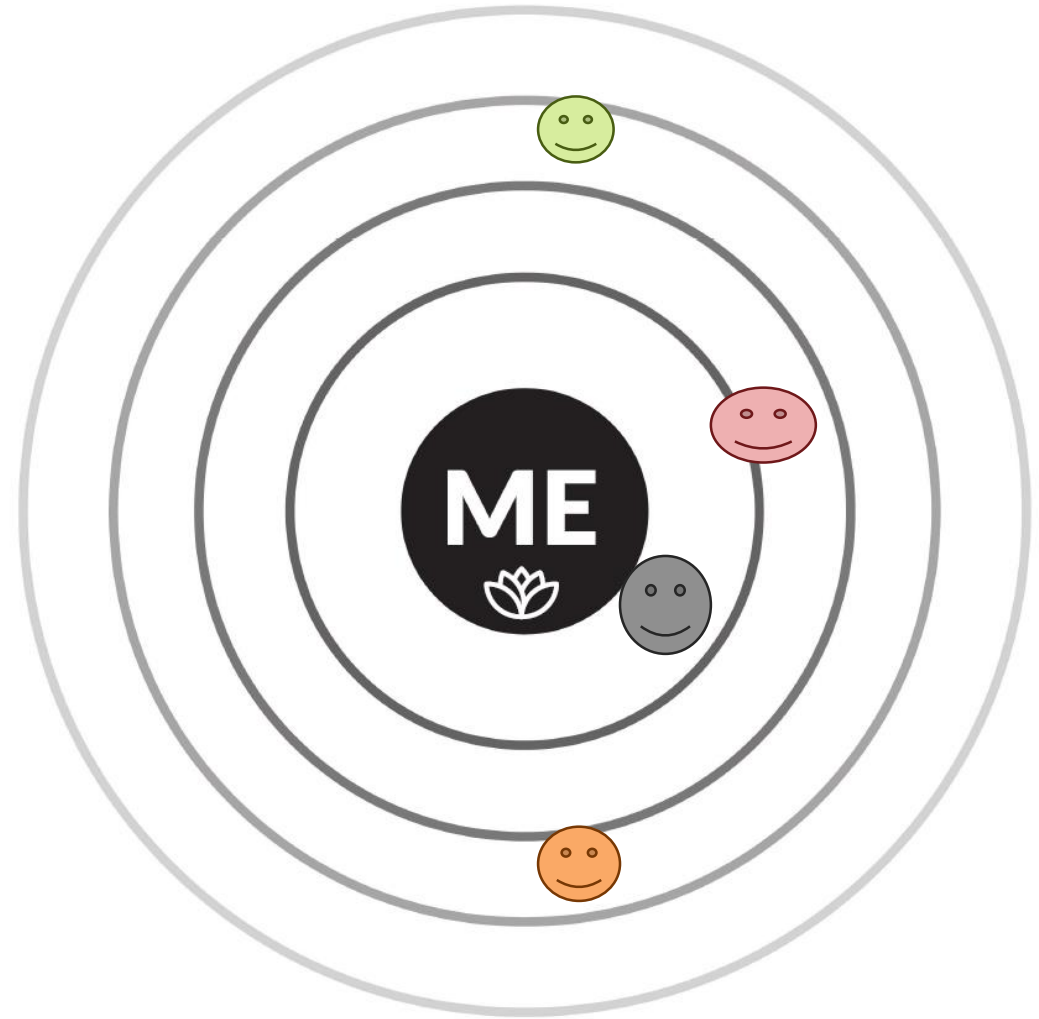
Back-up Team

Mum/Dad – motivation/emotional support.

Sarah – emotional support.

Best friend – motivation/practical support.

Grandparents – emotional support.



Positive self-talk

- We all have positives in our lives that we can often overlook or forget about. It's important to remember these in helping us build our confidence or support us in challenging times.

I HAVE.....

Relationships

Awareness of who supports me

Who I have

I AM....

Inner strengths

How I view myself

Who I am

I CAN.....

Talents and skills

Degree of confidence I have in my own abilities

What I can do

Emotion regulation strategies

- Mindfulness
- Progressive muscle relaxation
- Grounding techniques



Thank you for
attending today's
workshop!

Any questions?