



KNOW  
YOUR  
WORTH



## WEEK 7: RESILIENCE

This week is all how we grow the skills to help us cope when life is stressful. How do we deal with disappointment and pain?

0:00

### WELCOME

Complete the 'check in' whereby participants choose a mood card that matches what they might be feeling. Allow time for group to share which they have chosen if they wish.

0:10

### CONTENT

**Question:** What is resilience?

Psychological resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. Resilience exists when the person uses mental processes and behaviours in promoting personal assets and protecting self from the potential negative effects of stressors.

**Activity:** What causes stress?

Ask the participants to come up with a list of stressors in pairs and once completed, feedback some ideas.

Secondly, allow around 5 minutes for talking about some of the ways that we deal with it (also known as coping strategies). Mention that things that alleviate stress can often build resilience and help us overcome challenges we may face. It's also worth adding that it's not all down to DNA – we can re-write the story and build resilience. It is NOT pre-determined. This can build empowerment which in turn can build self-esteem.

0:25

## VIDEO: THE STRESS CONTAINER

<https://youtu.be/bWrZmjNF3Js>

Watch the video and then ask the participants to think about what this means for them.

**Discussion:** Talk through the stress container – differentiating between healthy / less healthy coping mechanisms that we use to turn the tap. E.g. exercise / self-harm. It would be helpful to look back at the collaborated list of ‘what helps with stress?’ – which are healthy / less healthy?

0:45

## BREAK

Encourage everyone to get up and move.

0:50

## (CREATIVE ELEMENT - MY STRESS CONTAINER

The participants now draw their own stress container and fill it with different colour tissue paper and label what the colours represent.

It's worth asking what size their container is to begin with. The more resilience we build, the larger that container becomes! Healthy coping strategies and allowing room for growth will build this over time.

**Slide:** The five ways to wellness gives some more ideas of things that we can practice regularly to help us stay emotionally well.

1:15

## REFLECTION

**Slide:** Ask the participants the following 3 questions. They can journal their answers:

- 1) What does being well look like for you?
- 2) How do you know when things are beginning to dip? (This can be body responses/ thoughts/feelings)
- 3) What sort of things can YOU do to help yourself spot the warning signs and build resilience?

This can include what they can do to help build resilience in their own specific circumstances and including their self-affirmations. Can they add those self-affirmations to their drawn stress container in order to expand it?