

## **RESILIENCE:**

**Adapting to life and moving forward.**

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**About me...**

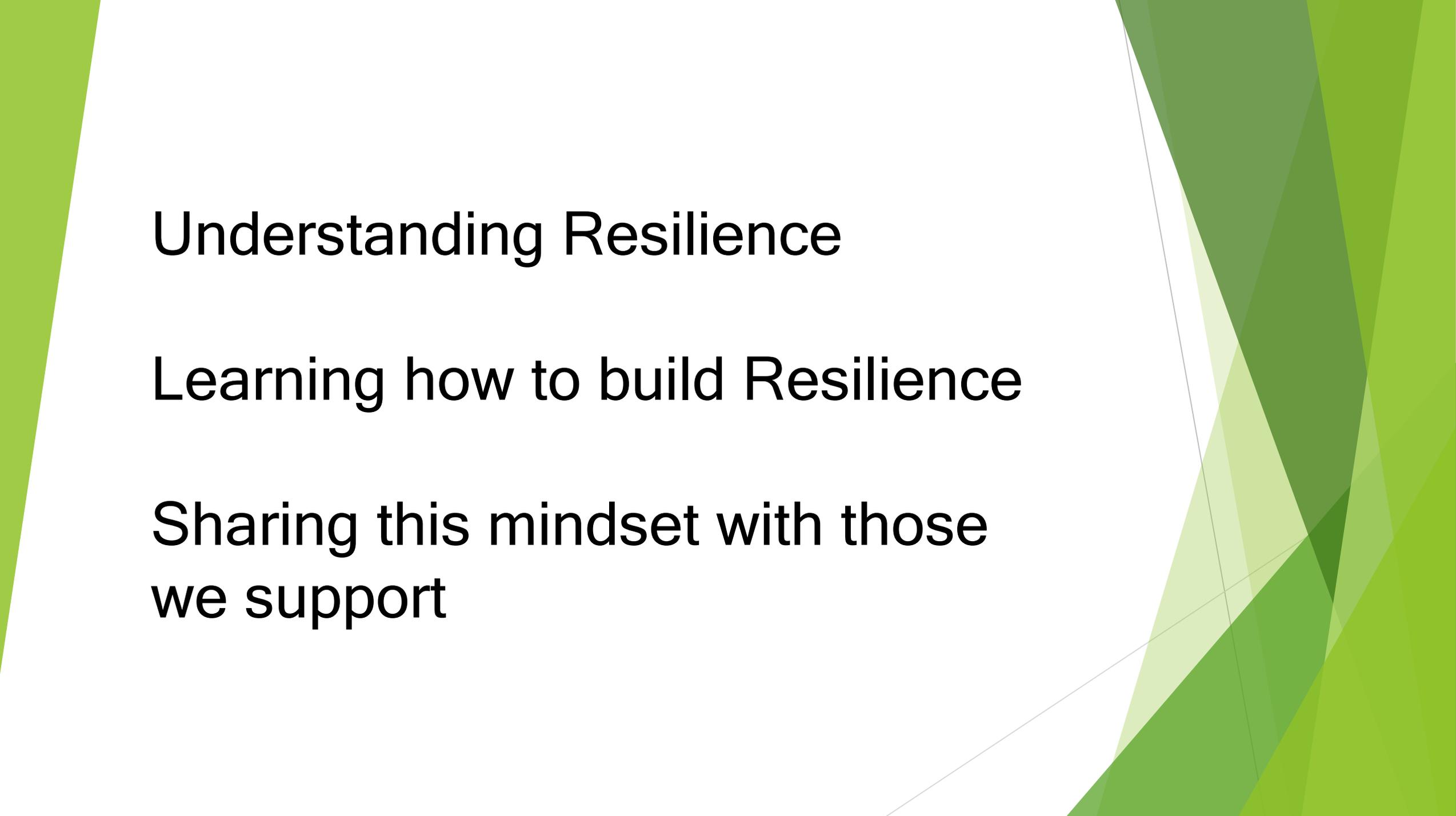
**About Cambridgeshire Workplace Chaplaincy**

**About our Workplace Wellbeing Hub**

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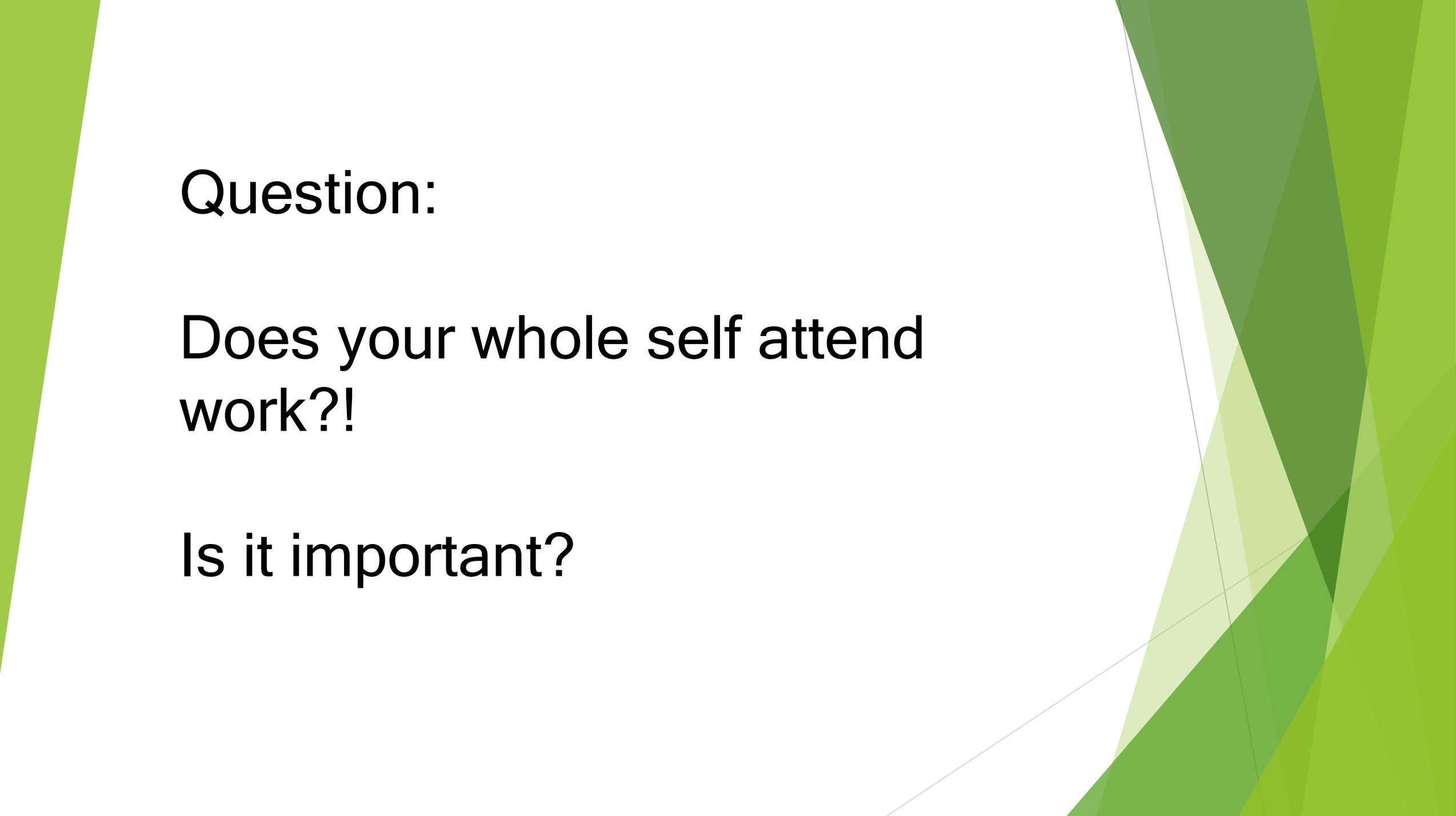
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Understanding Resilience

Learning how to build Resilience

Sharing this mindset with those  
we support



Question:

Does your whole self attend  
work?!

Is it important?



We're made up of many internal and external influences...wherever we work

# Personal identity to consider:

Personal circumstances

Sexuality

Class

Religion

Beliefs

Hobbies

Language

Culture...

# How do these factors influence a person at work?

- ▶ Times of stress and uncertainty...pandemic!
- ▶ Illness
- ▶ Conflict
- ▶ Mental health concerns - own/loved ones
- ▶ International news / family news
- ▶ Religious holy days and celebrations / religious beliefs
- ▶ Campaigns that are deeply personal
- ▶ Mistrust of others /different views at work

**Resilience** is a set of qualities that enable us to adapt and transform and learn from circumstances...

How do we encourage and foster a culture of resilience and understanding?

# So how does all this relate to resilience? How can Workplace Chaplains draw on this?

1. There is **emotional resilience**, in which a person can tap into realistic optimism, even when dealing with a crisis
2. Physical resilience refers to the body's ability to adapt to challenges and recover quickly
3. **Community resilience** refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, or economic hardship.

# How do we encourage and foster a culture of resilience and understanding?

- ▶ A growth mindset of learning how we overcome difficult times/instances, how we have developed - then recognising these qualities
- ▶ Psychological flexibility - think and adapt, develop strength

How do we encourage and foster a culture of resilience and understanding?

Why is this important?

We can't be unaffected by life; but we can aim to be better able to cope effectively

(aim to be = positive, growth mindset)

# 7 C's of Resilience

1. Competence
2. Confidence
3. Connection
4. Character
5. Contribution
6. Coping
7. Control

# Sources of resilience - in practice

- ▶ I have...
  - ▶ (resources e.g. social support networks, tools and techniques to get me through tough times)
- ▶ I am...
  - ▶ (my self esteem, recognise my strengths)
- ▶ I can...
  - ▶ (what are my skills, how did I overcome challenges)

# Sources of resilience - in practice

In summary...

As we learn and build our own resilience we can try and share how we have done so with others.

How have you overcome personal worries and stresses?

What tools and techniques could you share with others to help their resilience?

# THANK YOU FOR LISTENING!

Now it is time to learn:

- ▶ How we can build our personal financial resilience?
- ▶ Learn who to signpost others to if they are facing financial uncertainty

Over to Alan Nicholls...