

# Lancashire Mind's weekly wellbeing newsletter



13th July 2020

This week's theme is Resilience.

**What is resilience?** Resilience is our ability to bounce back from challenging times, and how well we adapt to changes in life (Mind, 2017). We all have different levels of resilience but it is something that can be developed with practice over time. Resilience is important at any stage of life and it can help us to deal with stresses that we encounter.

## Children and Young People

*'How does being more resilient help me?'*

*Being resilient is a really useful life skill, which is important at any age. Some people have higher levels of resilience naturally, but we can do activities that help us increase our ability to cope with challenges. Take a look at [page 2](#) for some examples of resilience in daily life, and ways we can practice it.*

### Staff

*'How can I make resilience a part of my teaching?'*

*Schools can provide a key environment for young people to practice skills that develop resilience. We have provided some resources that outline the research behind academic resilience and how it can be integrated into the classroom. See [page 4](#).*

### Parents

*'How can I promote resilience in my family?'*

*Resilience can be learnt at any age, and there are lots of activities that can be done at home to promote it. Take a look at [page 3](#) for ideas and links to resources.*



Follow us on social media - @lancsmind  
Find more resources for Children and Young People, Adults and Parents on our website:  
[www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)

13th July 2020

# Resilience for pupils

## When do we need resilience?

Resilience is what helps us cope with challenges in life, allowing us to look beyond difficulties and solve problems. For example, being resilient may help a person to:

- Overcome a disappointing exam result
- Deal with changes in friendship groups, or falling out
- Cope with uncertainty or changes, such as moving schools or starting a new job

## What does it mean to you?

Watch the following video to see how some young people understand and describe resilience.

<https://www.youtube.com/watch?v=4RzHx5rw0f4>



## Ways to develop resilience

1. Build your support network. This can be your family, your friends and/or those in your community. Reaching out helps build connections and helps to prevent feelings of isolation.
2. Practice positive self talk. Look back at our newsletter on **self esteem and confidence** for more information on this. Building our self esteem helps us to be more resilient by having belief in ourselves and knowing we can overcome challenges.
3. Do things you love and practice new skills. Putting time and energy into hobbies will help build your confidence and bring positivity into your days. Trying new skills helps you problem solve in a manageable way.
4. Reflect on your strengths and achievements. It is easy to dwell on times when things haven't gone well, so take time to write down times where you felt proud, or overcame a tricky time.

These are just a few things we can do, for more ideas, look at this Resilience Toolkit from NHS Scotland <https://www.seemescotland.org/media/8155/resilience-toolkit.pdf>

## Parents

### How can I promote resilience at home?

Resilience is a life skill that can be developed over time, and the home plays an important part in helping young people to practice resilience. The American Psychological Association provides a guide for building resilience within the home:

1. Create structure and stick to family routines to provide a sense of security and comfort.
2. Talk and be open about how you experience emotions, to help young people learn how to express and regulate their own emotions.
3. Talk about problem solving and show the young person how you approach a challenge and the ways around it.
4. Build strong communication skills. Read, make up stories and ask each other about your days.

Source: <https://www.apa.org/topics/parenting/resilience-tip-tool>

### Video: Adam Grant's Advice for Raising Resilient Kids



<https://www.youtube.com/watch?v=n9sIDqJioS0>

Try our workbook for children and young people, which can be completed within the family. There are lots of activities that can help start conversations about emotions.

[https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2\\_assets/files/236/CYP\\_COVID-19\\_Booklet\\_.pdf](https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2_assets/files/236/CYP_COVID-19_Booklet_.pdf)

### Starting a conversation about emotions

Knowing where to start when talking about emotions can be tricky. Take a look at these resources for some ideas:

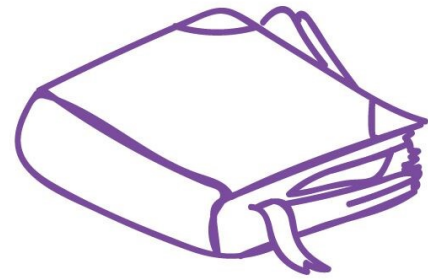
<https://youngminds.org.uk/starting-a-conversation-with-your-child/>

<https://www.mentallyhealthyschools.org.uk/getting-started/how-to-start-a-conversation-with-children-about-mental-health/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>



# School staff



## Resilience in the classroom

The Resilient Classroom is a resource created by BoingBoing and Young Minds and outlines ways in which schools can support pupils achieve 'despite the odds'. They identify five areas that form the basis of building pupils resilience:

- Basics
- Belonging
- Learning
- Coping
- Core self

Follow this link for the full guide [https://youngminds.org.uk/media/1463/the\\_resilient\\_classroom-2016.pdf](https://youngminds.org.uk/media/1463/the_resilient_classroom-2016.pdf)

## Activities

### Resilience resources

<https://www.boingboing.org.uk/tips-school-staff-resilience-covid-19/>

<https://developingchild.harvard.edu/science/key-concepts/resilience/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/>

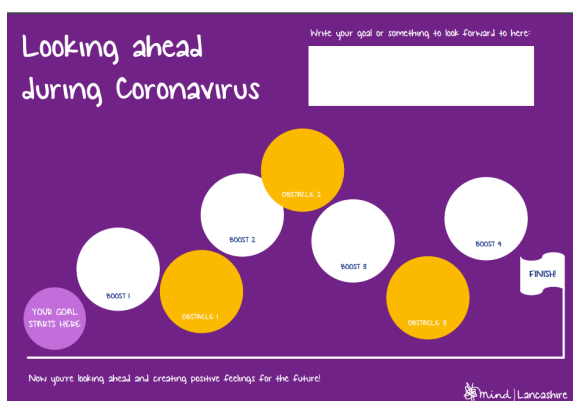
<https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/>

Lancashire Mind have put together resources to support families and schools during the lock down period, These resources can be used to support the development of resilience at the present, and during the return to school.

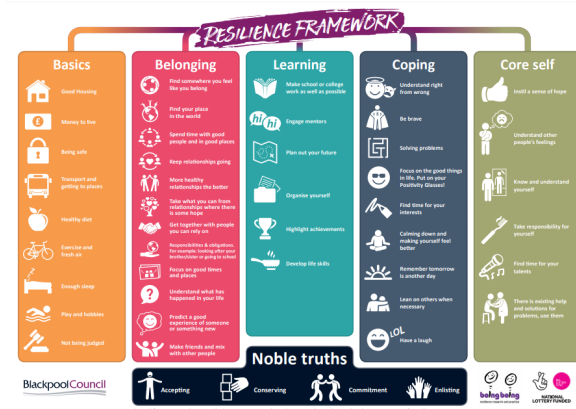
Our 'Looking Forward' worksheets [https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2\\_assets/files/188/LookingAheadWorkbookCYP.pdf](https://hubble-live-assets.s3.amazonaws.com/lancashire-mind/redactor2_assets/files/188/LookingAheadWorkbookCYP.pdf)

Find out more about the Resilience Framework at

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>



This worksheet is designed to help young people plan how they may work towards a goal, taking into account challenges and obstacles and how they can overcome them.



# Links to helpful information & resources

## General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

## NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

## Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

## Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungminds.scot.nhs.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

## Other Coronavirus Resources for Parents and Carers of Young People

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

## Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribbles Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356