

WHY BUILD YOUR RESILIENCE?

Resilience:

- *Inner Strength.*
- *Capacity to bounce back.*
- *Keeping sight of the positives.*

Resilience will not prevent the stresses or strains of life but what it will do is assist you in seeing these for what they are and help you manage them.

Being resilient means you are able to maintain perspective and get on with your life while dealing with the emotions associated with, grief, sadness, disappointment or anger; emotions each of us will encounter in our lives.

Ever wonder how some individuals cope so well?.....Resilience !

We are not born resilient, it is a mechanism we can learn over time and it is never too late to start learning.



SIGN UP

LINK IN

GET INVOLVED



WICKLOW MENTAL HEALTH

Promoting Positive Mental Health
in Our Community

In Partnership with:



Information Source:

Mental Health Association NSW Inc. • www.mentalhealth.nsw.au

BUILDING RESILIENCE TOGETHER IN OUR COMMUNITY



BUILDING RESILIENCE TOGETHER

The Strength of Community in Challenging Times

WICKLOW MENTAL HEALTH ASSOCIATION

invites you to participate in their Building Resilience Together Programme. The programme has been developed in partnership with Wicklow Volunteer Centre, Wicklow Adult Guidance Service, Kildare Wicklow Education Training Board, and Wicklow Sports Partnership.

The programme aims to involve you the people of Wicklow in the building of stronger personal, family and community links thus improving our community and lifestyle. In recent years the environment we live in has changed dramatically due to social and economic factors which have created a major impact on the way we live our lives today.

Building resilience is about learning to bounce back from the challenges and set-backs that life presents us with by developing our individual and collective strengths and abilities.

We all need to have a sense of purpose and to identify our meaning in life at an individual and community level. This can be achieved by linking in and getting involved in community organisations and developing friendships and a sense of belonging.



TEN TIPS TO BUILD YOUR RESILIENCE

- 1 Have the courage to be imperfect.**
Try to aim for “not bad at all” or “really quite good” instead of “perfect”.
- 2 Take time for yourself.**
Allow yourself time to do things that you enjoy. If you create boundaries around your time, and stick to them, others will respect them.
- 3 Sign up for that course, join that club.**
Getting involved in community activities can create skills and boost your physical and mental wellbeing.
- 4 Be active every day in as many ways as you can.**
Being physically healthy is an important foundation for your resilience. See www.getirelandactive.ie
- 5 Spend time with people who make you feel good.**
Having supportive relationships is a key factor in resilience. Good friendships are as important as romantic and family relationships.
- 6 Laugh out loud each day.**
Laughing reduces stress levels, so look for opportunities to introduce some humour into your day.



7 Get your Zzzz's.

You will feel more resilient and able to handle the stresses of the day when you've had a good night's sleep. Go to bed earlier and learn some tips on how to improve the quality of your sleep.

8 It's all about team work!

Tackle difficult tasks first, learn to ask for help and accept all offers.

9 Remember, this too shall pass.

Keep things in perspective. Avoid being overly negative about things. Try and focus on the things you can control.

10 Talk out your troubles.

If you let friends and family know when times are tough, they may be able to provide a range of support. This could include listening, advice or providing practical support. Sometimes you may need to talk to a professional.



BUILD YOUR RESILIENCE



SIGN UP...For a course

Maintaining an interest is considered one of the foundations of our wellbeing. Learning can be formal or informal



LINK IN...Connect with others

Seeking help early can prevent an issue from getting worse and help you bounce back to your life more quickly. You might find it useful to connect with other networks in your area, such as support groups or family and friends.



GET INVOLVED...Volunteer

Volunteering is an excellent way to get more involved with and help out your local community. It increases social connectedness, quality of life and wellbeing. This is especially true for older people.