Resilience training programme

A programme for healthcare professionals in training

Session 2

Recap

- Stress and its consequences

- Resilience techniques

- Goal setting

- Padlet

Why is resilience important?

Adverse consequences of stress:

- Physiological
  - Circadian rhythms
  - Immunity
  - Fatigue
  - Weight

- Psychological
  - Burnout
  - Anxiety/depression

Self-leadership

Five components: *Self-observation, Self-regulation, Self-management, Self-awareness, Self-compassion.*

## The Resilient and Adaptive Person Development Framework

Attributes

Derek Mowbray, 2010
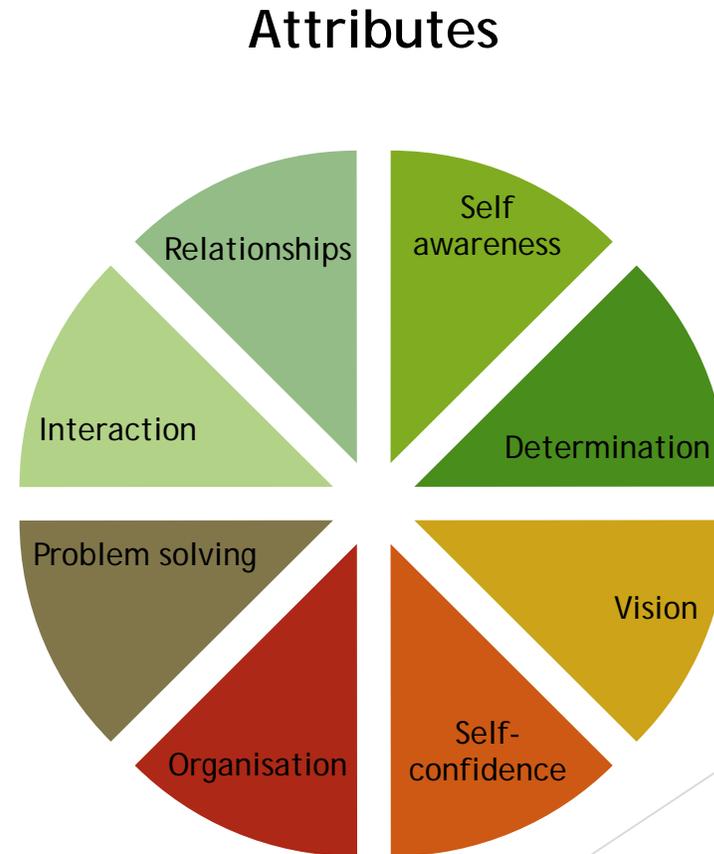
Neurocognitive mechanisms

Dual process model

System 1	System 2
Unconscious reasoning	Conscious reasoning
Implicit	Explicit
Automatic	Controlled
Rapid	Slow
Default	Inhibitory
Non-logical	Logical
Examples: recognition, perception and orientation	Examples: rule following, comparisons, weighing up of options.

- Concept that the 'active self' is a limited resource.
- Self-regulatory effort: standards, monitoring, willpower, motivation.
- Risk scenarios (e.g. conflicts, fatigue, previous effortful experiences, expecting further acts of control) undermine resilience efforts

General wellbeing strategies

- Sleep
  - *Routine regulates circadian rhythm – same bed and wake time each day*
  - *Sufficient hours. Recommendation = 7-9 hours.*
- Nutritious food.
- Exercise – challenging but manageable.
  - 150 minutes of aerobic activity each week.
  - Strength exercise on at least two days.
- Looking after yourself – prioritising activities you enjoy.
- Monitoring?

Sleep is life.

someecards
user card
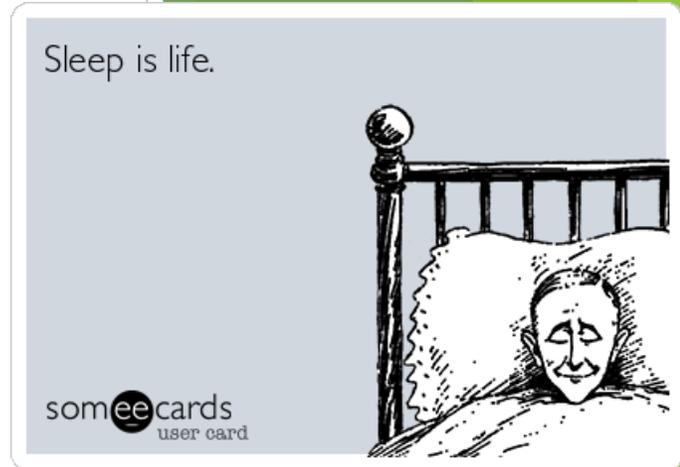
Other techniques

- Social support
- Gaining a sense of control
  - Breaking a problem down into smaller parts
  - Prioritising
  - 'Worry time'
  - Learning to say no
- Knowledge is power
  - Know when you are vulnerable
  - If/Then plans
  - Harness cognitive resources when you have them
  - Self-compassion
  - Relaxation: https://www.youtube.com/watch?v=NSgpUUjReSQ

Recent challenging experiences

- What stressful experiences have you encountered over the last few weeks?

- What happened?

- How did you react/deal with these?

- Did you approach things any differently having done last session?

Goal overview

- How did people find it?

- What went well?

- What didn't? Barriers to achieving the goals?

- Do differently?

Reflection task

- Situation, circumstances and consequences when you felt you _were_ resilient.

- Situation, circumstances and consequences when you felt you _were not_ as resilient.

- Situations you know you find difficult, as well as situations when you feel your best, describe thoughts and feelings in both situations.

  - Core values

  - Beliefs

  - Things you strive for

  - Things you find difficult

  - Your strengths etc.

- Anything that drives you and contributes to you as a person and how you act.

Share thoughts.

How did you find it? Anything surprising or find out anything about yourself?

Thought challenging – Cognitive Reappraisal

1. The first step is to identify unhelpful thoughts. There is no right or wrong way of thinking, but some thoughts might make things more difficult than they need to be. Everyone has these thoughts from time to time.

2. Once you can identify your thoughts you can evaluate them. Some beliefs are not as logical as we think. Recognising some of the less logical thoughts can help towards managing symptoms.

3. Once you have evaluated your thoughts, you can look for more helpful alternatives. These are not necessarily positive thoughts; they may just be realistic ways of viewing the situation.

Thought log

- Feedback

  - How did you find the thought logging?

  - Which situations did you notice your thoughts in most?

  - What kind of thoughts?

  - Associated with how you felt or behaved?

Weighing up the evidence

- How else could I interpret what happened?
- Are there facts which disagree with what I am thinking?
- Am I focusing on the negative aspect of the situation?
- I am expecting the worst or catastrophizing?
- What is truly the worst that can happen in this situation?
- Am I seeing the picture in black and white?
- Am I using *never* or *always*?
- Am I trying to predict the future?
- Am I assuming I know what someone else is thinking?
- Am I jumping to conclusions based on previous experience?
- What would I say to a friend who had this thought?

Coming up with alternative thoughts

- Not 'positive' necessarily, as things may be very difficult.
- Evidence for and against?
- Alternative perspective?
- Imagine not in your own shoes.

Aim is to get a balanced perspective.

Is there something I can learn from the experience, or is it possible to grow stronger as a result?

- Takes practice!

Planning for future

- Everything we've covered can be combined to create a plan for managing and being resilient in face of stress.

- For example:
  - Reflection -> situations you find particularly stressful, your typical reactions (physical and emotional), resilience techniques that apply to you.
  - Techniques -> reappraisal, relaxation.
  - Action planning
    - IF I notice I'm feeling stressed, THEN I will do the relaxation exercise.
    - IF I'm facing a dilemma or challenge, THEN I will break it down into smaller chunked list
  - Goal setting
    - During revision time, I will make sure to take a 30 minute walk at lunchtime each day.
    - I will do x [enjoyable activity] three times a week and will schedule this in my diary.

Planning for the future

- Think of upcoming changes, challenges or situations where you think your resilience might be tested.
  - Describe the situation.
  - Think about you in that situation – what difficulties might you face.
  - Now have a go at problem solving these – what could you do to make the experience less stressful?

- Goals you would like to take forward.

- Setback planning – life is not straightforward or easy and it is likely we will face challenges and difficulties. However, we can plan for these ahead of time (harnessing current cognitive resources) to help us manage then.

All done!

- Any questions?

- In terms of workshops – is there anything arising from this programme you would want more input on?

- For further support, please don't hesitate to contact your university student support and wellbeing team.

- Name: Jessica Willmore
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Post-programme survey

- Please complete the second survey – link has been emailed to you.

- Enable us to measure your progression and you a chance to give feedback – really valuable!

- https://www.surveymonkey.co.uk/r/VVBTH3V