Safeguarding
and Wellbeing

EMOTIONAL RESILIENCE

Start reading...

WHAT IS EMOTIONAL RESILIENCE

Acknowledging your emotions is important because ignoring or suppressing negative feelings doesn't make them go away; instead, they can build up and worsen over time. Recognise how you're feeling, and if possible, give yourself a break, avoid big decisions, and engage in safe activities that reignite your spark. If your emotions become overwhelming or occur frequently, consider seeking professional help; it never hurts to talk.

What is emotional resilience?

- Emotional resilience is the ability to adapt to stressful situations and cope with life's ups and downs.
- Resilience is being flexible and adaptable, rather than rigidly resistant.
- An individual's ability to show resilience can fluctuate dependent on their circumstances.

SELF CARE STRATEGIES

- **Relaxation techniques** – find what works for you, have a bath, listen to music, go for a walk. Once you find something that works for you, build this into your schedule.
- **Mindfulness** – make a special effort to take in what is happening in the present moment, both inside your mind/body and outside.
- **Make time for friends/family** – social connections can help you feel less isolated and feel more positive. Laughing and smiling can produce hormones and release endorphins.
- **Take care of your physical health** – physical and mental health are very closely links and can reduce feelings of stress.
- **Sleep** – get into a healthy routine and avoid using screens at around bedtime.
- **Practice being open and assertive** – if people are making unrealistic demands, practice saying no and be prepared to tell them how you feel
- **Eat healthily** – try to maintain a healthy, balanced diet. Nutrition can have a large and lasting impact on our mood and wellbeing.
- **Acknowledge your achievements** – take the time to notice the things that you have achieved. These can be big things or small things It can help to set some time aside to think about this.
- **Change of scenery** – going somewhere new can really help to see things from a different perspective. It can also be an opportunity to get some fresh air or meet new people.
- **Keep things in perspective** – try to centre yourself and keep in mind that obstacles and challenges may not be as big as they appear. Some things may just take a bit of time, but they can still be overcome.
- **Notice your warning signs** – the more we experience hardships, the more we understand what feels overwhelming. Recognising our warning signs helps us better prepare for difficult times.

CHARACTERISTICS OF RESILIENT PEOPLE

Self awareness – an understanding of what we need, don't need or when to reach our for help.

Boundaries – an understanding that who they are at their core isn't defined by their current circumstances.

Perseverance – they trust in the process and never give up, despite facing setbacks.

Optimism – they try to see the best in most situations.

Locus of control – they believe that they have autonomy and control over their own lives.

Sense of humour – they attempt to continue to laugh through difficult times, this helps to process and manage stress.

Support – they remain open, honest, and reach out for support when required.