

# PERSONAL RESILIENCE

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# Take Away Today

- Personal Resilience definitions
- What personal resilience is not!
- Healthy habits
- Well being websites and apps
- *Who we are?*
- *What we do ,where do we meet?*
- *How to access & refer for support*

# Personal Resilience Definitions

The process of **adapting well** in the face of adversity, trauma, tragedy, threats or even significant sources of stress

The American Psychological Association

The ability to **succeed**, to **live**, and **develop** in a positive way, **despite the stress** of adversity that would normally involve the real possibility of a negative outcome

NHS England

# What Personal Resilience is not

- Its not the ability to **bounce back**
- Its not a **personality trait**
- Its not only our **reaction** to adverse events

# What Personal Resilience is

- A continuum that may be present in different degrees across different domains of life
- The ability to maintain ones own wellbeing in the face of a challenge
- Something we can all work on and develop

# Healthy Habits – 5 Ways To Mental Wellbeing



# Healthy Habits – Connect

Building good relationships can help build a sense of belonging and increase our self worth

## Try

- Spending time with family
- Spending time with friends
- Volunteer



# Healthy Habits – **Be Active**

Being active isn't only good for you physically, but can improve your mental wellbeing as the feel good chemicals are released.

## Try

- Go for a walk
- Join a club or exercise class
- Take up running (couch to 5k)



# Healthy Habits – Keep Learning

Mind suggest taking yourself out of your comfort zone will boost your self esteem and give you a sense of purpose.

## Try

- Learning a language
- Learning to cook
- Take on a DIY project



# Healthy Habits – Give

Research suggests acts of kindness can improve our own wellbeing

## Try

- Helping someone who is struggling
- Hold the door open
- Saying thank you



# Healthy Habits – Take Notice

Paying attention to the present moment can improve our mental wellbeing

## Try

- Notice if you have unhelpful thinking styles
- Where is your self critic
- Be careful of comparisons



# Healthy Habits – Take Notice

## Mindfulness

- Learning to be more present

## Mindfulness track 8 minutes

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





# Wellbeing Websites and Apps

- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) - this is a website which uses Cognitive Behavioural Therapy techniques providing a wealth of information on mental wellbeing
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) – resources and further information

## Apps

- **Lets meditate** – this is a free app to download which has a straight forward approach to meditation
- **SAMApp**- this is a free app to download on anxiety
- **Insight Timer** - free app or paid subscription variety of meditations



# Who we are – Counselling & Trauma Services

- Triage Role  
(currently vacant)

Amanda Collins (part time)

Christopher Williams

Counselling and Trauma Advisor

Rachel Roberts

Counselling and Trauma Advisor

- Triage Role  
(currently vacant)

# Who we are – Counselling & Trauma Services



**Amanda Collins**

Counselling & Trauma  
Advisor



**Sian Willis**

Counselling & Trauma  
Advisor



**Christopher Thomas**

Counselling & Trauma  
Advisor



**Rachel Roberts**

Counselling & Trauma  
Advisor

- Triage Role (currently vacant)

# Our role – Day to day

- **Confidential** counselling for personal /work problems or external referral
- Debriefing for **high risk** roles eg Family Liaison Officers, Public Protection Units and more
- **Guiding managers** dealing with sensitive staffing issues
- Manage and co-ordinate **Trauma Risk Management** (TRiM) support

# Our role – Day to day

- **Psychological defusing** following a major critical incident
- Presentations and other forms of **customised input** on stress education, awareness and management.
- **Supporting wellbeing** initiatives eg MIND Bluelight

# How to access & refer for support

- Our service is available to **all** serving officers and police staff
- Referrals can be made **via BOB**
- Enter **counselling** in the search engine and the counselling assessment form will pop up in quick links.
- **Complete details** and overview and also complete the health questionnaire
- You will receive an **automated email** confirming we have received the referral
- Anyone can refer in but we do need the form on BOB to be **completed**

THANK YOU FOR LISTENING

