

WELLNESS CAFE

Personal Resilience 13th January 2021



What is Personal Resilience?

- Personal resilience is the way we cope with challenging and difficult situations in order to overcome them. Simply put, it's how we personally recover from stress
- We are all far more resilient than we give ourselves credit for – we've survived every trial thrown at us to date.
- We also have the tools we need to manage our personal resilience and make sure that we take steps daily to help us overcome personal barriers.
- Personal resilience is unique to an individual – some have more than others and it fluctuates for us all over time. Sometimes we wake up feeling a lot more resilient than we do at the end of the day and that is perfectly normal.



Top Tips from our Counsellors



Sleep

A good sleeping pattern is essential in ensuring we are at our most resilient. Find a sleep routine that works for you and try to stay consistent.



Eat well

A balanced diet can help ensure our bodies have all the nutrients they need to aid our personal resilience. Try and increase the amount of fresh produce you eat, whilst limiting your intake of processed foods.



Self Care

Taking time out on a regular basis to check in with how you feel and to do something important for you. Things such as exercise, mindfulness, meditation and journaling can be a huge help.



Don't overthink things

Our tendency to think of the worst case scenario can lead us to believe it has happened. Let go of what is out of your control and be more present in the moment



Stay Connected

Sometimes it's easy to further our isolation by not reaching out to friends and family. Keep an eye on colleagues too, when someone starts to disengage it can be a clear sign that they need some support.



What is Personal Resilience?

I've downloaded an app called "presently" which is a daily gratitude journal. It's lovely to be able to go back over each day and remind yourself of the positives when you feel like you're struggling.

Learning an instrument is great for relaxation. I took up drums just before the 1st lockdown and it's my escape!

I joined the Police Sports South Wales Park run Facebook group. We all run or walk on a Saturday at the same time raising money for charity. Even through you may be exercising on your own you still feel part of something bigger.

If I am not feeling great, I put on some feel good music - turn it up loud and have a sing along! The Greatest Showman soundtrack is my go-to!

I am setting myself a challenge every month and this months is to do a total of 75k in January. Will set myself another challenge next month.

After a tough shift, I take the dog for a walk so that I can decompress from the day and be present for my family, who have their own struggles at this time.



Useful Resources

- [Oscar Kilo Sleep webinars](#)
- [The Sleep Council](#)
- [Positive Psychology Resilience Building Tools](#)
- [Positive Traumatic Growth Research Group](#)
- [10 Ways to Enhance your Resilience](#)
- [Care First](#) (user name: southwales password: police)
- [Indoor Nourishing Activities Checklist](#)
- [Academi Wales Mindfulness Courses](#)
- [Oscar Kilo Mindfit Course](#)
- [SWP Wellbeing Portal](#) (including links to Occupational Health, wellbeing interventions and our mental health toolkit)
- [Police Sports and Social South Wales \(PSSW\)](#)

