

Changing more than a name

Outstanding Leadership Programme 2020/21

Module 8: Resilience & Wellbeing

Strategies

- Making sure to take a break and get some fresh air
- Eating well
- Taking time to exercise
- Set boundaries for work-life balance
- Keep connections with friends or family
- Sleep well

Strengths and Insights

- Try to be optimistic
- It will end at some point
- There will be a new normal

Resources

- There is learning on resilience
- Look for tools and techniques
- People around us
- It's ok to ask for help

09:20:14 From Jonny Whitehead:

Strategies

- sharing with others
- permission to cancel meetings to make space
- go for a walk outside
- block out time,

Strengths

- able to cope with multiple things
- calmness
- narrow down the number of decisions you have to make (these things I can't do anything about)

Resources

- network of people around you

09:21:55 From Sadiya Khan: positive thinking, past experiences, doing exercises and reflecting especially out in nature helps.

09:22:53 From Jo Cottell: I may have bored you with this in a previous module but I want to flag up The Decider Skills for tools to increase resilient, coping and confidence. These are evidence based and taught to adults and children and throughout the MH system. I will post a link later. They can now been taught online and are great. Happy to talk to anyone about them and will wave the manual at the screen in a little while!

09:22:57 From Gemma Benton: yes! I get cold sores too! And that means I'm stressed/low resilience, about to get ill, or got sunburnt! (I get cold sores on my nose!)

09:23:31 From Selma: Sleep is so important! Been trying lots of strategies around improving this.

09:24:17 From Lynda Mann: Sleep? What's that!

09:24:25 From Jennifer Griffiths: I think a lot of the things on this early warning system are quite late

09:25:11 From Vicki Stott: A particularly female perspective - but a lot of these moving into signs are also symptoms of menopause... which also makes resilience harder to access!

09:27:06 From Vicki Stott: Yes, please, Maggie!!

09:27:40 From Amanda Tucker: I would be very interested in seeing that as well please Maggie :)

09:30:37 From Jonny Whitehead: Yes Simon, the key question then is: what do you do about it; and/or what you are you 'allowed' to do about it? Stop and take time off; even if you're in the middle of a 'crisis'? Or something else?

09:31:41 From Vicki Stott: I have a friend who naps at his desk so often that his colleagues have made a whole calendar of him sleeping at his desk :-)

09:32:44 From Jo Cottell: Maybe that's an invitation to ask why, and whether they are ok or need help/support ... :-)

09:33:16 From Susie Corfield: I have a trusted friend and we talk about the "spoons" we have available. https://en.wikipedia.org/wiki/Spoon_theory

09:35:04 From Tim Lages: ah I forgot all about spoon theory, I know a few people that have used that well!

09:51:21 From Jo Cottell: Link to - www.thedecider.org.uk

09:57:30 From Emily Hughes: Farah had a great example of a chocolate tasting with her team that sounded both fun and mindful

10:00:49 From Vicki Stott: I'm going to have to duck out for a meeting, too. Thank you for a really brilliant session! I agree with Rebecca that it's so uplifting to talk to people outside our daily physical and virtual bubbles.

10:01:31 From Soo Smith: Try The Ukulele Orchestra of Great Britain as a fuel - they're fantastic. Their version of Wuthering Heights is one of my desert island discs. You will laugh, on your own or not.

10:03:54 From Emily Hughes: Eat that frog???

10:05:11 From Selma: The frog = the thing that you're putting off that's boring / hard / long. Eat it! Has helped me a lot, and makes you feel so much better afterwards

10:05:53 From Joe Thompson: Nature and wildlife are a great fuel for me. Just sitting by a pond and watching the ducks at lunchtime can be amazingly relaxing and uplifting!

10:10:02 From Jo Cottell: I used this (Covey model) with my daughter when she had a 17yo melt down. Very effective

10:24:27 From Ollie Jeffs: Got to leave a few minutes early today. Have a good day everyone

10:27:18 From Gemma Benton: the circle activity and the vital friends mapping is something I will be doing with staff/department