



# Resilience

## What is Resilience?

Resilience is a process we use to solve problems and help ourselves get through challenging times.



## Resilience is Not...

- Immediately bouncing back after a difficult situation
  - A drastic change in your personality
  - Being “invincible” and feeling as though you should be able to tackle every issue that comes your way

## How Resilience Helps Mental Health

Mental health is a state of wellbeing that can help us to realise our own potential, function better and cope with stress factors of life.

Resilience tools can help keep the stresses of daily life under control, which can help your mental wellbeing.



## Why is Resilience Important?

Building resilience can help us to navigate obstacles better, recover from setbacks and help us to achieve our goals.

# Using Resilience



## Using Resilience

We can all have unhelpful thoughts from time to time. Regular critical thoughts can cause us to be harsh on ourselves, which can also trigger anxiety, depression, low self-esteem and stop us from achieving our goals. Next time you notice self-critical thinking, see if you can try and replace those thoughts with kind, encouraging ones.

## Inner Coaching

Inner Coaching is one of the best ways to build resilience and to feel more in control of your life. This simply means equipping yourself with the self-help tools needed to get you through tougher times.

To begin with, have a look at some of the questions below and think about what your answers would be. You can ask your Transition Coordinator to go through the questions with you if you prefer, and reflect on how you might answer them.

### Inner Coaching Questions could include:

What would I like to achieve?

What will I do first?

How will I know when I am making progress?

Who can help?

What skills and experiences do I already have that will help me?

What's in it for me?

### What Happens Next?

You will start to hear the word “resilience” more often, as your Transition Coordinator will introduce more discussions about it to help you to understand and build resilience.

# Mental Health & Wellbeing

# NOW WE'RE TALKING

FOR HEALTHY MINDS

## NHS Talking Therapies

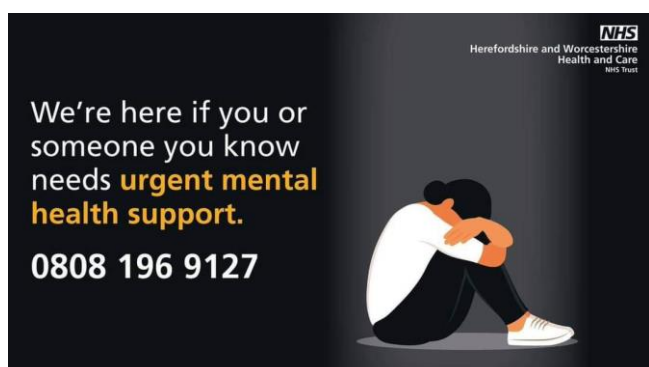
Talking Therapies provides a range of free, confidential support to people aged 16 and over across Herefordshire and Worcestershire. This includes:

- **Online therapy**
- **Groups and courses**
- **1:1 support**

They can also help you find and access a variety of groups, courses and activities that can support your physical and mental wellbeing.

If you think you would like some NHS support for your mental health, you can **self-refer** to the service by following this link (or alternatively your Transition Coordinator can help you with this):

<https://www.talkingtherapies.hwhct.nhs.uk/worcestershire>



Let's Talk  
about it

Our **Bridge the Gap Malvern website** contains helpful mental health and wellbeing resources for students and families.

Visit us at [www.bridgethegapmalvern.com](http://www.bridgethegapmalvern.com) to find out more.