Resilience
Invest now and reap the benefit later
Dr Rob Waller - @docrobwaller
Bouncing Back
Its simple, isn’t it?
Self-esteem and Boosterism

Self-esteem as a diagnosis is self-defining and circular. It’s an intuitive concept yet hard to pin down.

There is little to be gained from general praise. We can’t all be amazing at everything. Specifics are needed.

People get good at answering self-esteem questionnaires.

- “Today’s young Americans are more entitled, assertive and confident - and more miserable than ever before.” (p61)
‘Our generation has had no Great Depression, no Great War. Depression is our lives...

We were raised on television to believe that we’d all be millionaires, movie gods, rock stars, but we won’t.

And we’re starting to figure that out.’

*Fight Club, Chuck Palahnuik, (p95)*
The Snowflake Generation with Helicopter Mums...
Altering Resilience Levels

Matthew 7v24-17

- **Starting points**
  - Rock or Sand?
  - [PAST]

- **Life events and traumas**
  - v25: And the rain fell, and the floods came, and the winds blew
  - [PRESENT]

- **You can be like this**
  - v24: Everyone then who hears these words of mine [sermon on the mount] and does them will be like...
  - [FUTURE]
Small Groups – 10 mins

Define Resilience

How does it differ from self-esteem [and humanism]

Can do you ‘build’ resilience going forwards?

Does this make a difference?
Resilience - /rɪˈzɪliəns/ - noun

noun: resilience; noun: resiliency; plural noun: resiliencies

- the capacity to recover quickly from difficulties; toughness.
- the ability of a substance or object to spring back into shape; elasticity.

It is NOT:
- A Personality Trait: it is [only?] learnt by trials and temptations
- Happiness: negative emotions still occur, but are better navigated and released
Knowledge
- Vulnerability Factors
- Biology
- Psychology
- Sociology

Skills
- Problem Solving
- Sleep and Exercise
- Positive Psychology
- GRIT
- Spirituality

Attitudes
- We CAN change
- We MUST change
- Supernormal
- Over to you!
Some History: Vulnerability

Sir Michael Rutter – Isle of Wight Studies (1964-1974)
- Level of intellectual ability
- Psychosocial environment

Brown and Harris – Risk Factors for Depression (1978)
- Loss Mother < 11yrs, Unemployment, Lack of Confiding Relationship, 3+ children < 15 years at home.

Note: issues with using epidemiology to study causation
Some Science:

**Biological**
- More cortisol causes stress and unhelpful responses
- Epigenetics: what overlays genes and gene expression
- Neuroplasticity: the ability of the brain to change its structure

**Psychological**
- Attributional Biases: stable, external, global
- Unhealthy Attachment Behaviour

**Social**
- Children of mothers with schizophrenia: some do well [why?]
- Class transitions: individual determinants of social mobility
One Model...

Stressor or Trauma

- Simply become upset
- Increased Resilience
- Less stress, more supports

Change the situation

Owns the process

Unhelpful emotions
- Anger
- Go Numb

Unhelpful processing
- Externalise
- Internalise

Unhelpful attributions
- Who?
- Why?
Building Resilience

Skills:
- Problem Solving – teaching the basic skills
- Sleep and Exercise – having the basics in place
- Positive Psychology – practice makes perfect
- GRIT – pursuing long term goals
- Spirituality – most often cited

Teachers:
- ‘anyone who is qualified by having done the journey themselves
- Don’t share your journey – share the speed at which it happened
We MUST Change

Opportunities to prevent through life

- Perinatal Maternal Mental Health
- School (Pre FE)
- Parenting
- Community
- Working Life
- Relationships
- Social Connections

75% mental health problems set by age 24
Lost employment opportunity cost £23.1 billion
Half of people aged 75+ live alone
Over to you – 10 mins

How does my job build resilience in others?
How aware are my school/community of this?
Who do I know who is resilient?
Am I resilient?
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Oversharing is still hiding...

Facebook, the place where most people post their problems for everyone to see, except the person with whom they're having the problem with!
<table>
<thead>
<tr>
<th>Degree of Vulnerability</th>
<th>Social Media</th>
<th>Acquaintances</th>
<th>Friends</th>
<th>Close Friends</th>
<th>God</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absent</td>
<td>Absent</td>
<td>Minimal</td>
<td>Warm</td>
<td>Open</td>
<td>EVERYTHING</td>
</tr>
<tr>
<td>Strength of Relationship</td>
<td>Absent</td>
<td>Weak</td>
<td>Good</td>
<td>Strong</td>
<td>INTIMATE</td>
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