



# Resilience

Invest now and reap the benefit later

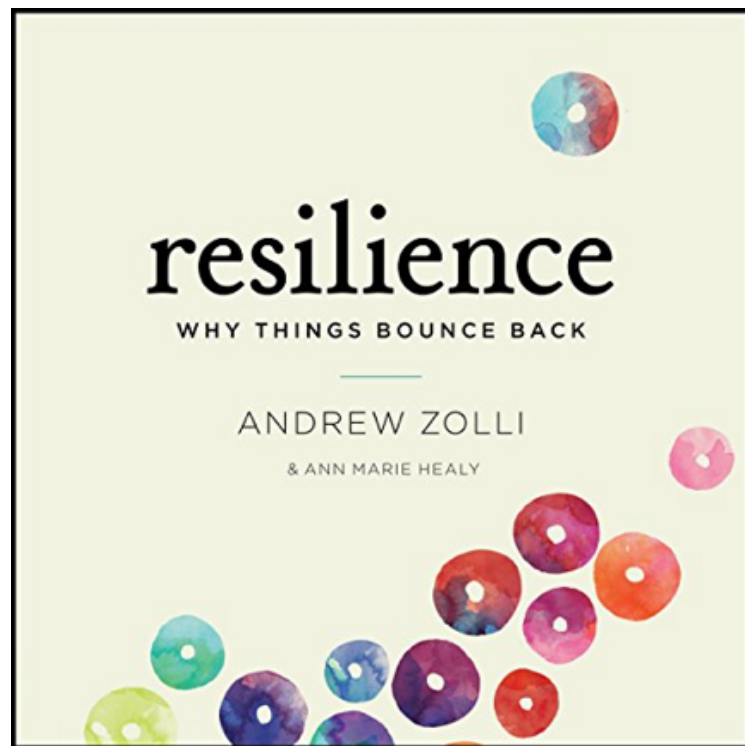
**Dr Rob Waller - @docrobwaller**

# Bouncing Back



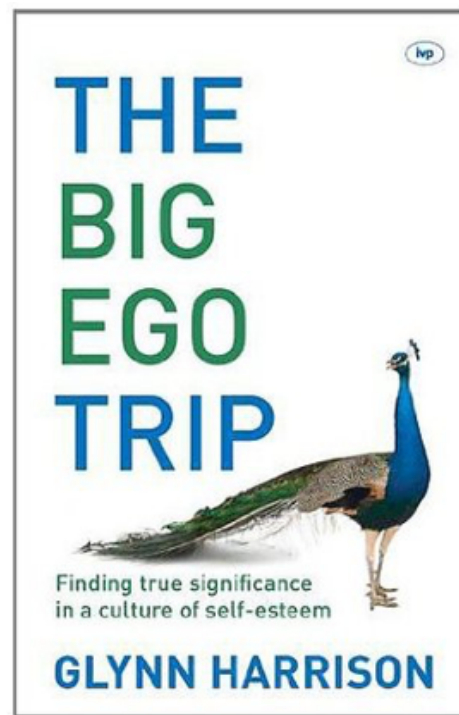
# Its simple, isn't it?

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# Self-esteem and Boosterism

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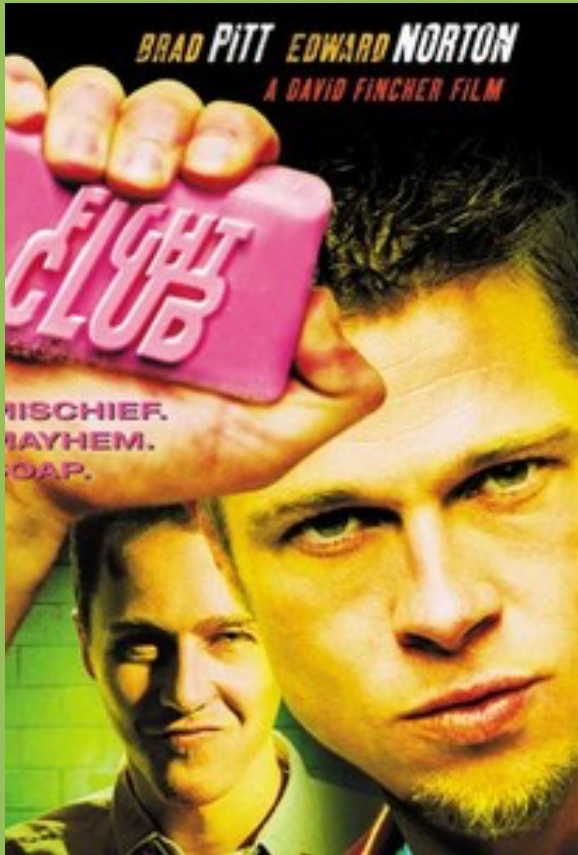


Self-esteem as a diagnosis is self-defining and circular. It's an intuitive concept yet hard to pin down.

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

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Define Resilience

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

Can do you 'build' resilience going forwards?

Does this make a difference?





# Resilience - /rɪ'zɪlɪəns/ - noun

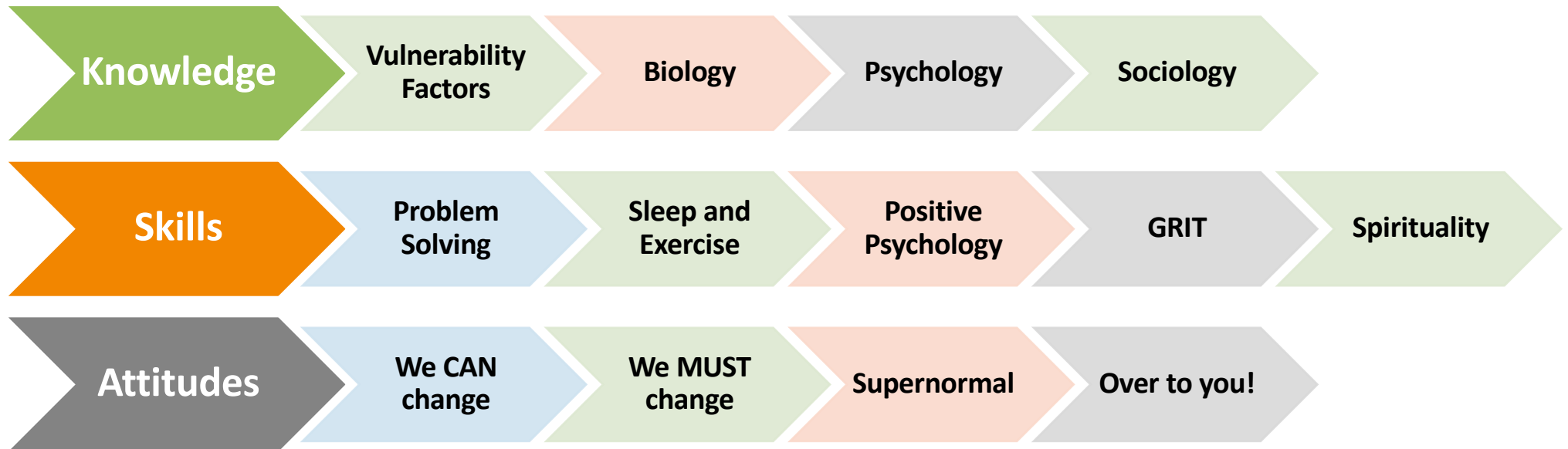
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noun: **resilience**; noun: **resiliency**; plural noun: **resiliencies**

- 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



# Some History: Vulnerability

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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:

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## 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

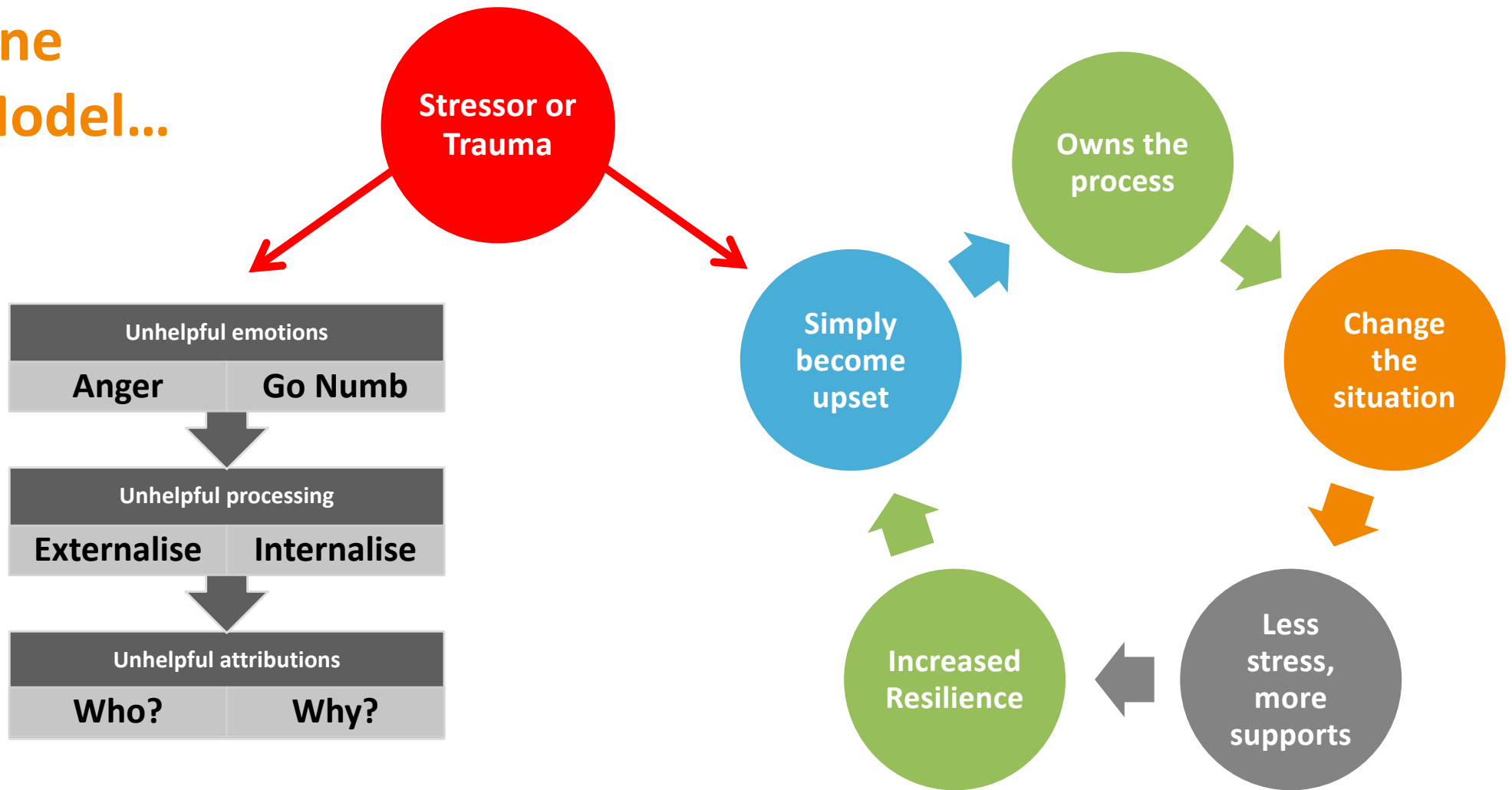
- Attributional Biases: stable, external, global
- Unhealthy Attachment Behaviour

## Social

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



# One Model...





# Building Resilience

## Skills:

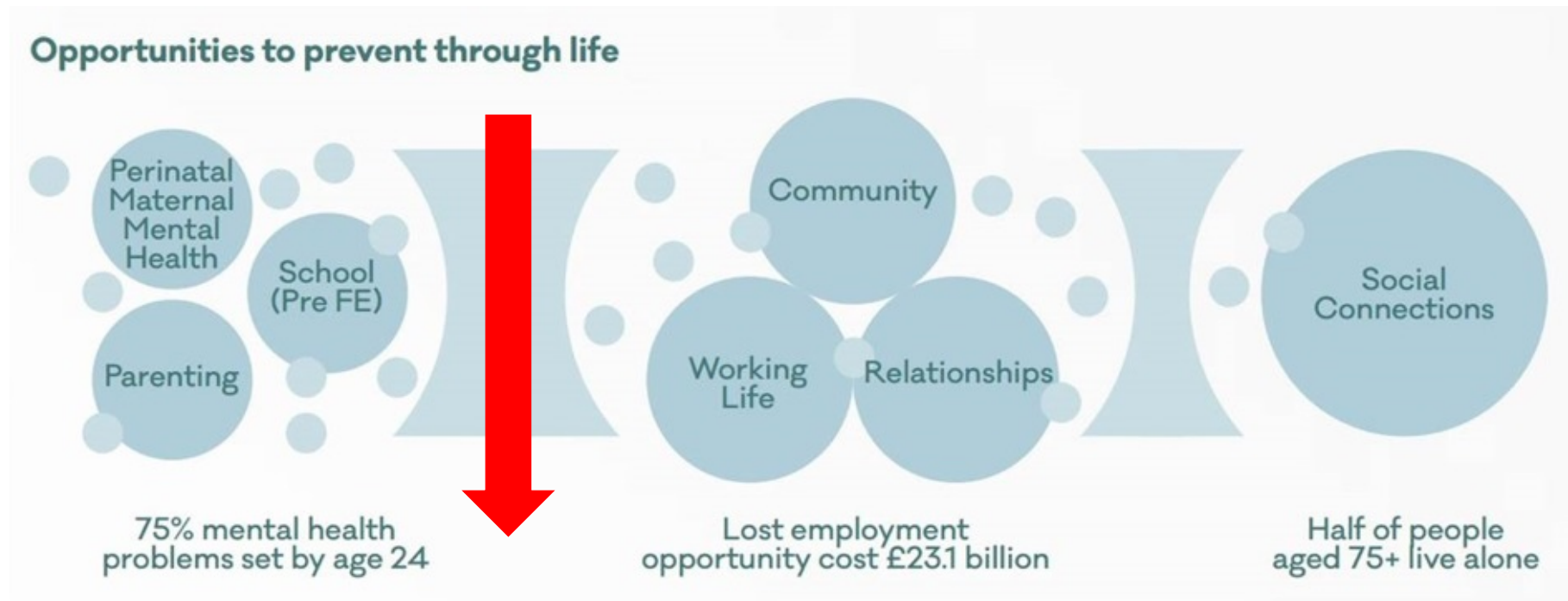
- Problem Solving – teaching the basic skills
- Sleep and Exercise – having the basics in place
- Positive Psychology – practice makes perfect
- GRIT – pursuing long term goals
- Spirituality – most often cited

## 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





# Over to you – 10 mins

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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?





# Resilience

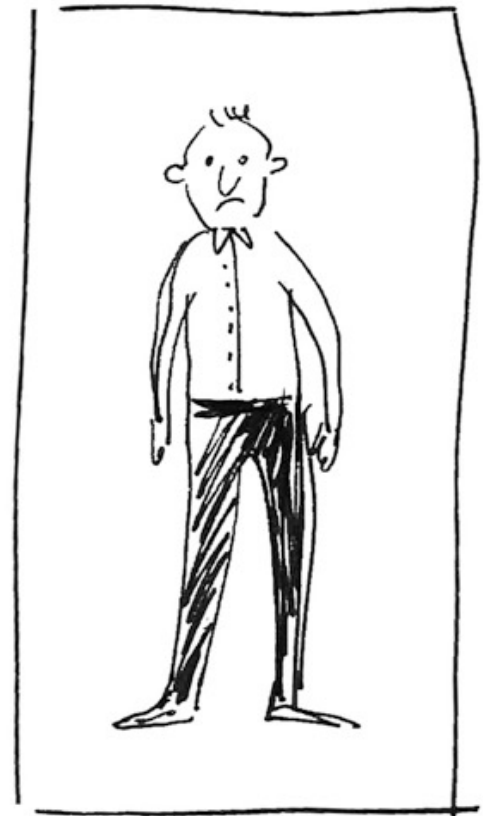
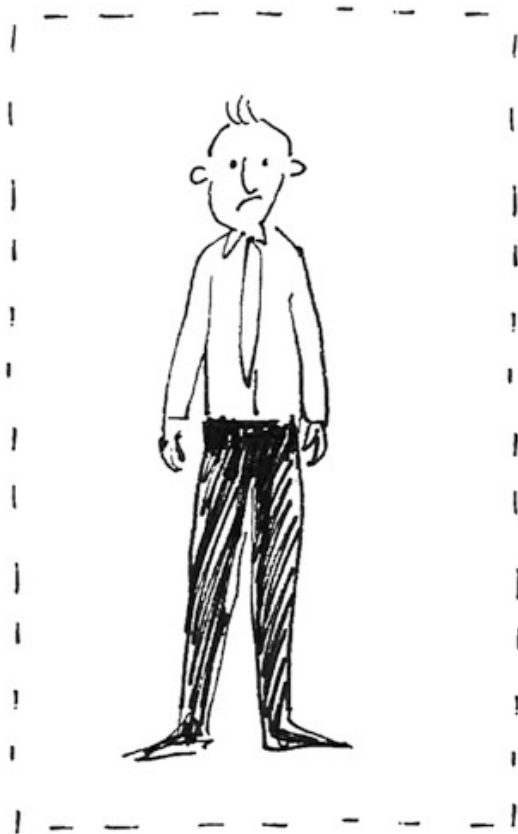
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Oversharing is still hiding...







	Social Media	Acquaintances	Friends	Close Friends	God
Degree of Vulnerability	Absent	Minimal	Warm	Open	EVERYTHING
Strength of Relationship	Absent	Weak	Good	Strong	INTIMATE

