



WWW.STATEOFMINDSPORT.ORG/GUIDANCE

RESILIENCE

Practical Guidance
First Published: May 2019



Prepared by:
Clair Carson, Dr. Allan Johnston, Dr. Phil Cooper MBE

I KNOW HOW TO GET PHYSICALLY FIT... BUT WHAT ABOUT MENTAL FITNESS?

THE TWO KEY COMPONENTS OF MENTAL FITNESS ARE RESILIENCE AND MENTAL WELL-BEING...

Resilience is the ability to adapt well in the face of adversity, challenges and stress. Resilience is having the capacity and resourcefulness to cope. Everyone has different levels of resilience, but this is something that you can build on.

Mental Wellbeing is the state of feeling comfortable, safe, healthy and happy, with opportunities to live a fulfilled life, a key part of being mentally fit.

COMMON RESILIENCE FACTORS

Common factors associated with being resilient include...

MAINTAINING A POSITIVE OUTLOOK ON YOURSELF, THE WORLD AROUND YOU AND YOUR FUTURE

FEELING MOTIVATED AND ENERGISED TO ACHIEVE YOUR GOALS

BEING ABLE TO FOCUS ON YOUR NEEDS, FEELING YOU HAVE A PURPOSE IN LIFE

SELF-CONFIDENCE, LIKING YOURSELF AND HAVING A SENSE OF SELF-WORTH

Common factors associated with achieving resilience include...

ACCEPTING SUPPORT FROM FRIENDS, FAMILY OR COLLEAGUES
APPRECIATING WHAT OTHERS DO FOR YOU

BUILDING ACCEPTANCE SKILLS:
LEARN TO ACCEPT EVERYTHING WON'T BE PERFECT ALL THE TIME,
AVOID BLAMING YOURSELF FOR THINGS THAT ARE NOT YOUR FAULT.



HOW CAN I BUILD MY MENTAL WELL-BEING AND
Some simple dos and don'ts you can follow...

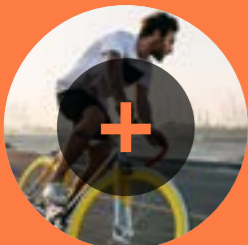
DOS



KEEP LEARNING

DO keep your mind active, challenge yourself and learn something new. Is there something you've always wanted to do but keep putting off? There's no time like the present.

When was the last time you tried something new?



BE ACTIVE

DO keep moving and exercise. This doesn't necessarily mean the gym - it can be a walk, dancing, playing in the park with friends, or just taking your dog for a walk.

When was the last time you got up and out?



GIVE

DO give to others. This could involve giving your time, volunteering, helping a stranger, lending a friendly ear, a smile or a helping hand.

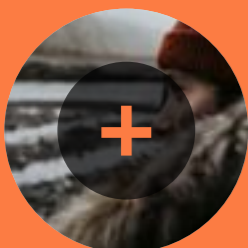
When was the last time you made someone smile?



CONNECT

DO keep in touch and make contact with family or friends. Ring a mate, and arrange a meet up.

When was the last time you laughed until you cried?



TAKE NOTICE

DO take in your surroundings and acknowledge your abilities. Appreciate yourself and your surroundings.

When was the last time you noticed things around you?

TRYING SOME OF THESE WILL HELP TO RESTORE YOUR MENTAL WELL-BEING AND RESTORE RESILIENCE FOR THE FUTURE



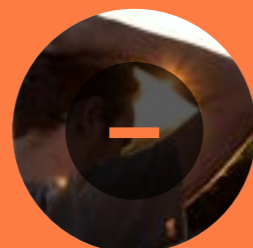
BE ALONE

DON'T struggle on your own. Ask for help when you need it.



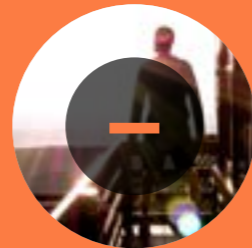
DRINK / DRUGS

DON'T use alcohol or drugs to cope with your feelings



IGNORE IT

DON'T ignore suicidal ideas. You can be helped: family doctors, counsellors and other professionals are trained to listen without judging.



BE AFRAID

DON'T be afraid to open up.

DON'TS



WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

WHAT COULD STOP YOU...

You might be scared of being seen as different from others.

Stigma is the single biggest barrier to seeking professional help.

Not feeling a sense of safety and trust when you are accessing support.

REMEMBER...

...you are never alone.

Talk to a mate.

Ring the helpline.

Go online.

There are many organisations nationwide and locally that can help you professionally.

These include:

Mind Information Line on 0300 123 3393

(9am-6pm weekdays).

www.mind.org.uk Email info@mind.org.uk

Samaritans on 116 123 (UK and ROI)

www.samaritans.org

Advice on coping with suicidal ideas and crises.

NHS Choices includes advice and guidance to help you live well.

www.nhs.uk/live-well

These services can help with approaches such as counselling, practical advice on how to improve your mental well-being and build your resilience, as well as ongoing support.