

Improving Resilience & Wellbeing





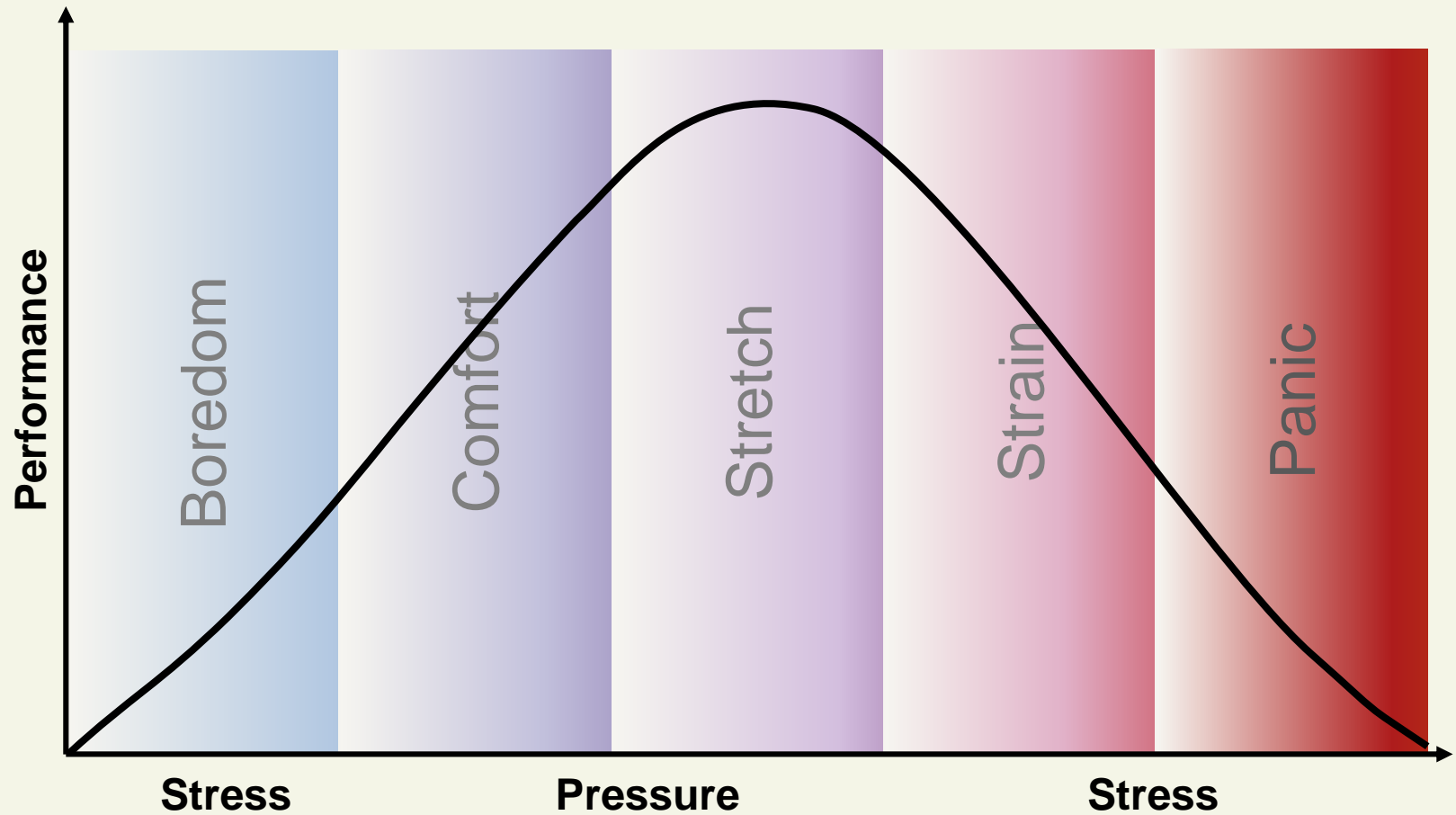
Completing all elements of this learning will enable you to improve your own well being and resilience and that of others

Learning Outcomes

By completing all elements of this learning, you will be able to:

- Explain why it is essential for you to value and focus on wellbeing and resilience
- Identify what factors impact resilience and wellbeing
- Plan to take practical steps to improve resilience and wellbeing

Pressure vs Stress



Recognising the Signs

Group 1

What are physical signs (tags) of stress?

How does stress affect us physically?

Group 2

What are emotional signs of stress?

How does stress affect us emotionally?

Resilience

/rɪˈzɪliəns/

noun

the capacity to recover quickly from difficulties; toughness.

Wellbeing

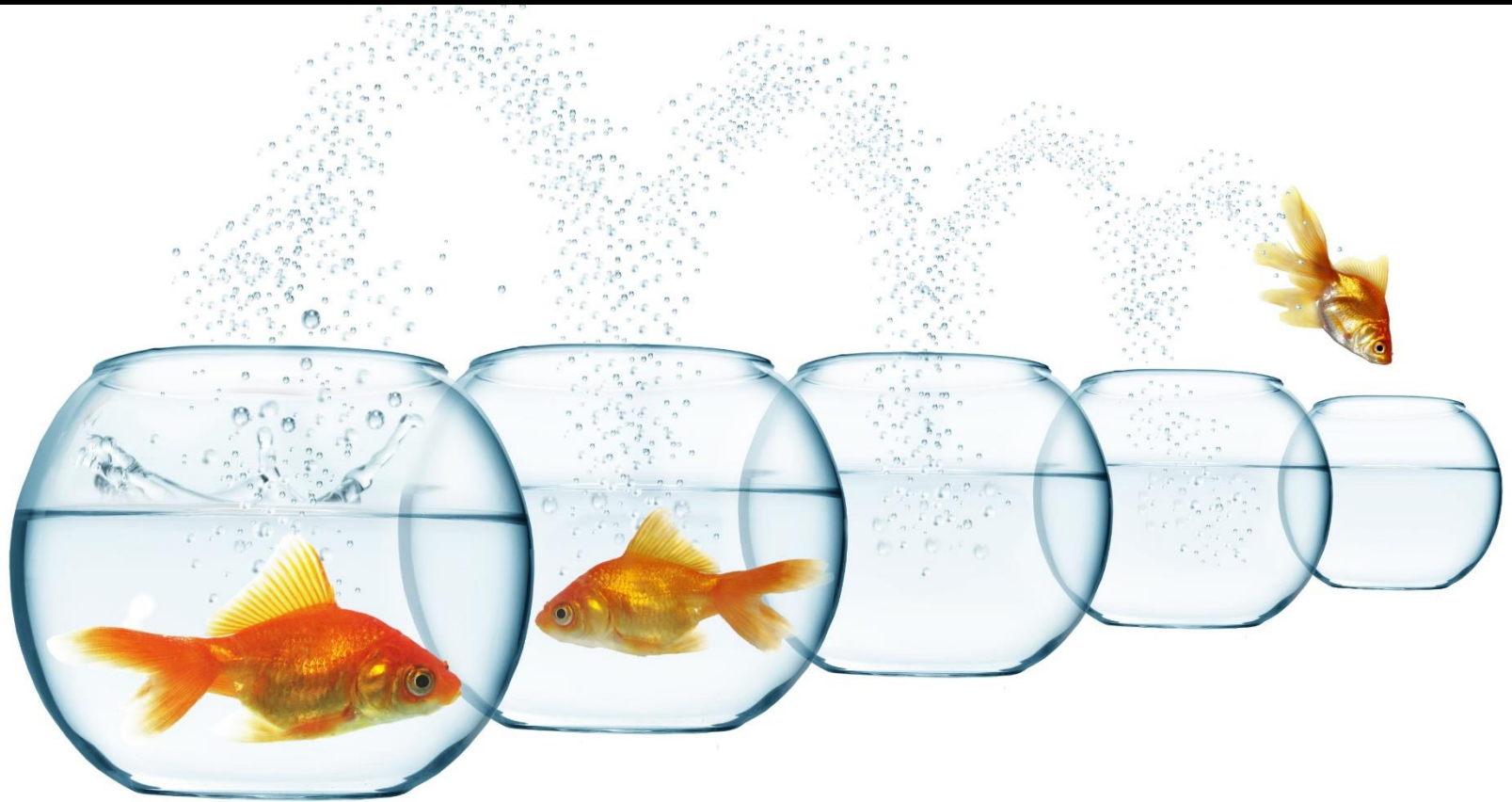
/wɛlˈbiːɪŋ/

noun

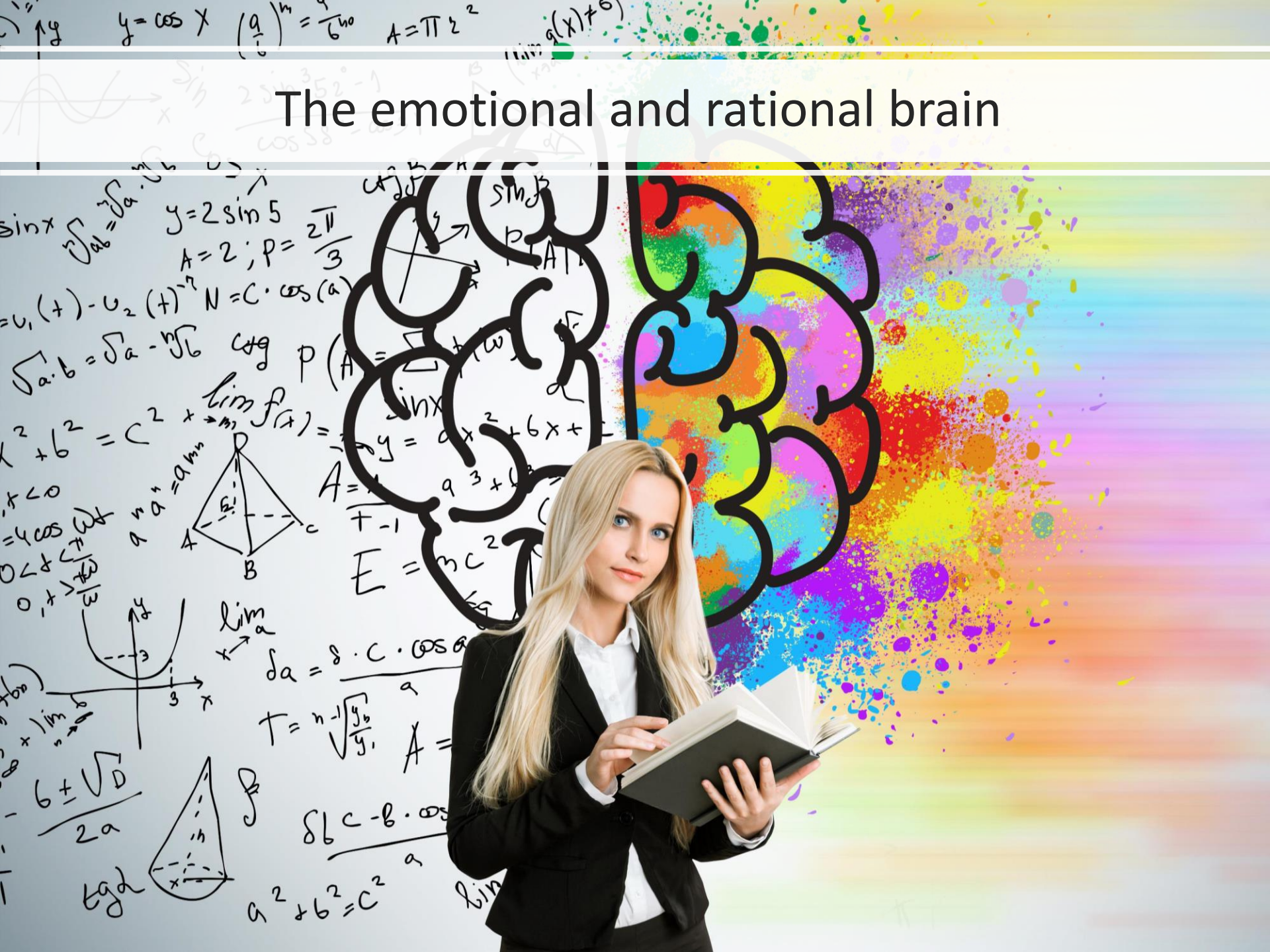
the state of being comfortable, healthy, or happy.



Resilience Tank



The emotional and rational brain



Errors in thinking

Blaming

Labelling

Catastrophizing

Predicting the future

Mind reading

All or nothing

STOPP

Stop and step back



Take a breath



Observe

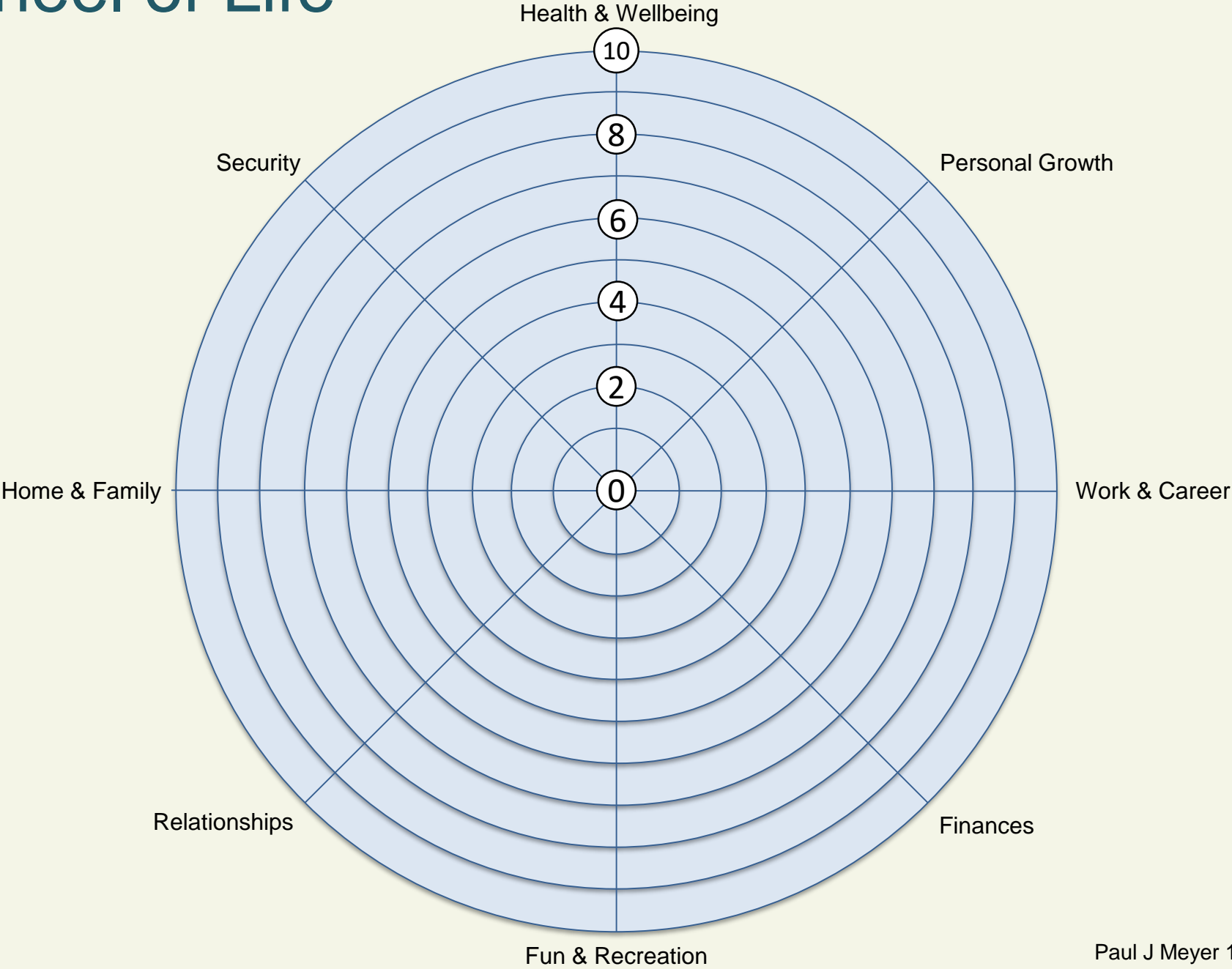


Pull back

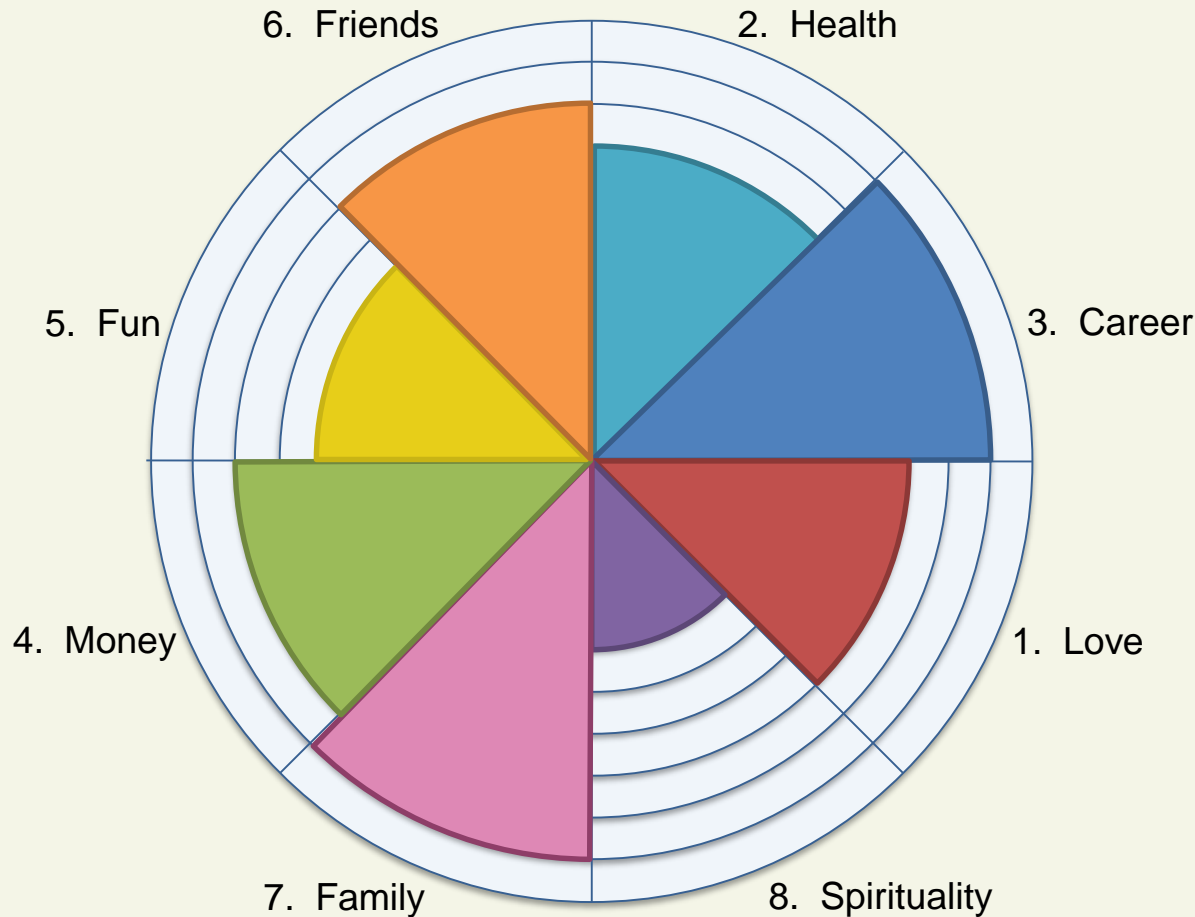


Practise what works

Wheel of Life



Wheel of Life



Friends

Happiness with segment 8. Priority 6

Health

Happiness with segment 7. Priority 2

Career

Happiness with segment 9. Priority 3

Love

Happiness with segment 5. Priority 1

Spirituality

Happiness with segment 4: Priority 8

Family

Happiness with segment 9. Priority 7

Money

Happiness with segment 8. Priority 4

Fun

Happiness with segment 6. Priority 5

Nb. Only share what you are comfortable sharing

What are your **next** steps?



Completing all elements of this learning will enable you to improve your own well being and resilience and that of others

Learning Outcomes

By completing all elements of this learning, you will be able to:

- Explain why it is essential for you to value and focus on wellbeing and resilience
- Identify what factors impact resilience and wellbeing
- Plan to take practical steps to improve resilience and wellbeing

Employee Support (Employee Assistance Programme/EAP)

HCC – Access via Employee Wellbeing and Support on HantsNet home page

HFRS – Access via Occupational Health and Wellbeing department on your intranet

Wellbeing Toolkit

<http://intranet/Intranet/Chief+Constable/Wellbeing+toolkit.htm>



HAMPSHIRE
CONSTABULARY



Join our
**Management
Development**
group on
Yammer

- **HCC** – Simply search for the group on Yammer