

## Resilience

“Resilience is the capacity of people to confront and cope with life’s challenges; to maintain their wellbeing in the face of adversity.”

– Mind & Mental Health Foundation 2013

We all will experience some form of difficulty everyday or for prolonged periods of time, to overcome this we will need to be Resilient. There are many ways we can be resilient but using coping strategies can be the best way to overcome these.



## Everyone is Unique

It is important to remember that everyone is unique, therefore everyone has different coping strategies. What may be a positive coping strategy for one individual could be a negative coping strategy for another.



## How many is enough?

There is no real minimum or maximum amount of coping strategies a person should have. But it is very important that you have coping strategies for different situations that you may find yourself in. The most common coping strategies like listening to music or being physically active cannot be used in certain situations such as feeling stressed during an exam. Having a coping strategy that can be done in the moment are important, some good examples are:

- **Counting to 10** – Taking a deep breath and count to 10
- **Box breathing** – breathe in for 4 seconds, out for 4 seconds while drawing a mental box (see below).
- **Positive Imagery** – Think of a time when you were stress free and relaxed.

**It is important that you find coping strategies that work for you, and make sure they are positive!**

## Box Breathing

### Step 1: Slowly exhale

Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you’re doing.

### Step 2: Slowly inhale

Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head.

Feel the air fill your lungs, one section at a time, until your lungs are completely full and the air moves into your abdomen.

### Step 3: Hold your breath

Hold your breath gently for another slow count of four.

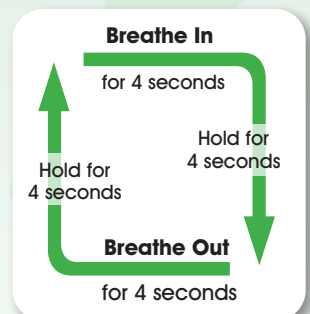
### Step 4: Exhale again

Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen.

Be conscious of the feeling of the air leaving your lungs.

### Step 5: Hold your breath again

Hold your breath for the same slow count of four before repeating this process.



(Healthline, 2020)

## Coping Strategies

Coping strategies are one of the most common ways we can show resilience. Coping strategies are specific behaviours someone undertakes to master, tolerate, reduce and minimise the effect of stressful events.

The strategies we use can be calming, comforting or a distraction and benefits our mental and physical wellbeing. It should allow us to keep safe, occupied and return to a level of normality, some common ones are:



Listening to music or gaming



Playing sports or being physically active



Socialising or talking with others



Being creative within the arts

There are also negative coping strategies that are likely to potentially be more harmful to ourselves or others. Examples of these are:



Substance Abuse



Isolating



Being Physically or Verbally Abusive towards others



Overeating