

PETROS

Resilience for Life



Be Kind To Your Mind

Episode 1: What is Resilience?

A Petros Production

With

Prof. Jo Clarke

Dr. Maxine Daniels

Di Gammage

Ed Simpson

Tracy Brookes

Mark Champion





Our Mission

To share the information and the skills we need to look after our minds in the same way we look after our bodies, so that no matter what life throws at us, we can (mostly) thrive!

The Episodes

Date	No:	Title	Facilitators
11.5.20	1	What is Resilience?	Jo and the team
18.5.20	2	Your brain and your mind – Not the same thing	Jo, Tracy and Ed
25.5.20	3	Emotion and Intuition	Jo and Maxine
1.6.20	4	The physiology of emotion	Jo, Ed and Mark
8.6.20	5	Emotional regulation and helping others	Jo and Di
15.6.20	6	The four sights	Jo and Di
22.6.20	7	Compassion and Mindfulness	Tracy, Mark and Jo
29.6.20	8	Cognitive Skills	Maxine, Tracy and Jo
6.7.20	9	Parents special – Helping your child with resilience	Jo and Di
13.7.20	10	A celebration of completion – Top Tips and moving forward	Jo and The Petros Team



The BKYM – The Process

- Each episode has an associated workbook that will be downloadable from www.petros.org.uk/be-kind-to-your-mind
- Use it however suits you best
- The idea is for you to create your own resource to refer back to whenever you need
- If you miss an episode, a recording of it will be available for a short period (roughly a month) for you to view again from www.petros.org.uk/be-kind-to-your-mind-episode-1
- Please be aware that each episode is recorded!
- We will be using Mentimeter, an interactive software that allows you anonymously participate.



Resilience – A brief history

- 1620 – To recoil or rebound. An engineering term.
- 1820 – Encompassed the idea of elasticity and resistance to change.
- 1970 onwards – Adopted by psychology to help understand the differences in people’s reactions to demand and challenge

The thing is, psychologists can’t really agree on a definition!

Some questions for you to think about if you’d like to.

What does Resilience mean to you? Is it the right term to describe people? What other terms do you like?



Resilience is...

...actually, not nearly as straight forward to define as we might think!!

- Is it
 - A personality trait?
 - Acquired?
 - Stable over time?
 - Trainable?
 - Measurable?

What do you think about these points? How do they apply to you? Which of these points help you understand yourself the most?



Some Definitions

- A universal capacity to cope with change and bounce back from adversity (Grothberg, 1997).
- Relative resistance to environmental risk experiences, or the overcoming of stress or adversity (Rutter, 2007).
- A process affected through various factors including:
 - Attainment and sustainment of positive relationships (connectedness).
 - The ability to create and execute realistic plans, to problem solve and to manage strong impulses (competence and contribution).
 - A positive self-concept.

What is your preferred definition? Have a go at making up your own definition. How close to your preferred definition do you think you are? What would you have to do to get as close as possible to your idea of resilience?





Wider society



Social network/support



Organisational factors



Life experience



Personality/habits



Pre-frontal cortex (Skills)



Learnt behavior/upbringing



Genes/Epigenetics

*Thoughts on the Cocktail.
Which ingredients interest you most?
Why?*





PETROS

Resilience for Life

www.petros.org.uk

laura@petros.org.uk

jo@petros.org.uk

Tel: 07483 901527

