

Building your emotional resilience and managing stress!



A teacher was teaching a class about stress management and asked his students this question....

“Is this glass of water heavy?”

The students all agreed that the glass wasn't heavy.

The teacher told them “It doesn't matter what the actual weight is. It depends on how long you hold it. If I hold it for a minute, it's Ok. If I hold it for an hour, my arm will start to ache. If I hold it for a day, you'll have to call an ambulance. The glass stays the same weight, but the longer I hold it, the heavier it becomes.

So if you carry your burdens all the time, sooner or later you won't be able to carry on – the burden will be too heavy.

What you have to do is put the glass down and rest for a while before holding it up again?

‘Stress’ is our body's response to difficulties, problems or challenges. The causes of stress may often be external, for example other people, relationships, financial difficulties and a leaky roof.

They can also be internal, for example pain, emotions, frustration.

The effects of stress vary from person to another it can affect our thoughts, feelings and actions. So what we need are ways to build our emotional resilience to these stressors.

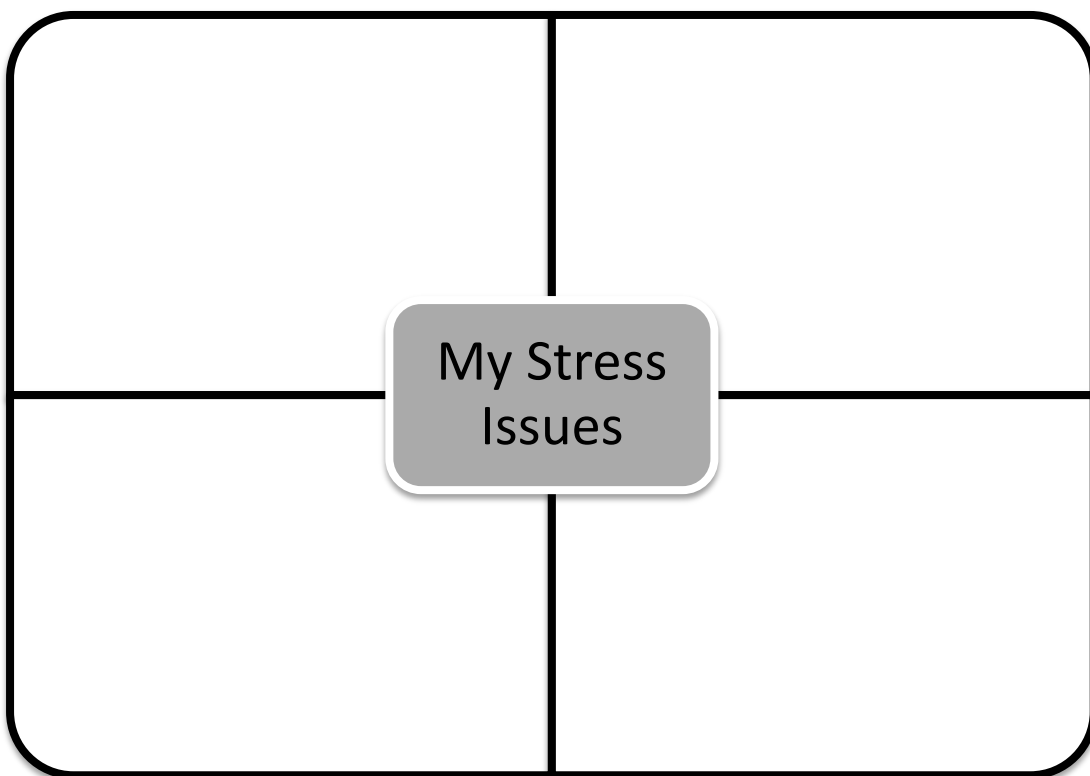
Psychological '**emotional resilience**' is an individual's tendency to cope with stress and adversity. This coping may result in the individual "bouncing back" to a previous state of normal functioning, or simply not showing negative effects.

Another form of emotional resilience is sometimes referred to as 'steeling effects' where in the experience of adversity; it can lead to better thought and emotional functioning

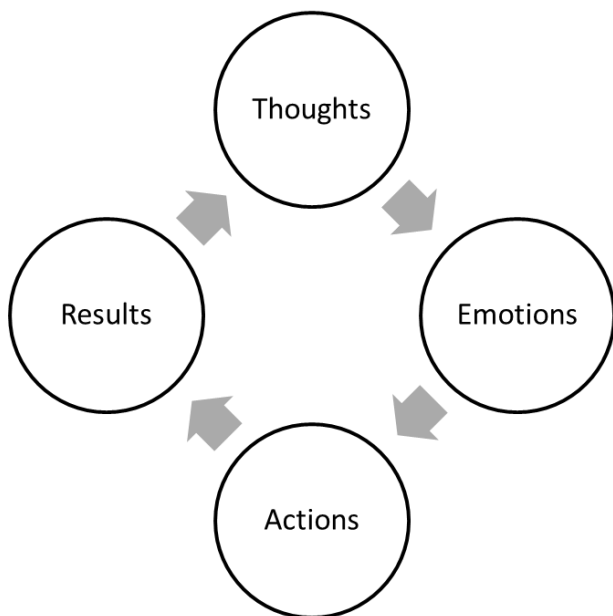
My stress issues:

Now think about some of the challenges in you caring role. They can provoke strong feelings of anger, frustration, anxiety, resentment or guilt.

The aim is to pinpoint some of the issues that you can begin to start to address within this module. Put a stress issue in each box if this is relevant for you.



The Tear Model:

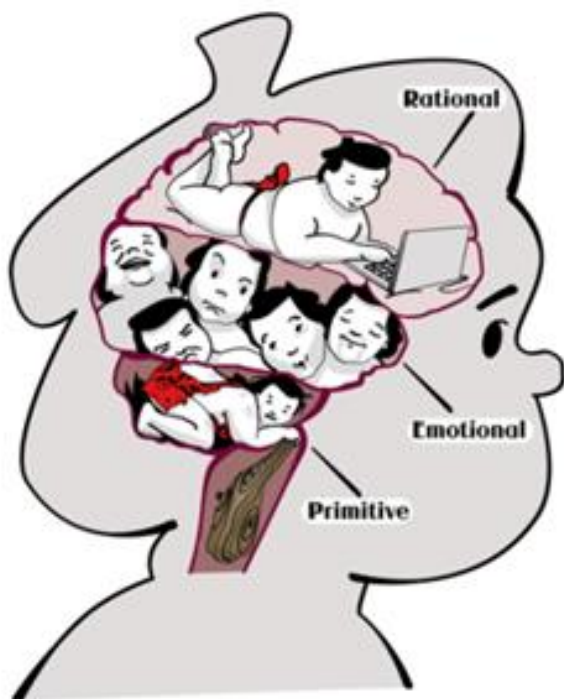


Our thoughts create our world. Some of this can be true and some of this can be imaginary.

Our thoughts can be empowering and they can be disempowering.



Three Brains!



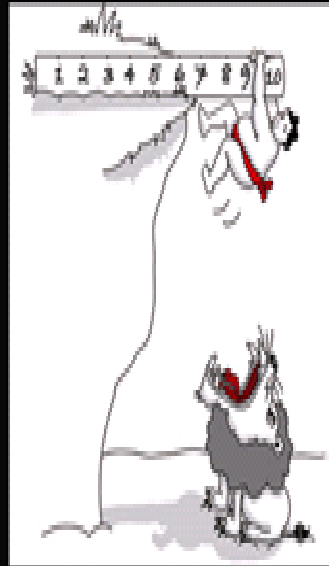
Rational Brain - Thought and judges, creates preferences by rational logical labelling

Emotional Brain - guide us to our goals and respond if we are succeeding or threatened.

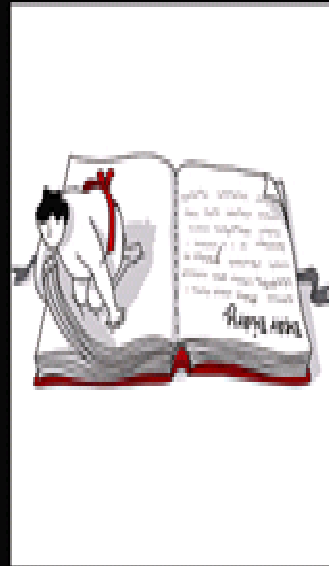
Primitive Brain - evolved to help animals survive and leave their genes behind with off-spring.

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**Faced
with a
challenge?**
7 questions to help you
S.U.M.O.



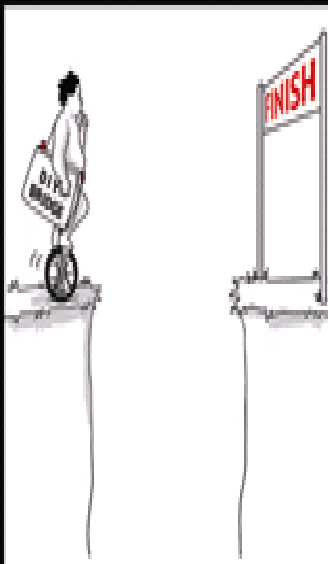
1: Where is this issue on a scale of 1 - 10?



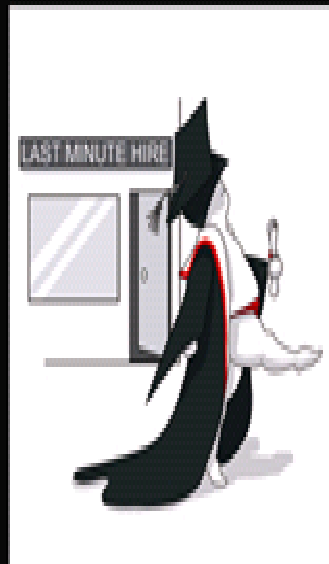
2: How important will this be in 6 months time?



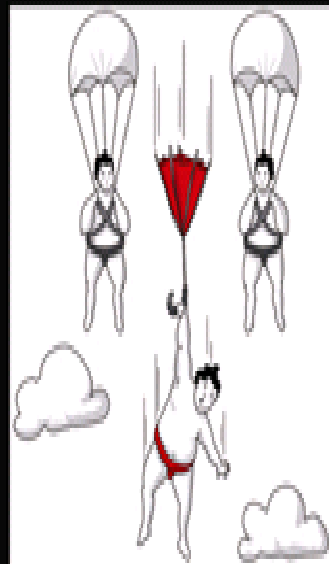
3: Is my response appropriate and effective?



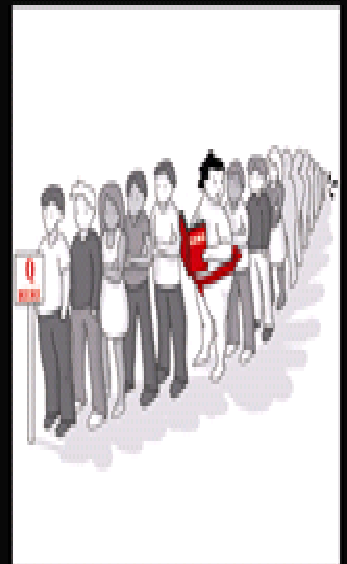
4: How can I influence or improve the situation?



5: What can I learn from this?



6: What will I do differently next time?



7: What can I find that's positive in this situation?

Finding new ways of managing:

Just doing something different can make you feel good and more resilient. The following chart gives you a range of coping strategies that other carers have found useful.

Look through the suggestions to see if there are:

- Strategies you're already using
- Strategies you'd like to give a go?
- Strategies that just don't appeal to you?



Strategies to Enable you to Care	I do this	Give it a go	This is not for me
Keep in touch with friends – ask friends round, keep in touch more regularly by phone/social media/email.			
Think positively – encourage yourself to see the positive in each day, read a book, keep a journal, keep a happiness jar, watch a film you enjoy, look for inspiring sayings via social media/books.			
Do something creative – can you involve the person you are caring for?			
Rest – if the person you are caring for has a rest in the afternoon, can you take a nap too?			
Plan – keep a ‘to do’ list (no more than 7 things) and split into what must be done today, what can be done another day, and tick things off.			
Get some fresh air – even if it’s standing on the doorstep or beside an open window.			
Delegate – can you get someone (family, friend, paid support) to help with one or two routine tasks to give you a little time for yourself?			
Treat yourself – massage, long bath, nap?			
Exercise – get active at your own pace.			
Write your feelings down – good way to reduce stress, use the 7 Questions.			
Relax/meditate/breathe - books, CD’s, Internet.			
Share ideas – joining Carers social groups.			
Pet an animal – stroke a pet, watch fish			

Make the most of your best time - morning, afternoon, evening. What about the person you care for? Make the most of this time.			
Eat nutritious food – making one healthy addition each week can be a great start.			
Practise saying ‘No’ – do you say ‘Yes’ to things when really you don’t want to? You have needs too, learn to say ‘No’ sometimes.			
Do a course – a range of courses are available and they are accessible via distance learning, internet, local centres.			

Taking some control:

We can’t control everything that happens to us. What we can do is do something with the bits that are in our control. For example, you have no control over the particular condition of the person you care for, BUT you have some control of how it’s managed and what quality of life the person is able to enjoy.