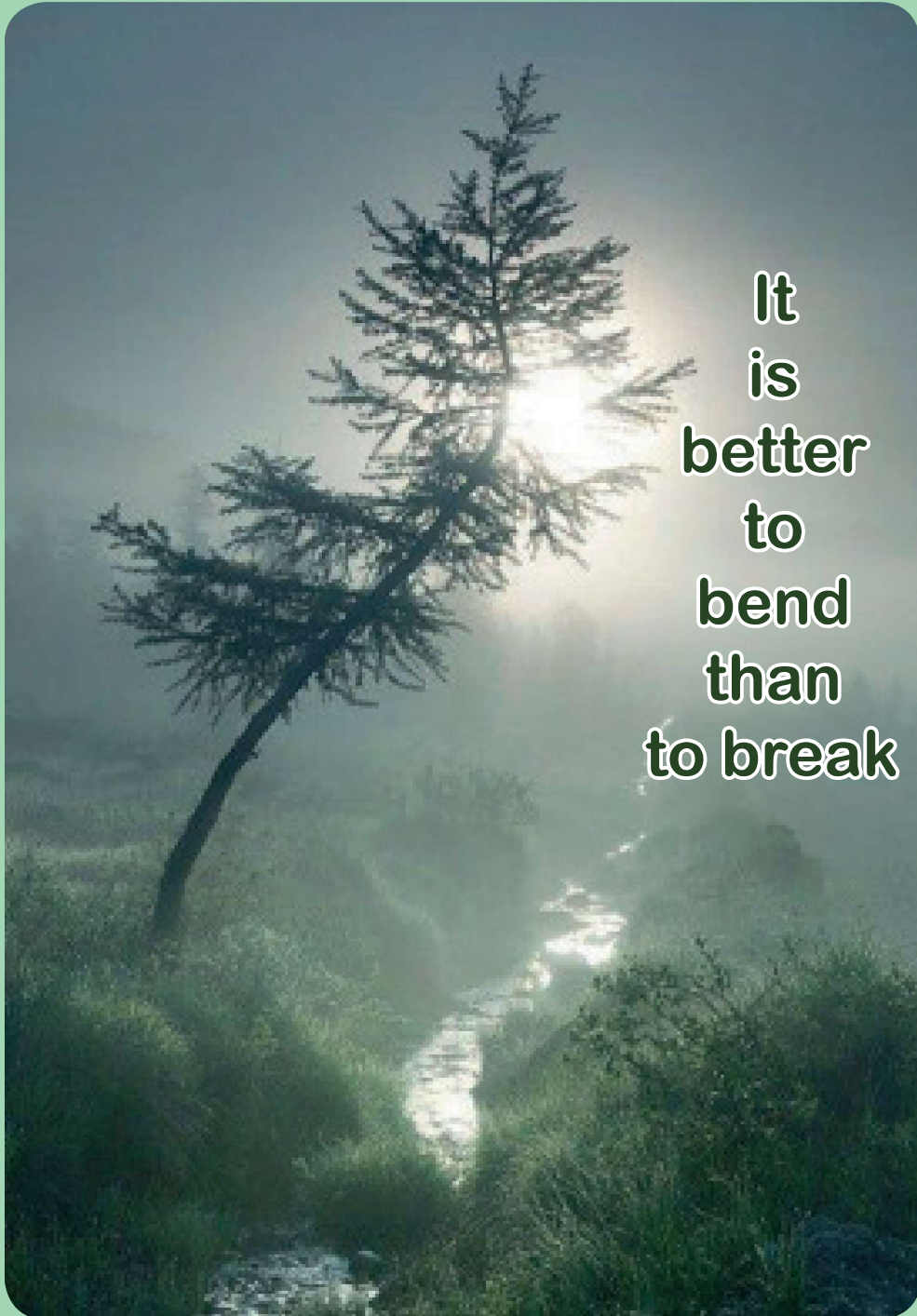


# Bend Don't Break

Building strengths  
that build resilience



It  
is  
better  
to  
bend  
than  
to break

***In a storm, a palm tree's trunk bends. Their deep roots help them stand in hurricane-force winds. Resilience during tough times is about being like a palm tree.***

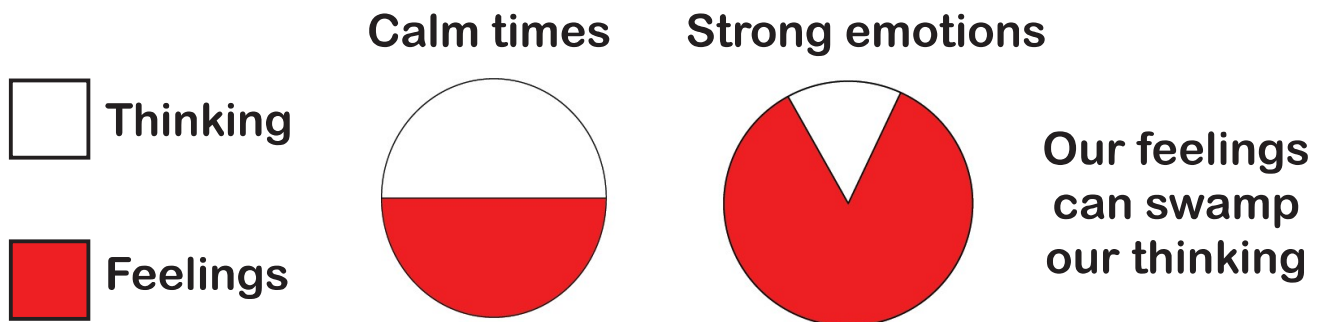
***Bend, don't break!***



# Bend Don't Break: Building Strengths that Build Resilience

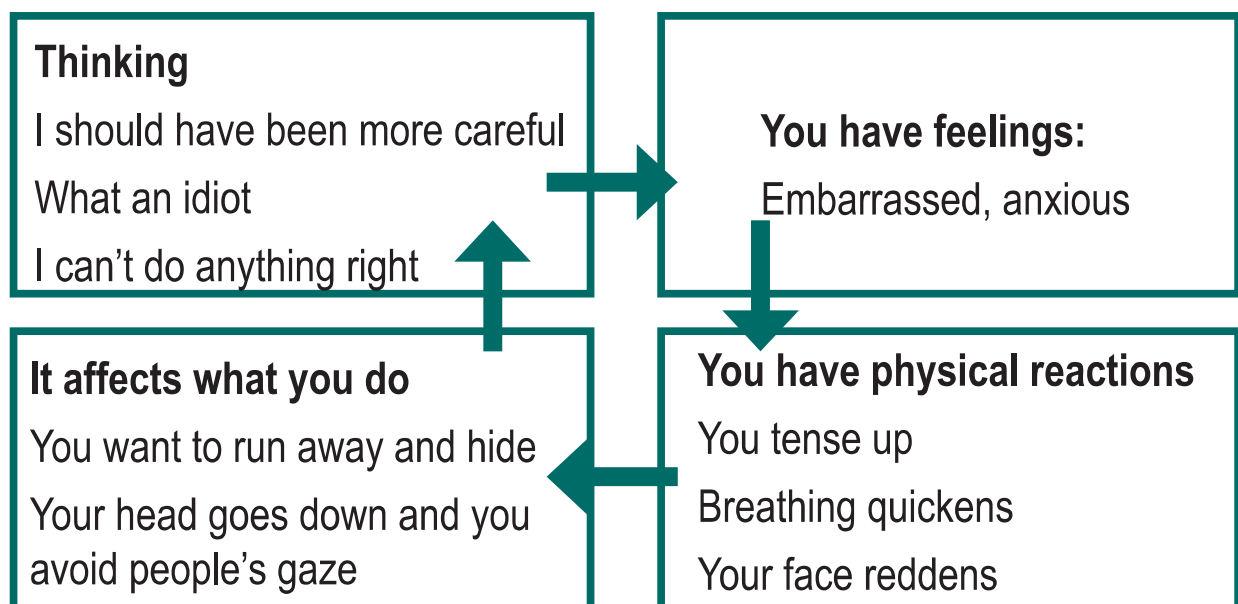
Do you have times when.....

- Things seem to get on top of you?
- You can't stop worrying?
- Stressful events or situations are just too much?
- You beat yourself up with self-criticism?
- Your mood is low and you are not enjoying things?
- Feelings like fear, anger, or sadness seem to take over?  
Your thinking "closes down". Like in the picture below you don't think straight.



## What influences your feelings?

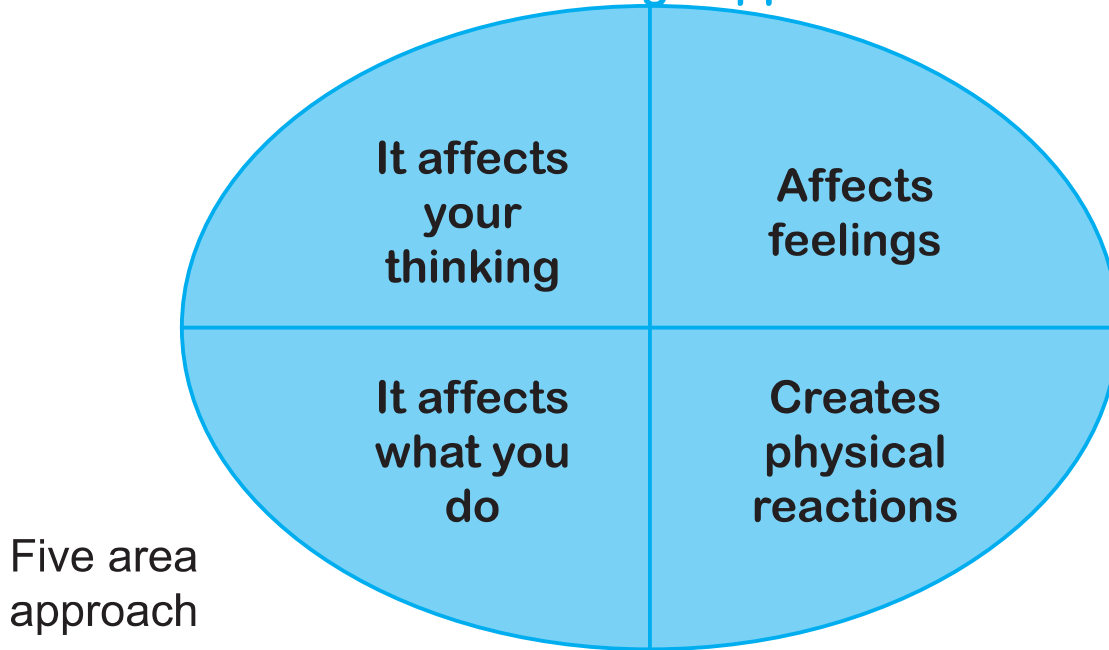
Lets look at just one example. You drop a tray in the canteen. People start to laugh. What influences what you are feeling?



**Can you do anything about this? The straight answer is yes, people have and so can you. That is what this workbook is all about.**

Changing one thing in this cycle can make a big difference

Something happens



The skills in this workbook will help you do this and help you be more resilient. (We will talk more about resilience on the next page).

## How to get the most from this workbook

New skills don't happen by themselves. You need to practise them. So reading this workbook will not be enough.

That is why we are calling this a “**workbook**”. You are going to have to work at it. Some suggestions to help you do this are:

- Talk about what you are doing with someone
- Write down your thoughts as you go through the workbook
- Develop a plan. How you are going to practise this stuff?
- Reward yourself for small steps.

What you do with this material is entirely up to you.

We hope you find it helpful.



# Building resilience

Everybody experiences stress to some extent:

- We all have unexpected things happen
- Things go wrong
- People let us down
- We make mistakes.

Resilience helps people cope with stressful situations better. But what does being resilient mean?

Resilience is being able to “bounce back” from tough times. It is having strengths within and outside yourself that help you through difficulties. The good news is our resilience can be strengthened if we work at it.

This workbook will give you ideas about how to do that. Resilience helps people to deal with stress and problems, be less anxious, lift their mood, and try new things. How does that sound to you?

## Setting goals

From what you have read so far, what would you like to get most from using this workbook? (Tick as appropriate)

- ☐ Deal with stress and problems
- ☐ Be less anxious
- ☐ Lift your mood
- ☐ Try new things

Anything else you would like to gain?

# Knowing yourself: Seven abilities associated with resilience

**What strengths do you already have? In Northern Ireland we tend to be quick at seeing our weaknesses. Seeing our strengths is more difficult.**

**Researchers in resilience have identified seven factors that support resilience.**

**As you read through these abilities think of at least one you have seen in yourself recently. (Of course you can think of more than one).**

## **Give yourself thinking time**

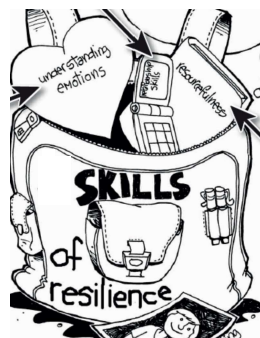
Being able to think through options and consequences and to choose what is best is a key skill.

## **Recognise your feelings**

Being aware of your feelings is vital. Strong feelings like worry or sadness can make you feel powerless. Naming what you are feeling is a good start at controlling your feelings.

## **Use that thinking time. Analyse the cause of problems**

Do we accurately decide the cause of problems? The word accurate is crucial. What we think about when stressful events or problems affects how we feel and what we do.



## **Staying hopeful (optimistic)**

Can we see things as they are and make the best out of any given situation? This does not ignore difficult things, but not getting locked into negativity. It's being able to be hopeful.

## **Believe in your ability**

Do we believe we can tackle most things head on and bounce back when things get tough? It is the belief that what we do makes a difference.

## **Empathy**

Empathy is the understanding of what it is like being in someone else's shoes. It is an important part of strong relationships.

## **Reaching out**

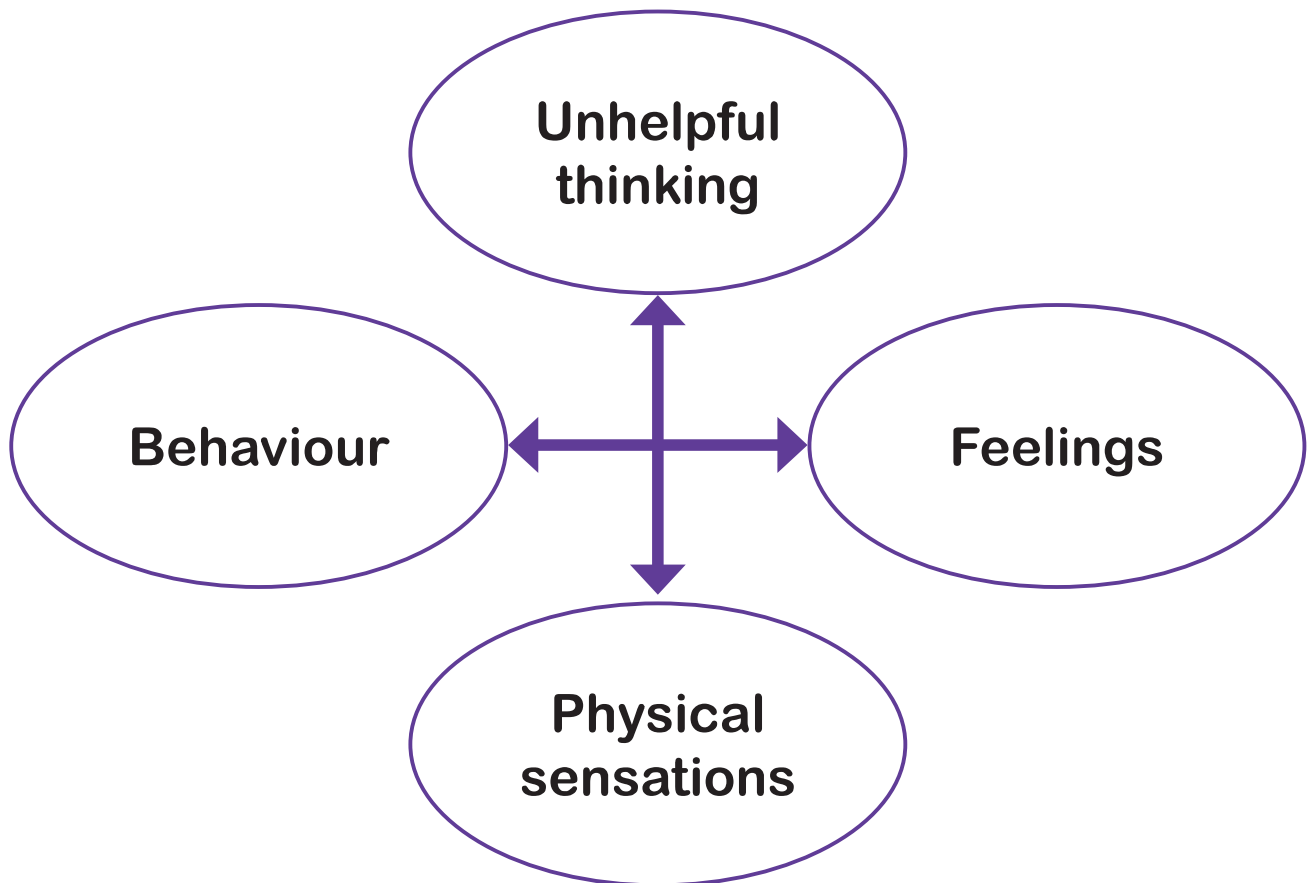
Reaching out has two parts. It is the ability to take on life's opportunities and not fear failure. It is also about being willing to ask for help. Some people see asking for help as a weakness. It is a strength acknowledging that we all need support at times and that it is ok to ask for help.

**What is just one of these skills you have seen in yourself this week?**

## Strengthening your resilience

As already said, changing one thing in this cycle can have a ripple affect and impact the other areas.

Something happens



Research in resilience says, when you actively choose.....

- How you think
- Who you use for support
- How you look after yourself.....

and this helps you get through tough situations; this strengthens your belief in yourself, a key cornerstone of resilience.

So that is what we will be covering in the rest of this workbook: thinking, support and self-care.

# Thinking: one of the best tools we have to help us cope

We all have situations that seem to push our buttons and make us react in certain ways. Or so it seems.

In most situations, it's what we **think** that is important.

There is a strong connection between what we **think**, what we **feel** and what we **do**.

How does thinking affect what we do?

Something happens → We think about it → We act, we feel

Most of the time we don't notice what we are thinking because it happens so quickly and it seems an automatic thing for us to do.

There are things that happen that are outside of our control.

What we can control is how we react!

Remember a time you had strong feelings like being sad, angry or worried.

What was going on?

What did you feel?

What did you do?

What were you thinking?

What if our thinking tends to have a negative tone to it?

The problem with these automatic thoughts if they have a negative tone to them is that they are:

**Automatic:** They just pop into your head with no effort on your part

**Hidden:** You don't usually notice them. It is like music playing in the background that we don't pay attention to

**Distorted:** They ignore any evidence right in front of you

**Reasonable:** You can accept these thoughts as facts and you don't check them out

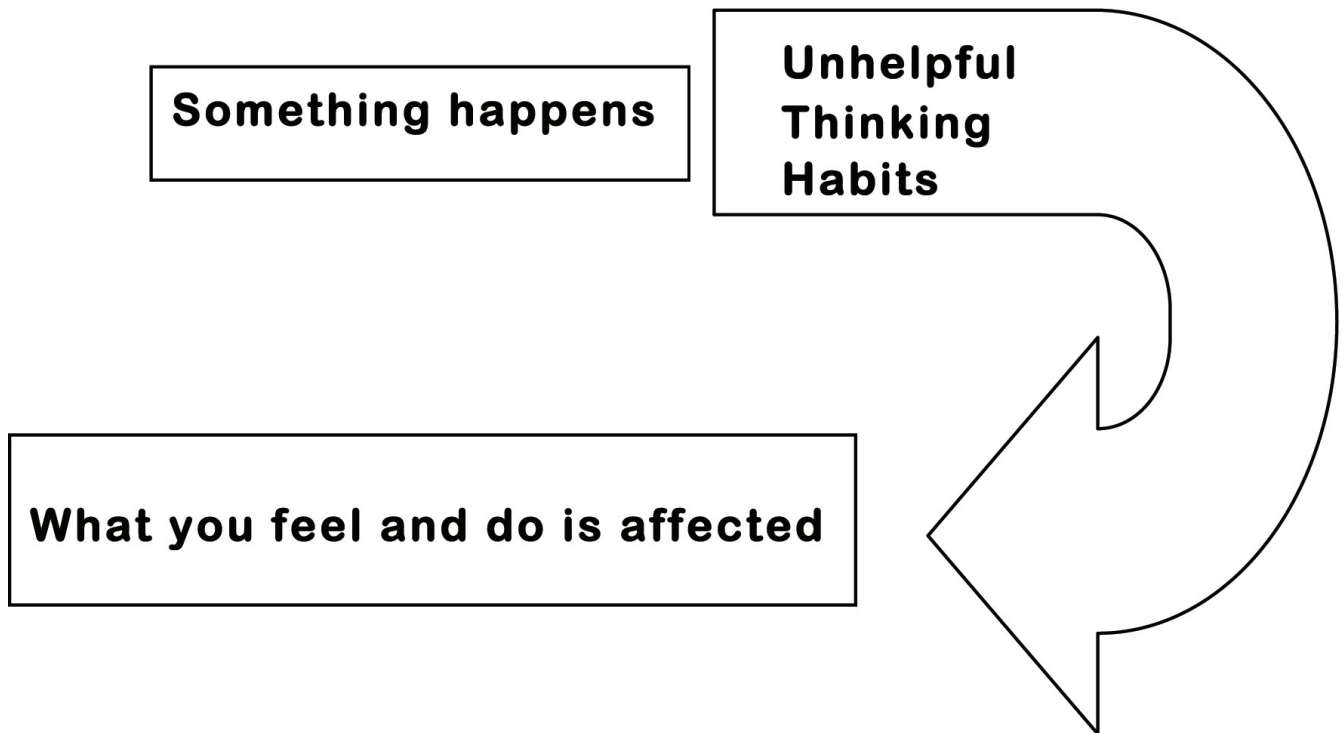
**Negative and unhelpful:** They may start out seeming reasonable enough but can make you feel increased emotions like sadness, anger, worry and you may do things to avoid these feelings

Look back to the time you had strong feelings from the last page.

Does your thinking play a part?



How does this work again?



Another way to explain unhelpful thinking habits is like having an MP3 player in your head, with a list of bad songs (unhelpful thoughts), that always switch on the moment something happens.



The longer it goes on the more it turns the volume up on what we feel. This will then affect what we do.

How do you get more control over your thinking?

1. **Catch it:** Recognise the unhelpful thoughts you are having.
2. **Pause it:** Put on the brakes. Create thinking time.
3. **Challenge it:** Give yourself thinking time and challenge that thought: Is it a song you like?
4. **Change it:** Create an alternative: if you don't have the songs you like on your play list, make up a new one.

**This may sound simple. Simple does not mean easy. It takes practice, so keep reading.**

# How to get more control of your thinking

## 1. Catch that unhelpful initial thought

The first thing to do is recognise unhelpful thoughts. Listen to what you are thinking.

Once an unhelpful “song” is in your head it can get stuck.

**“To name it is a step to taming it.”**

Putting a name to the type of thought you have helps.

## Types of unhelpful thinking

Here are very common types of unhelpful thoughts that can be like a ‘bad playlist’ on the MP3 player in your head.

**Black and white**



**If I’m not perfect I have failed.**

**“Either I do it right or not at all.”**

**Over generalising**

*“everything is always rubbish”*

*“nothing good ever happens”*

**Seeing a pattern based upon a single event.**

**“It is going to be one of those days.”**

**Mental filter**



**Zooming in on the bad.**

**Ten things happen to you today. 9 good and 1 bad. You dwell on that one bad thing.**

**Disqualifying the positive**



**The good does not count.**

**Jumping to conclusions**



**2+2=5**

**There are 2 types:**

Mind reading (we know what others are thinking)  
Fortune telling (predicting the future will turn out bad)

**Making a mountain out of a molehill**



**Blowing things out of proportion.**

**Turning a disappointment into a disaster.**

**Emotional reasoning**



**Assuming because we feel a certain way it must be true.**

**"I made a mistake. I feel stupid. I must be stupid."**

**Should**

**must**

**Using critical words like 'should', 'must', or 'have to'.**

**We put ourselves and others under pressure.**

**Labelling**



**Assigning labels to ourselves or other people.**

**"I'm a loser"**  
**"I'm completely useless"**  
**"They're such an idiot."**

**It's all my fault**

***"this is my fault"***

**Blaming yourself for something that wasn't your fault.**

**Did any of these types of unhelpful thoughts pop up in your thinking this week?**

**Which three gave you the most difficulty?**

- 
- 
- 

**What happened when you thought this way?**

## See if you can name it exercise

Consider those automatic unhelpful thoughts. Let's meet Nick and see how his thinking works.

He has applied for a course he really wanted but he didn't get a place on it. Some of his friends did get on it. He is really disappointed, a very natural reaction.

Look at the unhelpful thought list. What might Nick be saying to himself in an unhelpful way?

What would he be thinking?

What would he be feeling?

How would he be reacting physically?

What would he do?

### The unhelpful thought list

Black & white thoughts

Over generalising

Mental filter

Disqualifying the positive

Jumping to conclusions

Making a mountain out of a molehill

Emotional reasoning

Should statements

Labelling

It's all my fault

## Thinking leads to altered feelings that leads to changes in our body

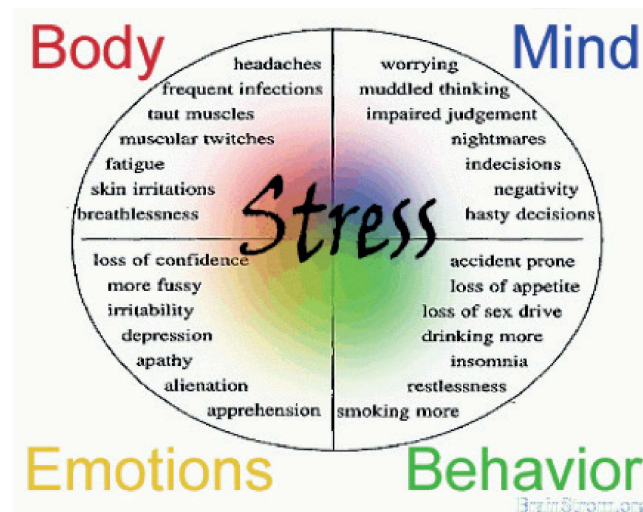
Unhelpful thinking amplifies feelings. It's like turning the volume up on that MP3 player.

Thought	Feeling	Amplified	Change in the body	
Feeling attacked. They are out to get me.	Annoyed	Furious	Rage	Can be similar to how we respond to panic if extreme.
Something is a threat. This is terrifying.	Worry	Fear	Panic	Adrenalin increases. Heart beats faster. Breathing speeds up. Fight or flight response kicks in.

As stated before, there is a cycle between thinking, feelings, physical symptoms and behaviour.

Feelings do affect the body. An example is the part of the brain that responds first when danger or anger strikes. The amygdala controls the instinctive 'fight or flight' response to fear, feeling threatened and stressed, allowing you to react first and think later.

When we experience danger, the chemicals that are there to deal with that immediate danger can suppress the thinking part of the brain. These chemicals send blood and most importantly oxygen from our brain to our large muscles to respond to that danger (the fight or flight response). Guess where some of that blood and oxygen comes from - the thinking part of the brain.





## Naming what you are feeling emotionally

If you listed all the words that name emotions, the list would be pretty lengthy. There is some thinking that says there are only 4 core emotions. All other feeling words are variations of those core feelings. What are these core emotions?

### Sadness, Anger, Fear, Joy

Every feeling word fits to a degree into these four.

Take one feeling like fear. Put it on a ruler. At one end the feeling may be low. To describe it you may use the words, “a little anxious”. On the other end of the ruler you may put it as “panic”. They are both from the same core emotion: fear.

1	5	10
A little anxious		In a state of panic

There are a few exceptions:

- Jealousy: is that fear, anger or a bit of both?
- Nostalgia: is joy remembering good things along with some sadness that its gone?

Can you think of any more exceptions of feelings outside these four core feelings?

### Be more accurate in naming how you feel.

This is where the core emotions can help. Remember the slogan: “Name it so you can claim it. Claim it so you can tame it.

Think of words that describe the levels of these four core emotions?

## **2. Pause it: push the pause button**

Giving yourself thinking time is one of those abilities associated with resilience.

When you notice strong feelings or your body's reactions, it is a signal to create thinking time. Use that thinking time to challenge and then change your thinking.

Here are some ways to create that thinking time:

### **Use words or phrases that tell you to clear your head**

If we get into a habit of saying certain things to ourselves we can learn to link that phrase with a signal to think things through.

- I can work this out
- Stop, observe, get curious
- This is only temporary.

### **Deep Breathing 7/11**

From deep in the pit of the stomach breathe in for 7 seconds and then breathe out for 11 seconds. Do this 5, 6, 7 times and see the reaction. By breathing out more than breathing in you trigger a relaxation response instead of getting yourself more stressed.

### **A safe place in your head**

Picture in your mind a relaxing, calming place. (You can make one up). Go there in your mind for a moment.

Can you think of any other ways to push “your pause button”?

### 3. Challenge it: Use that thinking time

Once you hear that negative thought pop into your head, pause and check it out. As the skills associated with resilience say: “use that thinking time.” How can you do that?

- Stop, observe, get curious
- Be a detective. Check out what is going on.

Three ways to check out what is going on:

1. Reality testing
2. Look for other explanations
3. Put things into perspective.

Ask yourself:

Reality testing	Look for other explanations	Put things into perspective
Where is the proof? Am I guessing or is this really true? Do these thoughts help or hold me back? Is it a disaster or just a nuisance? If it is beyond my control (or responsibility) should I let it go?	Is there another way to look at this? Am I concentrating on my weaknesses and forgetting my strengths? Is there anything I can do about it?	Will this affect me tomorrow? Am I missing any good in this? Am I expecting myself to be perfect? Is this going to last a long time or is it just for now? Is this the big picture or am I only looking at a small bit?

Pick three of these questions you can use. They can be your key ones to challenge unhelpful thoughts.

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- 
-

## 4. Change it: Create an alternative

Once you learn to catch an unhelpful thought, pause and challenge it you stand more chance of thinking differently... maybe more in a helpful way.

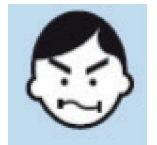


### Aim to be flexible and creative in your thinking

See other ways to explain a situation:

- Alternatives: A more accurate way of seeing this is.....
- Evidence: That is not true because.....
- Implications: A more likely outcome is.....and I can deal with that!

It also helps to keep your goals in mind. What do you want?  
What is important to you?



Now, take that situation Nick found himself in from page 11 when he did not get on a course he really wanted.

Once he notices what he was thinking, paused it and challenged what he was thinking, what could he do?

What other ways could he see his situation?

**It is not just a message of “think positive”.**

**It is using your thinking as a tool to help you cope.**

**Let's look at something you found stressful or difficult this week and give it a go.**

<b>Situation</b>	<b>Catch it, Pause it</b> My initial feeling How intense was this feeling? What was I feeling physically? What unhelpful thinking was going on? Pause it. Take a deep breath	<b>Challenge it</b> Reality testing Look for other explanations Put things into perspective What did those thoughts mean to me, or say about me or the situation? What's the bigger picture? Is there another way of seeing it? Will this make any difference for me tomorrow?	<b>Change it</b> Alternative More balanced perspective What would someone else say about this situation? What advice would I give someone else? Is my reaction in proportion to the actual event? How important is this? What would be the worst thing about that, or that could happen?	
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**Remember, new skills don't happen by themselves. They need to be practised. Breaking old habits can take time and effort.**

**Some people say 4 weeks, maybe even 8 weeks until they become less of a habit. Stick at it.**

**Although it might seem odd, writing down your thinking helps. You can watch it change for the better.**

**Use the thought chart on the next page to do this. We have given you a blank page to practice.**



## My thinking chart

<b>Situation</b> What happened? Where? When? Who with?	<b>Catch it, Pause it</b> My initial feeling What unhelpful thinking was going on?	<b>Challenge it</b> Reality testing Look for other explanations Put things into perspective	<b>Change it</b> Alternative More balanced/compassionate perspective

# Deep core beliefs and rules

Having unhelpful core beliefs is like riding through life with the handbrake on.

What may also be influencing your thinking are your core beliefs.

Do the words failure, worthless, stupid or unlovable ever appear somewhere in your thinking?

Core beliefs are like a lens or filter we look through that interprets things about yourself, people and the world that often starts forming in childhood.

They are a set of rules and assumptions that guide our thinking and behaviour. We don't consciously think about them but they are there all the same.

Core beliefs tend to fall into 3 categories associated with:

- **Achievement:** I must always get it right. Mistakes are seen as failures.
- **Acceptance:** Is there a strong need to be liked, accepted, and praised by others?
- **Control:** People can feel uncomfortable when things are not in their control.

## Why is it important to be aware of our core beliefs?

- Not all deeply held beliefs and rules are negative. Positive beliefs shape our values.
- When we are not aware of the beliefs and rules that guide us, we can fall into the same emotional reaction to things over and over again.
- They can contribute to emotions and behaviours that just don't match up with what is going on.
- We want to be able to address the core beliefs that don't work for us, the ones that trap us in destructive feelings or behaviours.

Read through the following examples of common beliefs and rules. Which of these contribute to the way **you** think? Do they work for you? How do they affect your relationships and daily living?

I am inadequate	I have little control over what happens to me
People can't be trusted	The world is dangerous
Never ask for help. It is a sign of weakness	It's easier to avoid difficulties rather than do something about them
I must be liked by everyone	I must do everything perfectly
Things should be fair	When things don't go the way I want it's terrible
It's normal to fear things that are uncertain	Any others

## Understanding what your core beliefs mean to you

While recognising unhelpful core beliefs can be difficult, it can be the most powerful skill you can learn. Take an unhelpful core belief and ask yourself:

- Is it working for me?
- Is there another way to see this?

Being able to identify our underlying core beliefs, explanatory styles and unhelpful thinking habits is the first step towards change and resilient thinking.

Take one unhelpful core belief or rule you would like to try changing.

It may not be useful to use the extreme opposite about your unhelpful core belief. For example “I am not good enough” to “I am great” may not work because you simply don’t believe it yet.

Like a well-trodden path in the woods, starting a new one will not be easy. At first the new path can feel awkward. With consistent effort it can become familiar and even automatic.

Start chipping away with thoughts. “It’s not 100% true”. Generate arguments about the belief if it is not working for you. Is it too rigid or extreme? Does it make sense?

The skills work discussed earlier  
work with core beliefs too.

Catch it

Pause it

Challenge it

Change it

Because they have been around longer, changing  
them will take more effort.



## Support

Changing your thinking can impact on your feelings. Changing what you do can also help. Using support is one way to change what you do.

What does the word support mean to you?

When do you feel you would need support?

When I need a  
mentor or role model

When I am hurting

When I want  
to share  
problems

When I need  
good advice  
with a problem

When I want to be with someone  
who knows me well and  
understands me

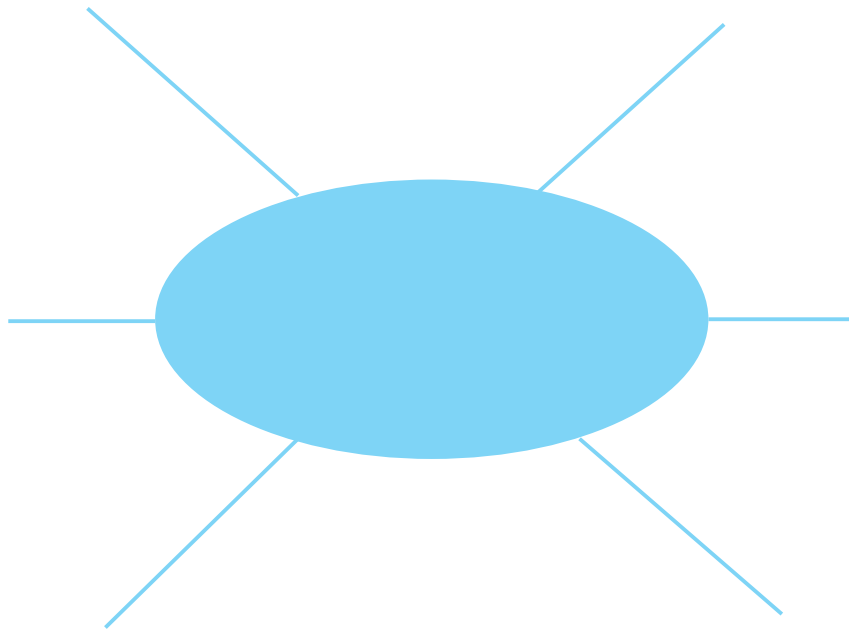
When I need to keep  
myself safe

When I want my  
life to be different



## Who are the important people you can turn to?

Write your name inside the circle below. Draw other circles representing each person in your life. As you draw each circle, write the name of the person in it. Draw circles of those you consider most supportive nearest to you and people less supportive further away from you. Add more lines if you need to.



### Some questions to ask:

- What stops you using support?
- Could you use the support you have put in your circle more?
- If people are not helpful... could you stop looking for support from them?
- Do you need some more positive support?

# Self-care

Looking after your emotional wellbeing is also a way to change what you do. People tend to have more resources within themselves when they look after themselves. It is within your choice and control.

Here are some ideas to help you do this.



## Take 5

Take 5 is a set of practical, evidence-based ways for improving everyone's mental health and wellbeing.

**Connect** - With the people around you. Family, friends, colleagues and neighbours. Think of these relationships as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

**Be Active** - Go for a walk or run. Play a game. Dance. Exercising makes you feel good. Discover a physical activity you enjoy and that suits your level of mobility and fitness.

**Take Notice** - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

**Keep Learning** - Try something new. Rediscover an old interest. Sign up for that course. Set a realistic challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

**Give** - Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community creates connections with the people around you.

How could Take 5 be helpful for you?

How could you build on what you are already doing?

Step to well being	Examples	What are you already doing?	What could you do more of?
<b>Connect</b>	Call someone you have not seen in a while. Spend time with people who have similar interests. Get involved in a group in your community.		
<b>Be active</b>	Walk to the shop instead of driving. Dance.		
<b>Take notice</b>	Look up at what is around you. Enjoy a baby's smile.		
<b>Keep learning</b>	Choose something on TV that will teach you something. Read something new.		
<b>Give</b>	Smile at someone. Give to charity. Volunteer.		

# Using positive emotions when faced with stress

Choosing to do things to look after yourself is a positive step.

This work was used with people in very stressful situations and the researchers found that being able to have positive emotions helped them cope better.

“There is nothing either good or bad, but thinking makes it so.”

William Shakespeare, Hamlet

## How do you increase your positive feelings?

### 1. Notice positive things

Pay attention to those little things that make you smile or feel good: a TV show that made you laugh, seeing something pretty, something nice to eat or drink, warm sunshine.

### 2. Use these positive things

Find some way to express what you did or saw. Telling someone, text someone or writing it down makes the positive effect even stronger.

### 3. Gratitude

Thankfulness is a really strong tool. Keep a journal and write down one thing you are really thankful for every day.

### 4. Mindfulness

Here is a word you may not have heard before. Mindfulness is the ability to keep your thinking on one thing that you are experiencing. Put everything else aside for a while. There are two types of mindfulness; formal and informal.

- **Formal mindfulness** can be like deep breathing where you focus only on your breathing.
- **Informal mindfulness** Pay attention to those little things that happen every day. Focus on the sweetness of a chocolate or the warmth of the sun on your face. Stay with that experience and focus on it for that moment.

## 5. Positive rethinking

As this booklet keeps saying, it is how you think about events that can make them seem more stressful. Being more accurate in your thinking is the key to feeling more positive and to be able to cope with every day pressures.

## 6. Focus on your strengths

Yes everyone has weaknesses, but what are you better at? Being able not only to acknowledge your strengths, but appreciating them is an important skill.

## 7. Attainable goals

We all feel good when we have done something we need to do. Make goals for yourself. Make sure they are realistic, but achievable. It may help to think of your goals in the short, medium and long term like each day, week, month, year/future.

## 8. Acts of kindness

These could be both random (letting someone in front of you in a queue or helping a friend out when they are stuck) or planned (volunteering).

Being kind to other people can make you feel good and connected to other people. You will see people smile and be kind back.

Each day, make a plan of how you are going to use at least 3 of these ways to express positive feelings.

- 

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- 

Putting these things to work for you helps build your inner strengths to cope with most stresses. Your job now is to get a plan for how you are going to use them and make them work for you.

# Principles of coping

Do we have rules or helpful beliefs that we live by to help us cope?

- ☐ No thought or feeling is “wrong”. It is what we do with it that really counts.
- ☐ Be aware of the way your body feels as tension begins to build up. Do something to deal with it as soon as you can.
- ☐ You are not on your own. Ask for help and advice.
- ☐ If you are feeling overwhelmed, try to reduce your activities for a period of time if you can.
- ☐ Recognise that family and friends have to deal with their feelings too. (They may be helpful or unhelpful to you).
- ☐ Try to have fun, relax and exercise everyday.
- ☐ You can work to solve some of the problems that are stressing you out.
- ☐ Feeling guilty and worrying about things you CAN'T change is pretty useless and energy-draining.
- ☐ Give yourself credit for whatever level of coping you are achieving. Remember, there is no “instant fix” for stress.
- ☐ Value and respect yourself - because each of us is, with our strengths, a unique and worthwhile person.

Put a circle on ones you are already using.

Put an 'X' on ones you want to make more use of.

Choosing rules for coping that work for you is a way to build your confidence.

# Some Characteristics of Successful Changers

Recognising your strengths is a way to build your confidence. Naming your strengths can be a challenge for some people. In Northern Ireland people are generally not as good at seeing their strengths, compared to seeing their weaknesses.

**Circle the ones you have seen in yourself over the past week.**

Accepting	Committed	Flexible	Persevering	Stubborn
Active	Competent	Focused	Persistent	Thankful
Adaptable	Concerned	Forgiving	Positive	Thorough
Adventurous	Confident	Forward-looking	Powerful	Thoughtful
Affectionate	Considerate	Free	Prayerful	Tough
Affirmative	Courageous	Happy	Quick	Trusting
Alert	Creative	Healthy	Reasonable	Trustworthy
Alive	Decisive	Hopeful	Receptive	Truthful
Ambitious	Dedicated	Imaginative	Relaxed	Understanding
Anchored	Determined	Ingenious	Reliable	Unique
Assertive	Die-hard	Intelligent	Resourceful	Unstoppable
Assured	Diligent	Knowledgeable	Responsible	Vigorous
Attentive	Doer	Loving	Sensible	Visionary
Bold	Eager	Mature	Skilful	Whole
Brave	Earnest	Open	Solid	Willing
Bright	Effective	Optimistic	Spiritual	Winning
Capable	Energetic	Orderly	Stable	Wise
Careful	Experienced	Organised	Steady	Worthy
Cheerful	Faithful	Patient	Straight	Zealous



# A final thought: A good laugh goes a long way

Researchers have found that laughter is similar to meditation in the way it activates areas of the brain.

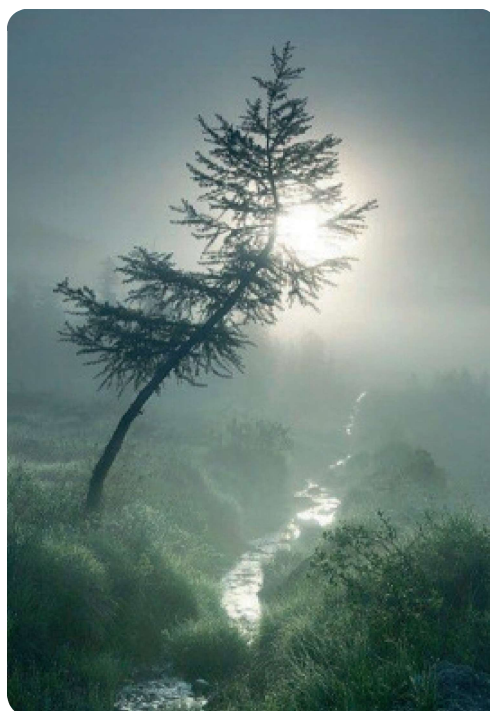
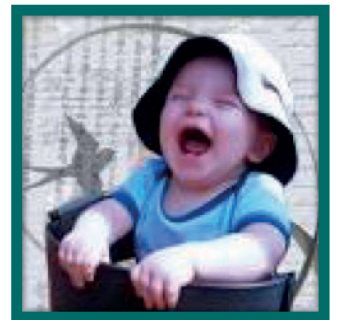
Humour can reduce stress hormones like cortisol, lowers your blood pressure, and can improve your mood.

That act of laughter - or simply enjoying some humour - increases the release of endorphins and dopamine in the brain, which provides a sense of pleasure and reward.

In turn, higher levels of these hormones - responsible for feeling uplifted - increase brain wave activity.

Both meditation and laughter do this.

So it is important to have a good laugh on a regular basis.



# Action plan/tool kit: taking the work forward

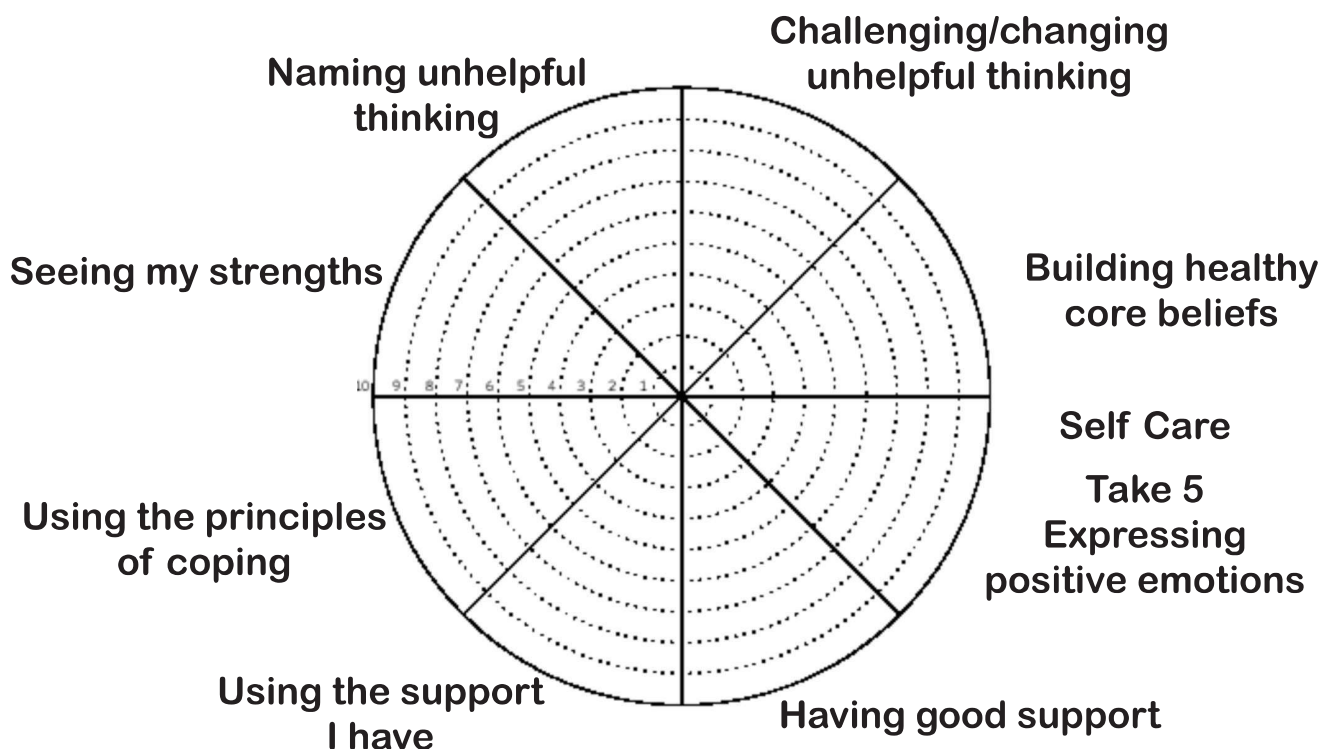
If you have reached the end of this workbook, well done.

What are you going to do now?

Let's look at the key skills from this workbook. How do you see yourself now?

See the small numbers in the circle. Colour the line in each section to show where you think you are now with it.

10 is the strongest (outer circle). The more scores on the outer lines the better. If your circle has scores closer to the centre those are the areas you could work on.



## Review: what did I get from this?

How did using this workbook help you achieve what you wanted at the start?

<b>Deal with stress and problems</b>	
<b>Be less anxious</b>	
<b>Lift your mood</b>	
<b>Try new things</b>	
<b>Anything else you wanted to gain?</b>	

# Taking the work forward: My Action Plan

**What are the most important things you learned from this workbook?**

**If you could tell one of your friends something about this booklet to help them, what would it be?**

**What are one or two things you want to do more of?**

**Who is in a position to help you?**

# Where can I get more help?

There is a range of help and support. Here are some contacts:

For emergencies:

- Your GP or the Out of Hours GP service
- The Emergency Department of your local hospital
- Lifeline: 0808 808 8000
- Domestic Violence Helpline 0800 917 141
- The Samaritans 08457 909 090.

Helplines in Northern Ireland <http://www.helplinesnetworkni.com>

Family support <http://www.familysupportni.gov.uk>

Sources of help [www.mindyourhead.info](http://www.mindyourhead.info)

Information and support <https://www.nidirect.gov.uk/>

Self-help for alcohol misuse <http://www.alcoholandyouni.com/>

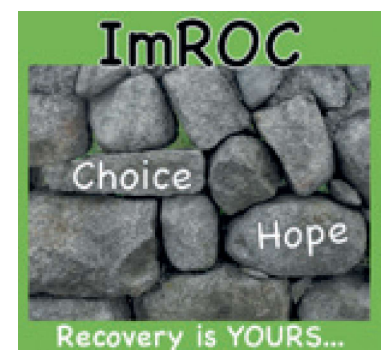
Alcohol and drug services <http://www.drugsandalcoholni.info/>

**The Recovery College:** The college provides a range of courses and workshops designed to:

- Help people develop their skills and confidence
- Help people identify personal goals and ambitions
- Create a fun, positive and safe environment for learning and exploring recovery

For the latest courses phone:  
(028) 9041 3872 for the South Eastern HSC Trust

For the Recovery Colleges in other Trust areas search on Google for contact details.



To sum up what was at the heart of this work is this poem:

## Attitude

The longer I live, the more I realise the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than giftedness, appearance, or skill.

The remarkable thing is we have a choice every day regarding the attitudes we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you.

We are in charge of our attitudes.

**Charles “Chuck” Swindoll**

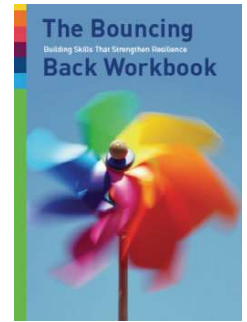
As the poem says, “I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you. We are in charge of our attitudes.”

What do you think of that statement “we are in charge of our attitudes”?

How important is that statement in the way you want to live your life?

## Where this work comes from:

Some of the material in this booklet has been taken from The Bouncing Back Workbook.



It can be downloaded from the South Eastern Trust's website under the healthy living tab and in the section building resilience.

The 5 Area Approach is from Overcoming Depression and Low mood: A Five Areas Approach by Dr Chris Williams, Hodder-Arnold Press.(2015).

Seven abilities associated with resilience were taken from Karen Reivich and Andrew Shatte, The Resilience Factor, 2002 by Broadway Books.

Types of unhelpful thinking adapted from psychologytools.com

Theory of emotions from The Complete Secrets of Happy Children: A Guide for Parents by Steve Buddulph (2015).

Using positive emotions in the midst of stress was taken from a talk by Dr Judy Muskowitz from the University of California.

Principles of Coping were adapted from Managing the Stress of Cancer: A Handbook for Patients and their Families by Dr Ronna Jevne, 1984.

Characteristics of Successful Changers is from Bill Miller in Motivational Interviewing, Helping people Change, 2013.

## If you liked this work and want to take it further here are some suggestions

If you have a key worker, they can direct you to other resources that takes this work to a deeper level.

Self help material, one-to-one work and group attendance are available to keep this work going.



If you want to take this work further on your own see <http://www.lltff.com>







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**This revised and adapted version was written by Ed Sipler and Colette Reynolds, Wellbeing Practitioner, South Eastern HSC Trust.**

**Funded through the Public Health Agency and South Eastern HSC Trust.**

**With thanks to participants of the Recovery College course on Building Resilience, who made valuable suggestions.**



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