



Resilience Health & Wellbeing





Your Hosts for Today...



Imrah Mughal

Career Development and
Employee Experience Analyst

UNDP



Alyson Ainsworth

Career and Executive coach

Fuel50

We want to hear from you

What do you think the essence of Resilience is?

1. Resilience is being tough
2. Resilience is having control
3. Resilience is based on being in control
4. Resilience is reliant on maintaining good self-care



Objectives for today ?

- Understand what resilience means to you and how to recognise when it is missing
- Consider how you can achieve a more balanced approach to work
- Understand what techniques you can adopt to strengthen your resilience
- Create an action plan to maintain a healthy mindset going forward



Definition of Resilience

“The capacity for an individual to remain both flexible and strong in the midst of ambiguity and change.”





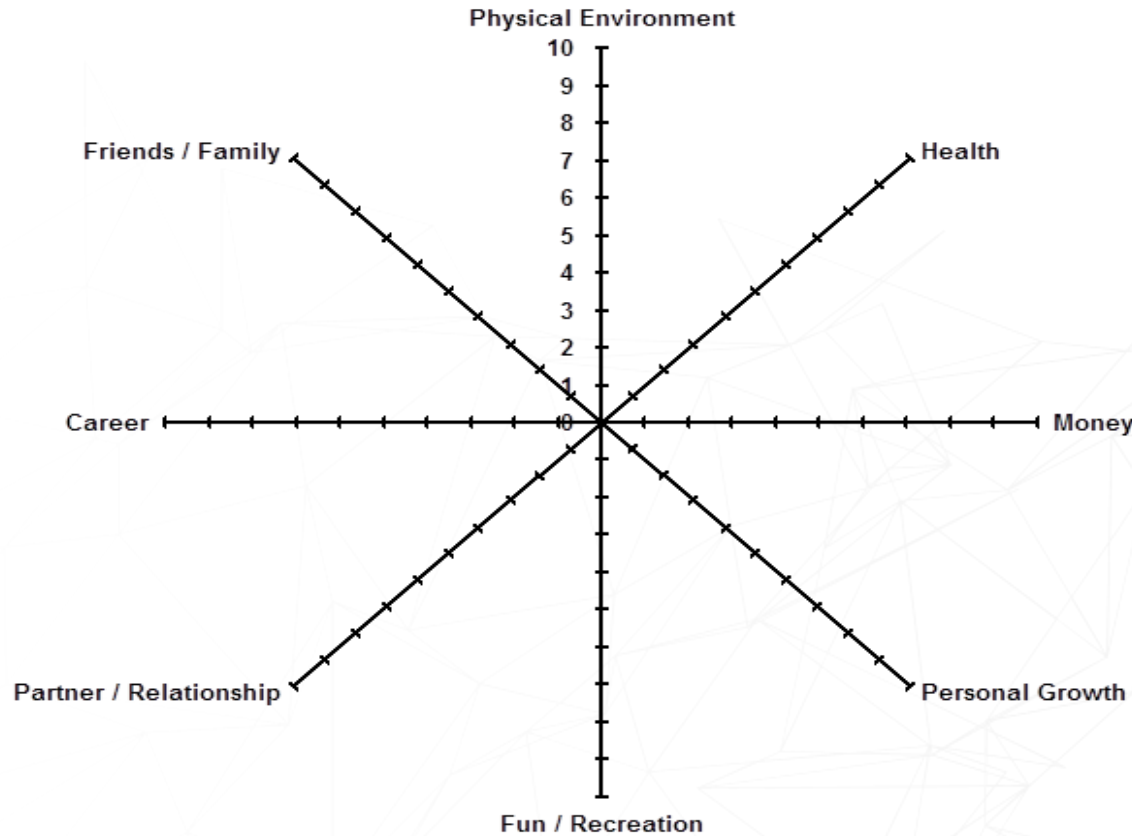
If you have **Personal Resilience** you are **able to:**



- Have **positive self-esteem** and are emotionally self aware
- Build and maintain **good supportive relationships** with others
- Feel **engaged** with the world around you
- Live and work **productively**
- **Adapt** and manage in times of change and uncertainty
- Change how you think about **yourself**
- Develop **positive affirmations**
- **Meaning and purpose**
- **Perseverance and perspective**
- Make time for **fun**



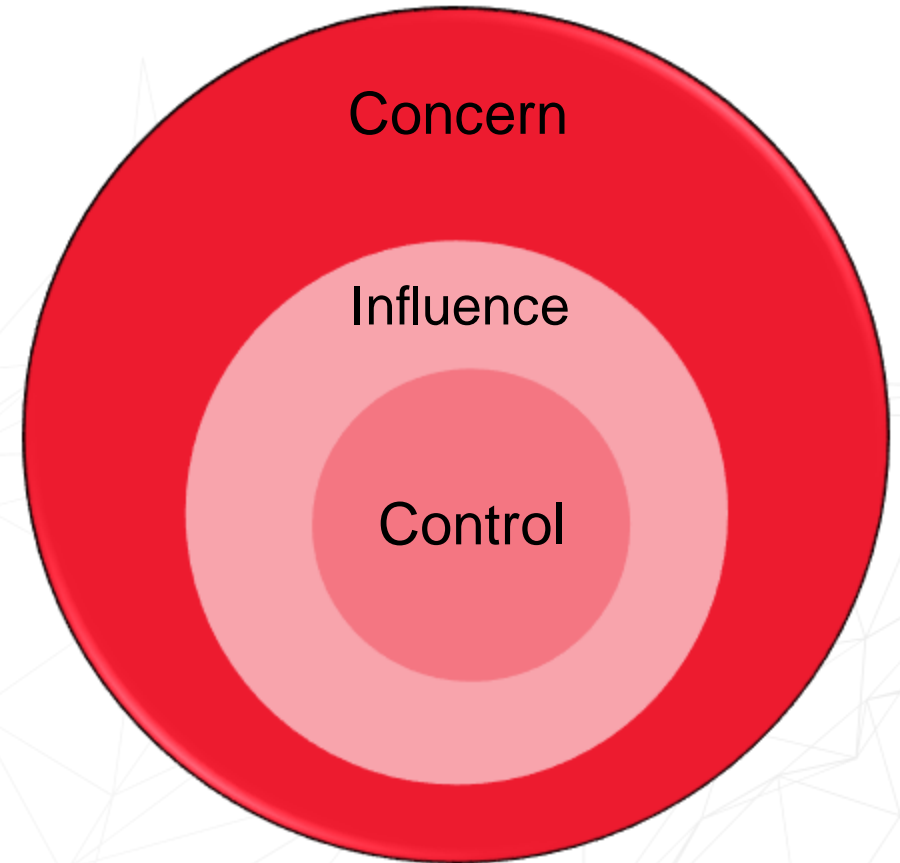
Take a helicopter view:



Insert the appropriate value in each column on the table. 10 is the optimum evaluation and 0 is the lowest evaluation you could give for each aspect of your life. Connect the lines as a web.

To be pro-active in times of change,
you need to....

- Understand your sphere of control
- Focus attention on what you can influence
- Avoid focusing on what you **cannot** control or influence



The Beliefs Cycle

Check: What beliefs do you hold about yourself that are unhelpful?

Self Talk

Check: what are you saying to yourself?

Belief

Self image

Check: how does this impact on your performance?

Check: how do you view yourself in this situation?

Performance

Feelings

Busy Lives and How To Prioritise

- **Busy is not a badge of honour** - create more space in your life and give yourself permission to do less
- **Scheduling** - both professionally and personally, plan in self care
- **30:10 rule** - 10 minutes a day planning and 30 at the end of the week for next week
- **Goal Setting** - smart goals, start slowly and build yourself up e.g. "I want to network more". Speak to one new person every other day for a week and review
- **Create a 5pm worries log** - spend 20 minutes a day to write down what is worrying you then find actions to resolve or decide what you need to let go of
- **Decision anxiety** - focus on decisions being good enough, few decisions are permanent
- **Allow yourself to make mistakes** - it gives you a chance to learn

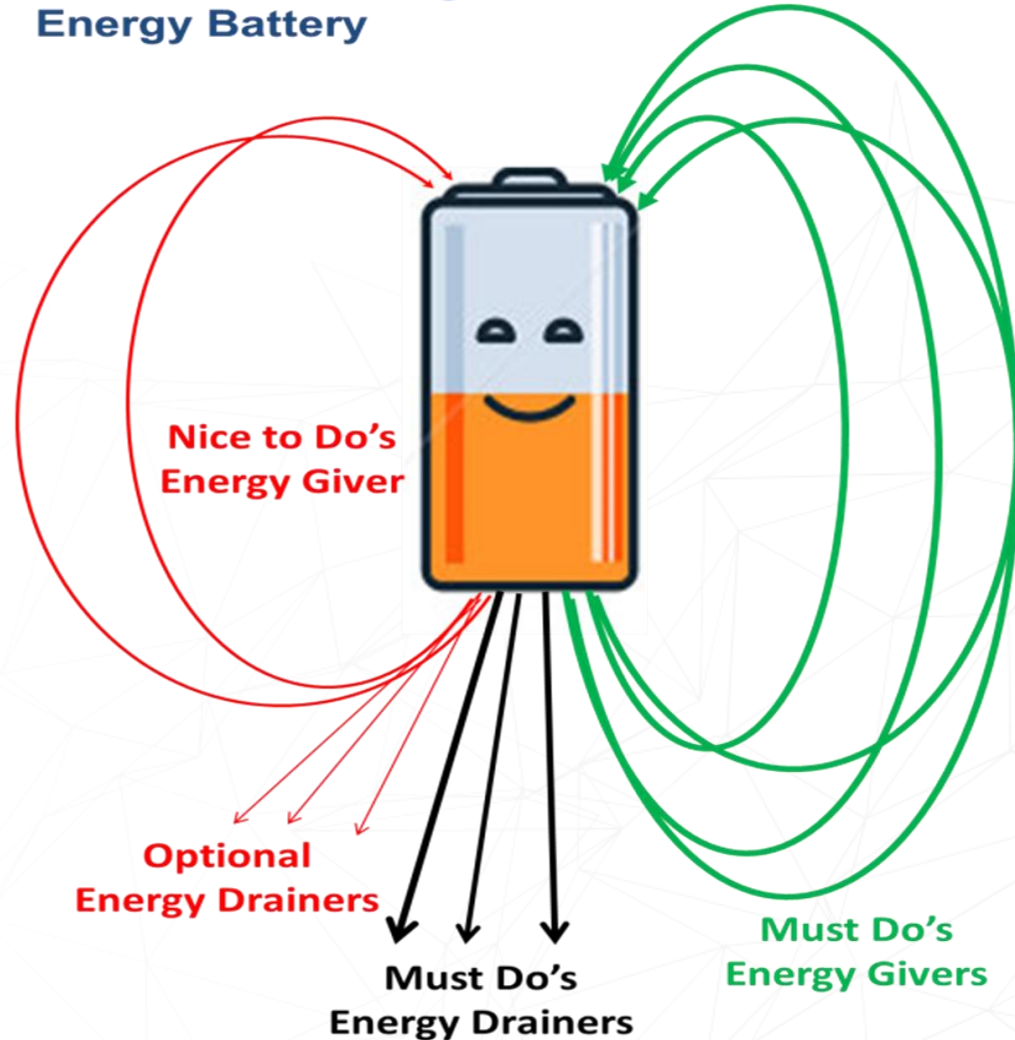




Self care in order to build Personal Resilience



The Resilience Engine
Energy Battery



Practical suggestions

- Learn new skills – work or other interests
- Voluntary work
- Structure the day
- Variety in the day
- Exercise
- Sleep
- Mindfulness and meditation
- Journal, gratitude and affirmation
- Identify a plan with key challenges for each day
- Be prepared to change your schedule if your mind and body tell you to (self awareness)
- Consider your working environment – flowers, music, quiet space, variety
- Understand inner obstacles – fear, sadness, anger, rejection, boredom
- Improve your appearance – exercise, enhancing/changing your wardrobe, decluttering
- Networking Events and meet ups (virtually)



Self care is important - it helps you feel safe and nurtured which sends a message to the brain that you are both safe and are worthy of being happy and taken care of.

- Write down 10 **ideas** that represent self care
 - Make time for it, schedule it into the diary
 - List 3 potential **activities** you could do to increase your current levels of self care
- e.g. take on a new hobby, learn something new, sign up for a race



Closing Thoughts

Resilience is:



The capacity for an individual to remain both flexible and strong in the midst of ambiguity, adversity and change.

Further Support – References

- The [Stressbusting](#) website and the [Stress Management Society](#) both offer information about stress and provide techniques for coping
- The [Mind Tools](#) website can help you with stress management and assertiveness techniques
- The [Be Mindful](#) website provides guidance on mindfulness, including how to find a mindfulness-based stress reduction (MBSR) course
- The [International Stress Management Association](#) can help you find a specialist stress practitioner in your local area
- John Lees Secrets of resilient people 50 top tips (Book)
- The Resilience Dynamic Jenny Campbell (Book)
- Mindfulness for Beginners Jon Kabbat-Zinn



Question



Thank You!

For any further questions, reach out to us on:

E-mail: career.development@undp.org



Yammer: Career Development & Experience

Or visit our intranet page on:

<https://undp.sharepoint.com/teams/TalentDevelopmentHub>

