

Building Your Emotional Resilience

LUNCH & LEARN WEBINAR COACHING WORK BOOK

Gain a better understanding of your own resilient habits and plan your own strategies to improve them.



Created For

Brilliant Parents

Produced by Samantha Abraham

Positively Parenting (TM)

Introduction

The ability to overcome hardship and recover quickly is referred to as resilience. Those who are resilient do not live without stress, emotional turmoil, or suffering. Some individuals confuse resilience with mental toughness, but resilience also means overcoming emotional stress and suffering.

People who are resilient have the strength to process and overcome adversity. Those who lack resilience are more likely to become overwhelmed and resort to negative coping mechanisms. To overcome challenges and work through problems, resilient people rely on their strengths and support systems.

This workbook provides some resiliency-building activities. This will allow you to gain a better understanding of your own habits, so you can plan your own strategies to improve them.

This is to accompany the Lunch & Learn Webinar for Parents of Hillingdon Borough and not to be used in place of seeking professional advice or support

COACHING WORKBOOK



My Stress Symptoms

Knowing how stress is affecting you can really help you to do something about it – on your own terms

How I know I am feeling stressed

For example: my heart beat's really fast

What I think and do when I am stressed

I think I am fed up, I stay in and wind myself up and get very irritable

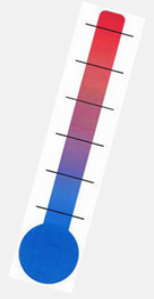
Who else is affected when I feel stressed?

Biology Notes:

Biology / Genetics

Temperament Notes

High / Low Intensity to:



I am energetic i.e. I get up and go in the morning? yes = High

I function best when I have a well planned day Yes = High

I adjust to changes well Yes = Low

I react to new people well Yes = Low

If I hear a loud noise I startle very easily Yes = High

When the loud noise happens I look around to check it out / I
get up quickly to check it out Look=Low Get up = High

I am generally positive and upbeat / moody Positive = Low

I am generally very focused / easily distracted Focused = High

Stressful Events Notes

*Events: Marriage, Separation, Loss, Moving Home, Changing /
Losing Jobs, University, Relationships, Violence etc*

Influencing Factor Notes

Some situations or people can contribute towards our stress levels becoming higher – how are you affected?

My Stressors

List ALL of the issues causing you stress right now and then rate them from 1 -10 (*1 being lowest and 10 highest*)

Questions	Score
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Now add up your overall score

How many are IN your control?
What can you do to decrease each score?

How I do Avoidance?

When you're trying to push stressful feelings away what are your tell-tale signs? Tick the ones that apply to you – are there any more you want to add?

Questions

1. Procrastination and putting things off
2. Avoiding calls, not going out (isolation)
3. Same thoughts over and over with no solution
4. Eating things I normally wouldn't / eating less
5. Become very focused with work, study, cleaning
6. Talking to various people but taking no action
7. Focusing on going to the gym
8.
9.
10.



Developing Better Resilience

The following pages will help you plan and develop your own strategies for building resilience



Resiliency Assessment

Read through the questions below and rate yourself on a scale of 1 to 10. 1 = Not like me at all, 10 = That's me!

Questions	Score
1. I have plenty of support from other people
2. I adapt quickly to new developments
3. I'm able to accept myself for who I am
4. I'm able to recover emotionally from losses
5. I feel self-confident and appreciate myself
6. I'm very durable during tough times
7. I'm good at solving problems
8. I'm good at facing challenges
9. I'm good at interacting at times of stress
10. I have found benefits in bad experiences

 Now add up your overall score

 What could I do to increase the score?


Great Day Reminder

What do you do on the "GREAT" days that make them better?
Listening to Music, Singing, Dancing, Shower, The OUTFIT, going
for a walk, a beautifully prepared meal, seeing loved ones.

Questions

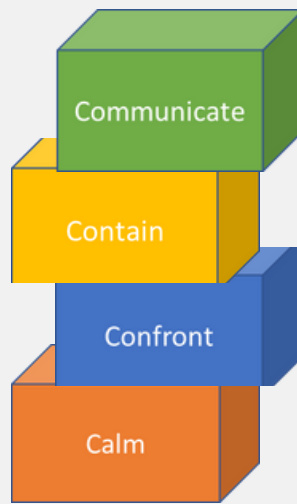
Score

1. I have plenty of support from other people
2. I adapt quickly to new developments
3. I'm able to accept myself for who I am
4. I'm able to recover emotionally from losses
5. I feel self-confident and appreciate myself
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What could I do to increase the score?





My Most Uncomfortable Thoughts are....

They are uncomfortable because

I feel (name the emotion) when I get these thoughts

I will communicate with this feeling (confront it)
by writing it down in as journal, talking to someone about it, sitting with it
until it passes,

Building My Resilience

I will start my day with...

Your GREAT DAY sentence

Your Great Feeling Activity

I will take breaks at....

Things I need to get done today are:

3 Great things that happened today were:

I did, I achieved, I completed, I learned, I kept calm when... I set a boundary with..... it felt great when...

Use this Stress Ladder to help prepare you for situations you know you find stressful
use the fear ladder for children

Stress ladder	Score
PRESENTATION TO THE ENTIRE COMPANY ABOUT THE FORECAST AHEAD	
PRACTICE TO SOME OF MY COLLEAGUES	
PRACTICE TO FRIENDS AND FAMILY	
READ IT TO MYSELF IN THE MIRROR	
PUT THE PRESENTATION TOGETHER	
DECIDE IF I WILL USE POWERPOINT, JUST TALK, ZOOM, USE BROCHURES	
DECIDE WHAT I NEED TO INCLUDE IN THE PRESENTATION	

Stress Diary

ANOTHER TOOL THAT CAN HELP YOU MANAGE STRESS IS TO UNDERSTAND EXACTLY WHAT HAPPENS BEFORE DURING AND AFTER -

USE THIS STRESS DIARY FOR LESS FREQUENT BUT HIGH LEVEL STRESS SITUATIONS

What I can do Next Time			
What Happened After?			
What Happened Before?			
Stress Level 1-10			
Thoughts, Feelings Behaviour Responses			
Siutation/ Trigger			
Date			

My Support System

Creating a support system is critical. A support network is a group of people in your life who assist you in achieving your personal and professional goals.

What is your supportive system like?

For example, I tell my partner or best friend about my day and the projects I'm working on on a daily basis.




How to improve your support system?

For example, I'll look for a mentor to whom I may turn for advice in times of need.

Positive Mental Attitude



The concept of positive mental attitude states that being optimistic in all aspects of one's life creates positive developments and increases achievement.



What is your positive mental attitude?

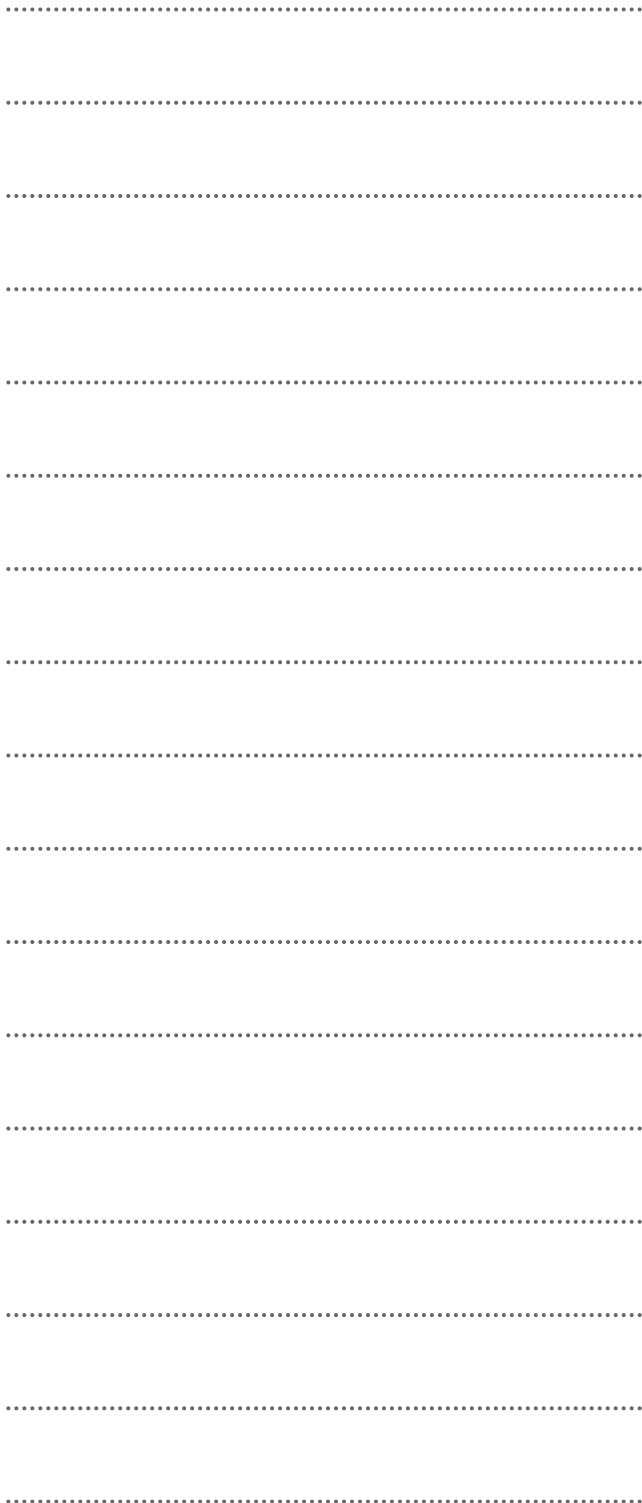
For example, letting go of resentments from the past.

How would you improve your positive mental attitude?

For example, stop blaming myself and instead concentrate on what's been learned.



My Resiliency Notes



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Tips to become more resilient

Here are some tips to become more resilient. First, recognize that your struggle is valid, and then realize your resiliency. Know your own strengths and make good use of them. Last but not least, find your favorite way to relax your mind.

Important!





Help Pages

Here you will find services and organisations within Hillingdon to offer support for common stress-related issues



Brilliant Parents

Brilliant Parents run parenting courses supporting families across Hillingdon, working with parents to turn the experience back into something that is positive and rewarding

- ## Positive Parenting Programme:

If you would like some extra support with your parenting and attend one of our Triple P programmes, please see: <https://www.brilliantparents.org/brilliant-parents-self-referral/> for a self-referral form.

- ## Parent Champions

<https://www.brilliantparents.org/parent-champions/>

If your child is experiencing:

- Persistent disruptive behaviour in school
- School refusal
- Alienation from the family
- Vulnerability due to additional needs
- Involved in substance misuse
- Social, emotional, or mental ill health

Counselling

<https://www.h4all.org.uk/counselling>

Wellbeing Services

<https://www.h4all.org.uk/wellbeing-service>

Affected by Drugs / Alcohol

<https://archhillington.org/>

Financial Help

<https://hillington.gov.uk/cost-of-living>



Housing Related Issues

<https://www.hillingdon.gov.uk/stronger-families>



Cheat Sheets

These pages are for busy parents who are ready to take control of never having enough time, energy, or space and are ready to take control !



Produced by Samantha Abraham

De-clutter your space AND MIND!

There is no better way to stop over thinking that to have a declutter!!

Research shows us that the more clear space we operate in - the clearer our thoughts are...

This task is not an overnight task!! take as much time as you need and plan it in advance but do it in this order for best effects on your stress levels!

- Clear and clean out the following:
- **Easy does it**
- The Coat & Bag you use daily!
- Your desk Drawer
- The Messy Draw that has string, batteries buttons and random stuff in it
- Take all those old screen shots and photos etc out of your phone
- Empty ALL of your Email inboxes and organise the ones you have to keep
- Declutter and Clean everything in the bathroom - if you haven't used it in the last 6 months - BIN IT
- Declutter and Clean the living room, move the shelves, the sofa, tv etc and clean underneath and behind them, give away or throw anything you don't need
- **Getting Harder NOW!!**
- First get rid of any old food in the fridge, then clean behind it and then clean out the fridge.
- 1 by 1 clean out ALL of the cupboards and throw out anything that has parts missing (yes that container!!) or is broken... make a pile for charity and tidy everything else away
- ONLY FOR THE BRAVE... move the dryer, washing machine, dishwasher and clean behind and underneath these before cleaning the actual machines too...
- Don't forget to descale the kettle, clean the microwave etc and now everything is clean, tidy and in its home - give the floors a mop too and celebrate your job well done!!
- **KEEP GOING!!**
- Now.. for the Children's rooms -Get them involved- first get rid of any broken toys etc and then any old clothes, THEN - clean the entire room, under the bed, behind wardrobes etc
- Superhero Parents only!!
- Get to work on your own Bedroom
- Then Level up with the hallway, the cupboard under the stairs, the coat cupboards etc..
- Then the CAR & THE GARDEN!!
- ***NOW - if you've done all of these - I know you're already driving everyone else bananas to keep it that way BUT you'll also be over-thinking a lot less, have more energy too because you've also done a mental declutter without even trying!***



Weekly Meal Plan

Take the Guess Work AND Hard work out of family Meals –
Batch Cooking once or twice a week is a great way to cut down
on time and money spent on meals too....

Top Tip- use the time to get kids involved in chopping or even have teens
make a basic meal once a week

DAY	BREAKFAST	LUNCH	DINNER
monday			
tuesday			
wednesday			
thursday			
friday			
saturday			
sunday			



MONTHLY BUDGET

MONTH OF

INCOME			
DATE	SOURCE	CATEGORY	AMOUNT

BILLS & FIXED EXPENSES		
DATE	SOURCE	AMOUNT

VARIABLE EXPENSES		
DATE	SOURCE	AMOUNT

SUMMARY	
SOURCE	AMOUNT
INCOME	
BILLS & FIXED EXPENSES	
VARIABLE EXPENSES	
BALANCE	

QUARTERLY BILLS

JAN- MAR / APR - JUNE / JUL - SEP / OCT - DEC

[illegible]

ANNUAL BILLS

2022

Thank You!
FOR ATTENDING



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Parents**

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