

(LLTF.com):

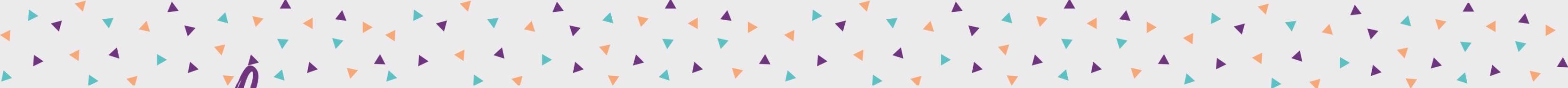
Life can get on top of us all at times due to work related issues, family worries, sleep difficulties or physical health problems. Living Life aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner. Living Life uses resources based on the proven cognitive behavioral therapy (CBT) approach.

[CLICK HERE To View an extremely useful NHS Staff Support Leaflet](#)

*This leaflet was initially intended to provide wellbeing advice for frontline staff under pressure, but is now being offered for free to all health and social care staff. The leaflet also links to the **Living Life to the Full Plus course**. A special version of the course is being made available nationally to all NHS and Social Care staff across the UK. NHS and social care staff can work through the course resources in any way they want. There are modules, numerous online books to read as well as worksheets that can be completed online via your smartphone or computer.*

It's also free for use by family and friends of NHS and social care workers too.

*Visit www.code.llttf4.com, then register using the code **nhsstaff***



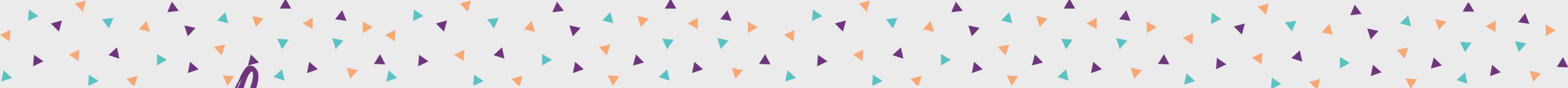
Resilience

“Resilience is not just your ability to bounce back, but also your capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing. Resilience isn't a personality trait – it's something that we can all take steps to achieve”. Mind.org

This is highly relevant at present; the resilience of organisations, teams and individuals is being tested to an extreme not known before.

Anxiety levels are higher than usual for everyone currently.

Rapid changes in working practices, our home life and social life are happening, and the future is not clear. Being resilient can help protect from mental ill health and manage stressful situations. This will in turn help you to be more effective in your working life.



Resilience

***A resilient person has:
a sense of purpose and direction
takes a positive outlook on things
is self-aware
has confidence in their own abilities
can recognise when pressure is causing a problem
makes connections to other people
has strategies to cope with in-the-moment pressure
grows and develops
and has strategies to cope with long term pressure.***

Factors that contribute to becoming resilient include being physically fit, taking rest breaks, eating and sleeping well. Support from colleagues is vital, communicating well and being mindful of the anxiety of others is key. When a colleague is irritable do not take it personally! Being realistically optimistic is helpful, CBT and mindfulness interventions have been shown to be effective in enhancing resilience."



Resilience Resources

***BMJ Learning Module:**

Understanding Resilience in the Workplace. This is forms part of their Wellbeing Course and has been reviewed positively by colleagues in recent weeks.

[CLICK HERE](#) to access the above module.

***RCGP – David Peters resilience podcast:**

<https://elearning.rcgp.org.uk/file.php/1/podcasts/Resilience/David%20Peters%20resilience%20podcast%20FINAL%20Feb2016.mp3>.

***CLANGERS – Dr Phil Hammond**

Healthy living advice for all:

www.drphilhammond.com/blog/2018/09/18/health4all/2593