

Resilience Resource Management.

Goal:

- To enable the identification of available resources to support well-being
- To support the development of personal and team resilience

Area:

- Well-Being

Keywords:

- Well-Being, Resilience, Stress Management, Resources

Skills Developed:

- Personal reflection, Problem solving for well-being

Time Needed:

- 10 minutes to 1 hour

Materials/Props Needed:

- None required

Best For:

- Personal Development (self-help), Group Work

Overview:

Whilst you can complete an assessment to help you to understand levels of resilience, it can be useful to think of it as an umbrella term for describing 'resources' that could prove to be useful in helping you deal or cope with a specific situation or set of circumstances. We like to group resources into four main categories: personal, social, physical and environmental (we sometimes use organisational) as illustrated below:



Overview: Continued

In simple terms, a resource is anything that can help to reduce the burden or increase your ability to deal with a situation. Our ability to deal and cope with, adapt to and overcome setbacks is heavily influenced by the resources we can access and use at a given moment in time. Gaining access to and looking after our resources as best we can is an important strategy for building and maintaining resilience.

Advice:

- Take your time in thinking about all the various resources that are potentially available to you. Use the tables on the following page to help you list your resources.
- Consider revisiting your completed document, but this time think about the resources you believe would be useful/helpful to you during times of need/adversity.
- As with all things, the key is balance. If there is a specific resource category which is quite low, maybe consider identifying and developing an additional resource in that area.
- Where you have quite a few resources already available to you, you should consider any actions you could take to help strengthen a particular resource.
- When it comes to strengthening a resource, a good starting place is your personal resources - as these are things we have greatest control over. If you have a resource that is already available, consider how you can make use of this resource more regularly to help strengthen it. If you believe you need to develop a particular resource, consider some small steps you could take to help you get started on the process for resource development.

References:

Resilience Resource Management.

List Your Resilience Resources

Use the spaces below to list all the resources that you believe are available to you. It can sometimes help to think about how you respond to stressful situations and/or the help you can call upon during times of need. There are no limits to how many resources you identify or how many times you do this. It can be useful to review your resources on a regular basis.

Psychological/Personal

Physical

Social

Environmental

