

Take 5: building blocks of emotional resilience



This information accompanies the resilience workshop 'Take 5: building blocks of emotional resilience'. For more information, contact mentalhealth@southglos.gov.uk.

For information on mental health and emotional wellbeing go to www.southglos.gov.uk/mh.

For South Gloucestershire Talking Therapies go to <https://iapt-sglos.awp.nhs.uk/>.

Emotional resilience describes the ability to 'bounce back' from difficulties. Using bamboo as an analogy, the branches are firm, their trunks are firmly rooted in the ground below, and crucially they can bend and sway, responding to storms without breaking.

The 5 building blocks bring together tried and tested techniques to improve emotional resilience; if you're feeling stressed, Take 5. It includes techniques taken from [Cognitive Behavioural Therapy \(CBT\)](#) and [Positive Psychology](#).

Recognising Feelings

Feelings are spontaneous mental and physical states. [Recognising](#) uncomfortable feelings allows us to take steps before things get worse.

Challenging Thoughts

We automatically experience negative thoughts and [unhelpful thinking patterns](#), but it's possible to learn that *thoughts aren't facts* and to [challenge](#) them. More information here: <https://moodgym.anu.edu.au/welcome> and www.moodjuice.scot.nhs.uk.

For worry management: [Worry tree](#).

For problem solving: [Problem solving](#).

Adapting Behaviour

Our behaviours relate to how we are thinking and feeling. Engaging in activities and looking after our physical health can boost our emotional wellbeing.

For the 5 Ways to wellbeing: [5 Ways to wellbeing](#).

For health living: [One You](#) and [Public Health](#).

For reaching out: [communicating](#) with people you trust is important.

Developing Positivity

This is not about pretending that life is great, just trying to develop more positive thinking.

[Personal strengths](#) are attributes that make you who you are, different from skills.

[Gratitude](#): we notice the bad things in life readily, however we often don't notice the good things; practice by keeping a gratitude journal.

Resilience Techniques

[Breathing](#)

[Progressive muscle relaxation](#)

[Mindfulness](#) and [here](#).

Apps

[SAM app for anxiety](#)

[Headspace app for mindfulness](#)

[Mood Panda app for tracking mood](#)