

What is resilience and why does it matter?



care

This bite size guide highlights some of the key areas from the full 'Building your own resilience, health and wellbeing' guide to provide you with some quick support on how to build your own resilience. You can download the full guide to read about these areas in more detail.

What is resilience?

Resilience is the ability to cope under pressure and recover from difficulties. A person who has good resilience copes well under pressure and can bounce back more quickly than someone whose resilience is less developed.

Protection against stress

Stress is a significant cause of mental and physical ill-health. It's not possible to take the stress out of care work, which makes it all the more important to do what you can to become more resilient.

Get the right work-life balance

Life outside work has its own pressures, which can lead to conflicts between your roles at and outside of work. Establishing a boundary between work and home is key to establishing a sustainable work-life balance, and helps you manage role conflicts. Try to dedicate some time every day to an activity that gives you time to yourself.

Task: Write down some activities that you enjoy and/or have been meaning to do.

Make an effort to do them in the next month.

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Building your own resilience

Everybody can develop their personal resilience. There are lots of things that you can do to develop your resilience, grouped under these three headings. Go the full guide for more information.

