

What is Resilience?

Resilience describes a person's capacity to cope with changes and challenges and to bounce back during difficult times. The more resilient someone is, the better they are at getting through tough times, and the better their chances at recovering from experiences of adversity and trauma (Gilligan 2004)

The SWOT of Me

A personal SWOT analysis centred on resilience identifies internal strengths (e.g. adaptability, strong relationships, ability to reflect) and weaknesses (e.g. tendency to overthink, struggling to set boundaries) alongside external opportunities (e.g. mentorship, networking) and threats (e.g. high-stress environment, burnout). By conducting this analysis, you can leverage your ability to bounce back from setbacks while creating strategies to minimize risks and manage stress.

A- Z of Resilience

In teams of 7-10 people create an A-Z guide to building personal resilience. You can think of short phrases or single words. These are things, mechanisms, strategies which involve cultivating positive behaviours, exercising growth mindset, and accepting new challenges.

A	Attitude / Action This Day / Awareness of self and others / Ask for Help / Adaptable / Always Look on the Bright Side of Life
B	Bravely / Best Next Thing / Breathe / Believe in yourself / Big Picture / Bounce Back / Break the problem down / Boundaries / Bold /

C	Calm / Can't please everybody / Comfy shoes / Cup of tea / Chat / Compassion / Care / Chunk up tasks / Can do / Courage in all Difficulties / Communicate / Candour / Cooperate
D	Do my Best / Dare / Delegate / Downtime / Determination / Don't bottle it up / Dedication / Don't give up / Decompress / Don't Panic
E	Empathy / Electrolytes / Expect the Unexpected / Set expectations / Exercise / Call out the Elephant in the Room.
F	Fresh Air / Food / Find a friend / Feisty / Flexible / Forgive / Forty winks
G	Good Enough / Grit / Graft / Growth Mindset / Go for a Walk / Get and Give help
H	Hope / Hugs / Hydration / Help / Humour
I	Investment mentality / Integrity / Inquisitive / I can / Inspire / Ice Cream
J	Joy / Just do it / Join in /
K	Kindness (small acts of) / Keep Calm and Carry On
L	Listen / Let's / Let it Go / Get Lemons? Make Lemonade / Live, Love, Laugh
M	Me time / Mindful / Meet new people / Move on / Moderate / (Be in the) Moment / Make the Best of It
N	Nature / Nap / No / Natter /
O	Organise / Open Minded / Optimistic / Options / What would Oddie do? / Outdoors
P	Pause / Perspective / Patience / Perfection is the enemy of the good / Proportion / Phone a Friend / Place to Belong
Q	(find the right) Question / Que Sera Sera / Quiet time /

R	Replan / Rest / Relax / Respect and of course Resilience
S	Sleep / Self Care / Snacks / Step Back and think / Smile / Share / Solve / Stoic
T	Trust Team Talents / Thanks / Talk / Tenacity / Take your Time / Time Out
U	Find your Understudy / Be OK with Uncertainty / seek first to Understand and only then to be Understood
V	Vittles / Values / Verify / Vent / Voice your concerns / See all Viewpoints / Va Va Voom
W	World Wide Family of Scouts / Why? / Walk / Wisdom
X	X is the unknown quantity in maths formulae... we need to accept there are unknown quantities. X marks the spot: keep looking for treasure. X-ray the problem.
Y	Yes / You / You'll Never Walk Alone
Z	Zounds!..the therapeutic power of swearing / Zen /Zesty / Zeal/ Get some ZZZZ