

The Resilience Framework

The purpose of the resilience framework is to identify where you have good coping strategies and where these can be improved. By knowing which coping strategies you're good at, this enables you to use these when you start to feel stressed or like you can't cope. You can also know which aspects you need to work on to increase your resilience. Please discuss the following questions in groups and answer individually after the discussion.

What areas of the resilience framework do you use in everyday life?

Why are you good in these areas?

What helps you to be effective in these areas of the resilience framework?

What areas of the resilience framework do you need to work on?

Why are these areas particularly problematic for you?

What can you do to change this and work on these areas that are less effective?

Think of a change that you can make today that will help you to become better in one of these areas.

What changes can you make this week to make sure that the less effective areas are mobilised?

When you are under particular stress which areas of your resilience lose their focus and become less helpful? What makes you notice this?

How can you change this so that you can still have areas of resilience that are highly functional all the time, particularly when you are under stress?

Resilience Framework for young people (adapted from Hart & Blincow with Thomas 2007)

Basics	Belonging	Learning	Coping	Core Self
Being safe	Healthy, long term relationships	Make work/learning as good as possible	Find the positives of every situation	Understand yourself; your feelings and actions
Healthy diet	People who you can rely on	Develop and engage with mentors or staff	Understand boundaries and keep within them.	Understand other people's feelings
Exercise and fresh air	Find a sense of belonging	Map out a career or life plan, develop life skills	Acknowledge the need for help from others when necessary	Develop a sense of hope
Enough sleep	Responsibilities, obligations and giving to others (even if it's only a smile)	Organise yourself so you get things done	Pursue hobbies and interests. Have a laugh. Remember tomorrow is another day	Take responsibility for yourself and your actions. Where there are ways to solve a problem, use them.
Free from prejudice and discrimination	Understanding your place in the world and community	Highlight achievements	Be brave	Foster your talents
Enough money to live and adequate housing	Make friends and mix with others	Develop new skills	Solve problems including leaning self-soothing and calming	Use tried and tested treatments for specific problems