

Welcome!

Welcome to this Contact webinar.

If there is a technical hitch, please do bear with us.

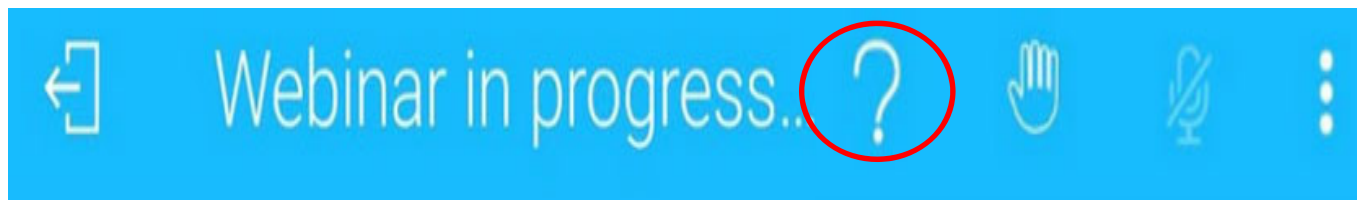
Those of you joining by pc, laptop, tablet or smart phone should now be able to see this introduction slide.



Timing and Questions

As there are so many attendees, you will all remain 'muted' throughout

Please use the question mark icon on your Webinar tool bar to ask a question of today's presenter



Building your resilience during COVID 19



- ☐ **Building a more Resilient YOU**
- ☐ **Helping others to do so too**



Overview of the webinar

- ☐ The impact of Covid 19
- ☐ Human needs
- ☐ What is resilience?
- ☐ Recognising stress signs
- ☐ Stop / step back > learn > get back on track
- ☐ Techniques to add to your “Resilience Toolkit”
- ☐ Sharing resilience tips with other families through your forum



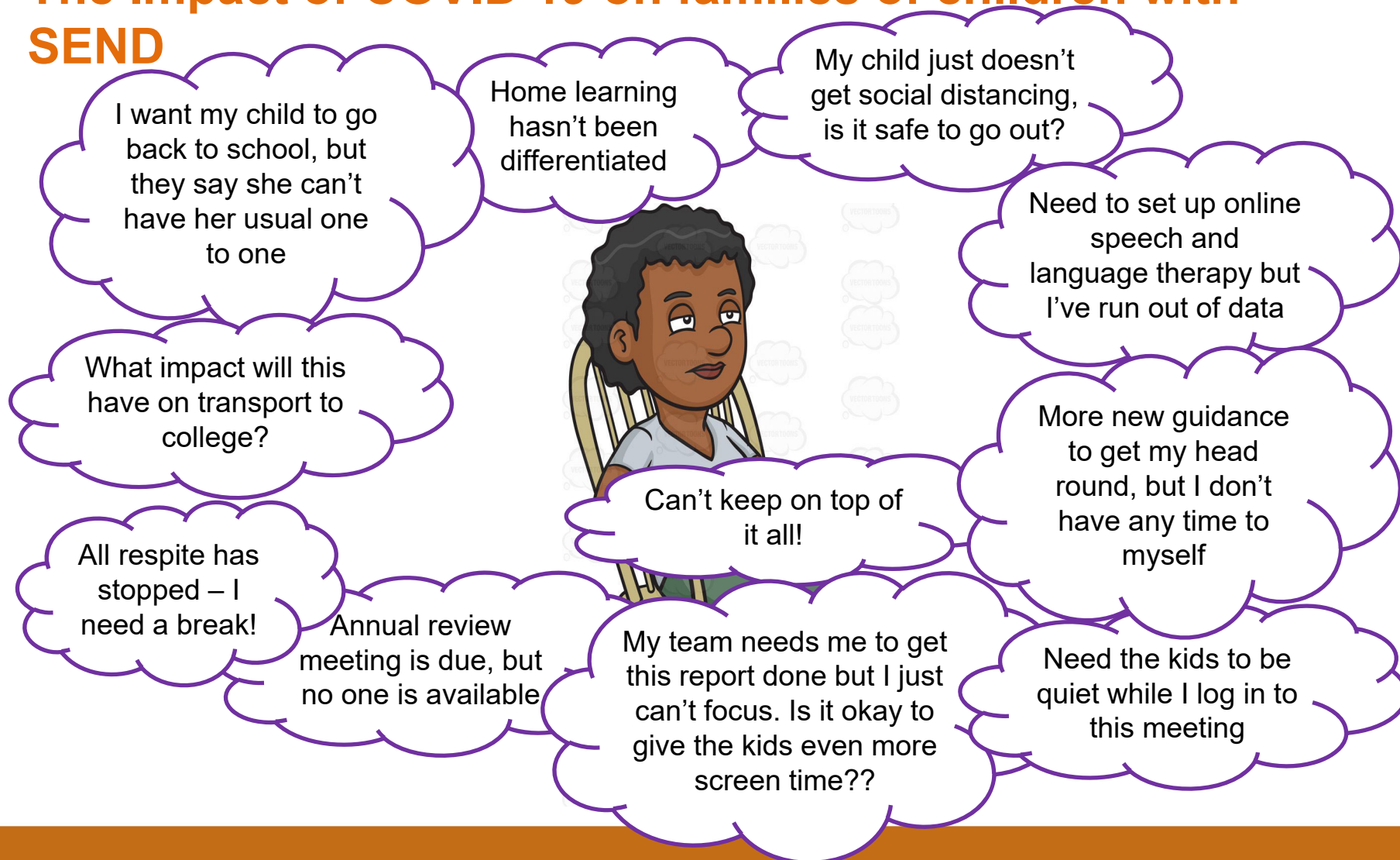
The Impact of COVID 19

The pandemic has brought new challenges for all families

- Logistics – getting food, medication and supplies
- Shielding, isolating, social distancing and keeping safe
- Sharing limited spaces at home
- Accessing public spaces safely
- Economic impact of reduced or lost income
- Loneliness and isolation, missing family and friends
- Disruption of usual support networks and routines
- Importance of access to the internet (need broadband, sharing laptops / tablets)
- Lots of new demands (eg. home learning, keeping up with guidance)
- Lots of new decisions to make; returning to school / work? masks / gloves?
- Supporting own and children's mental health



The Impact of COVID 19 on families of children with SEND

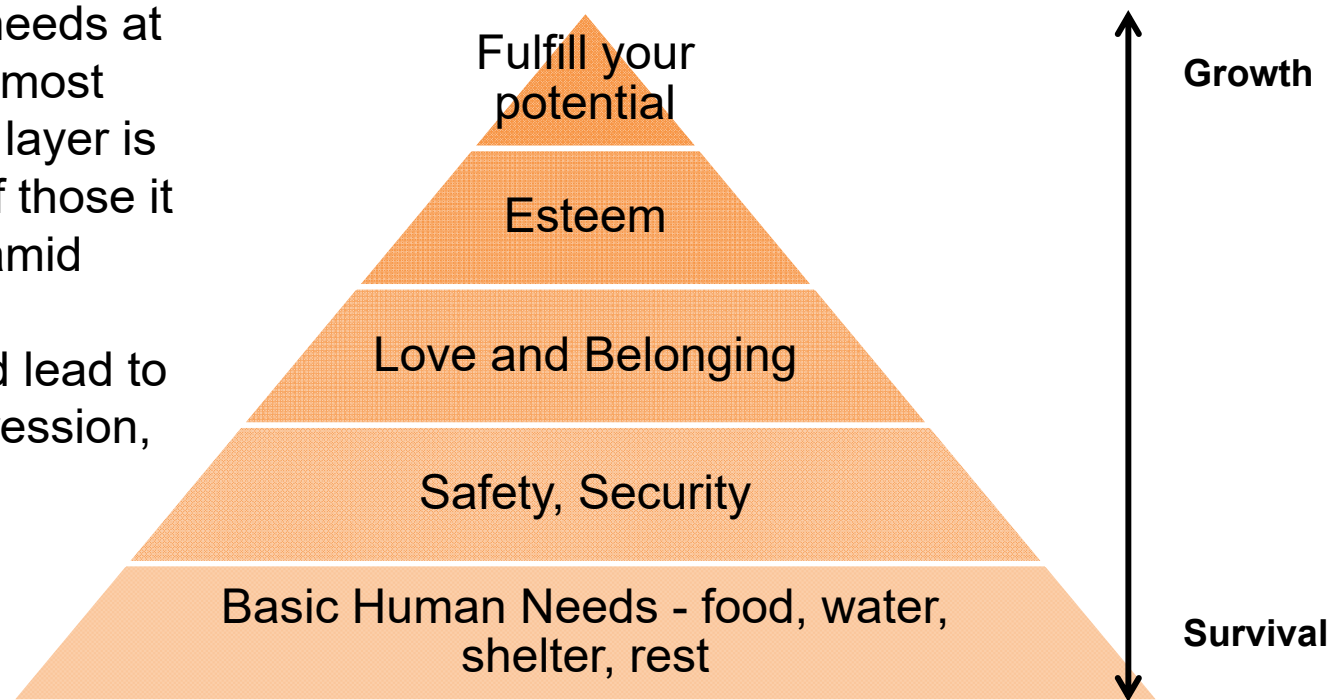


Human Needs Theory

Maslow's hierarchy of needs is the theory that all humans have needs that have to be met in order to survive, be healthy and happy

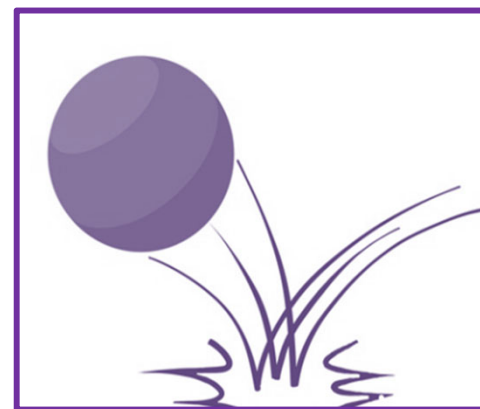
The basic human needs at the bottom are the most fundamental: each layer is dependent on all of those it rests on in the pyramid

Unmet needs could lead to death, illness, depression, anxiety & stress



What is Resilience?

- Resilience is the 'Rubber Ball factor: the ability to bounce back no matter what life throws at you.
- Resilience is the ability to cope with stress, challenges, problems and set-backs you meet in your life.
- **Resilient Skills and qualities** help you to pick yourself up and carry on.



Resilience



**“Resilience is very different
than being numb.**

**Resilience means you
experience, you feel, you
fail, you hurt.**

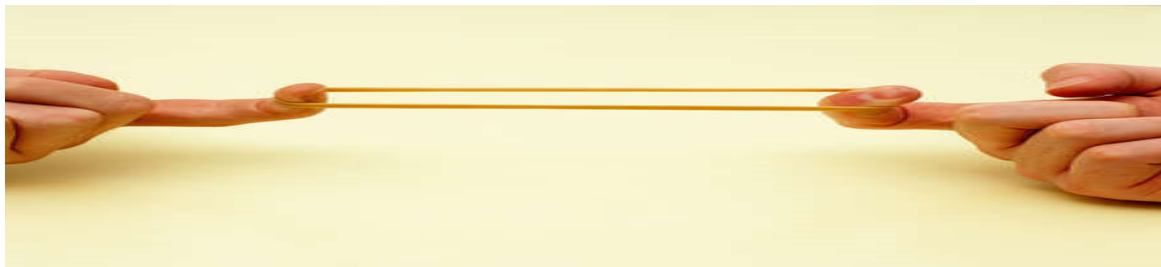
**You fall.
But, you keep going.”**

Yasmin Mogahed



Resilience helps us cope with Life's Challenges

- ❖ An inevitable part of life is dealing with change, stress and difficulties.
- ❖ At some point in life, everyone experiences varying degrees of setbacks.
- ❖ Some of these challenges might be relatively small, while others can be disastrous and on a much bigger scale.
- ❖ How we manage or deal with these life challenges or problems can impact on our own health and well being.



Recognising signs of stress

Stress can affect all aspects of your life, including your thinking ability (cognition), emotions, behaviours and physical health.

No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Sometimes symptoms are very obvious, but often it can be more subtle

Stress affects everyone in different ways

What are your signs of stress?

What signs do you notice in your family members when they are stressed?



Stress signs

Cognitive Signs

- Memory Problems
- Constant worrying
- Forgetfulness and disorganisation
- Poor Judgement
- Inability to concentrate or focus
- 'Brain Fog'
- Indecision
- Self doubt
- Thoughts racing – can't switch off
- Pessimism



Emotional Signs

- Depression
- Agitated, frustrated or moody
- Irritability
- Panic
- Cynicism
- Anxiety
- Feeling overwhelmed
- Feel like you're losing control
- Tearfulness
- Aggression
- Impatient
- Difficulty relaxing or calming your thoughts
- Afraid
- Low self esteem, worthlessness



Recognise your own stress signs

Physical Signs

- Low energy - constant tiredness
- Insomnia
- Chest Pain
- Rapid Heartbeat
- Aches, pains and tense muscles
- Frequent Colds
- Skin Complaints
- Indigestion
- High Blood Pressure
- Panic attacks
- Clenched jaw / grinding teeth
- Feeling sick, dizzy or fainting
- Shallow breathing or hyperventilating
- Blurred eyesight or sore eyes
- Nervousness / shaking



Behavioural Signs

- Increased intake of alcohol, cigarettes, food or caffeine to relax
- Isolating yourself from others
- Sleeping too little or too much
- Demotivated
- Losing sense of humour
- Losing perspective
- Lack of creativity
- Restless, snappy or short tempered
- Avoidance / procrastination
- Eating too much or too little
- Fidgeting: eg drumming fingers / tapping feet / nail biting¹





You can't pour
from an empty cup!



Quick ways to destress

If you start noticing your stress signs creeping up on you, these are some techniques to help you try to stop them in their tracks to give you a chance to step back and regain control.



On your own	In Company
Dancing	Tongue to the roof of your mouth for a few seconds and breathe
Shake it out	Focus on your breathing and breathe in for the count of 3 and out for the count of 3 – repeat 2-3 times
Quick Walk	Think of a cool calm place
Jump or bounce	Ask for a break, pop out to answer a pretend phone call
Lie down on the sofa or bed, feel the support you're getting, focus on your breathing, breathe in for the count of 3 and out for the count of 3 – repeat 3 times	Say you need time to think about it or you have to ask the forum committee – give yourself time to think!
Practice yoga	Doodle a palm tree or smiley face!
Watch or listen to a comedy or funny you-tube	Place tip of your thumb and forefinger together – focus on calm – easy to do under a table!



Give Yourself Time

- ✓ We need to give our self time to get over stressful or difficult situations
- ✓ How we feel about a situation is one thing – what we do about it and how we respond is another.
- ✓ Eventually, for our own sake, we need to move on.
- ✓ Positive thinking skills, taking time out, mindfulness, exercise – all help!

Mind Talk -

Positive

I'm good at
that

I can deal with
this

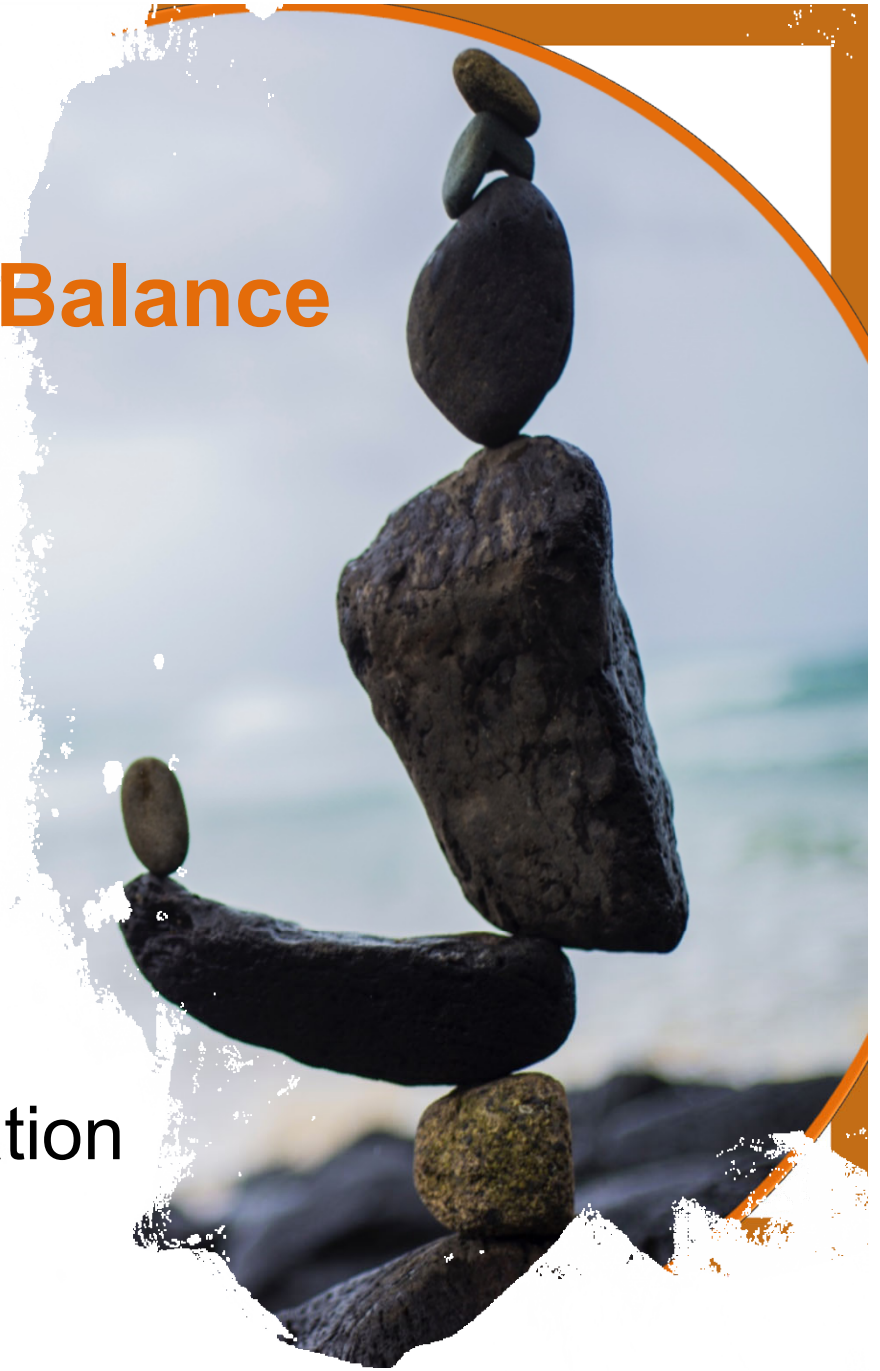


The challenge!

Finding & Maintaining Balance

Taking Time for:-

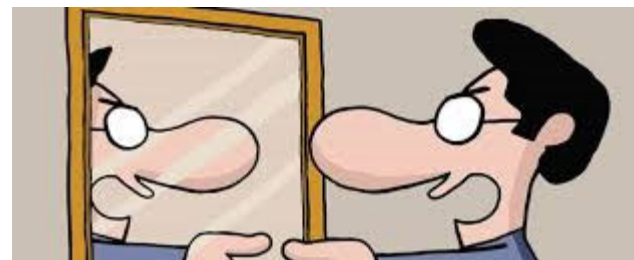
- ☐ Yourself
- ☐ Family
- ☐ Thinking and Reflecting
- ☐ Fun, Laughter and Relaxation
- ☐ Sleep!



Thinking differently

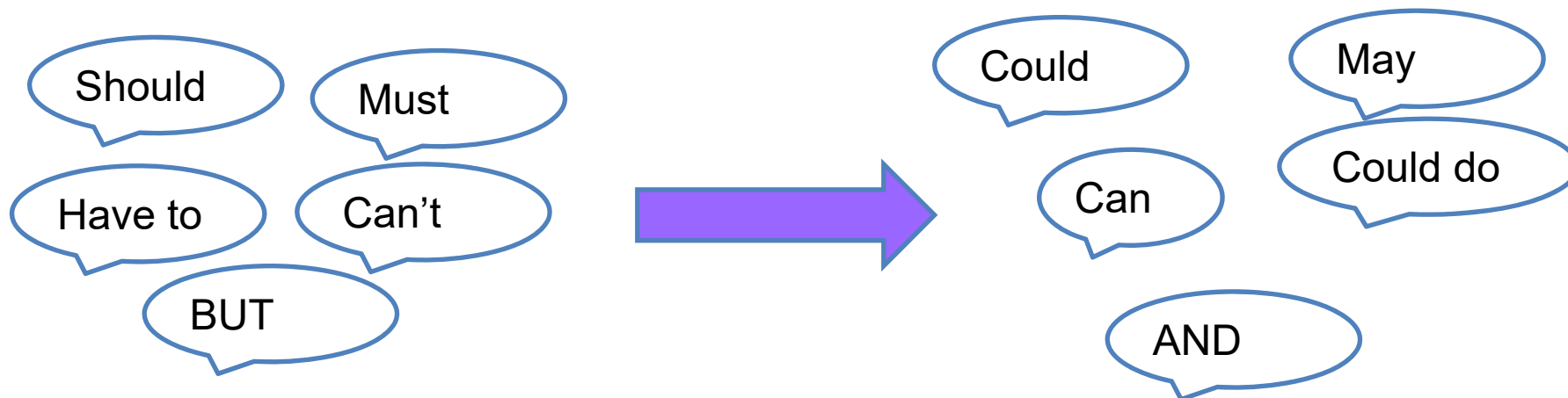
Be kind to you too!

Your own voice is the one you hear most.
Listen to what you are saying to yourself
and any judgements you make



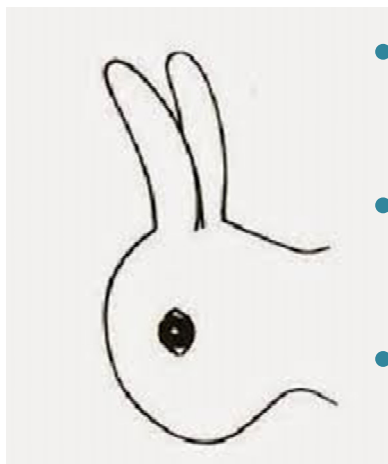
Don't be your own worst critic – would you speak to anyone else like that?

Thinking blockers & open thinking



Look at it differently

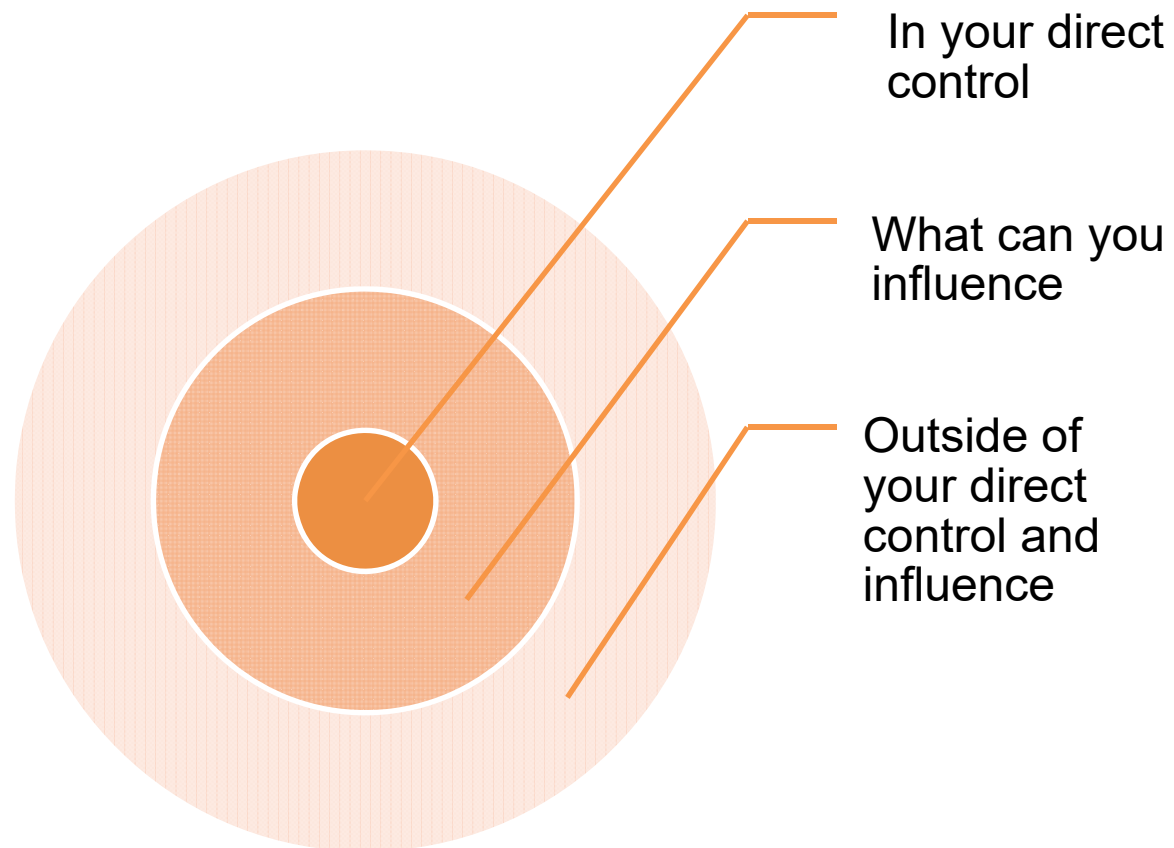
Questions to help you reframe your situation



- **PERSPECTIVE:** How big is this problem?
- **PROPORTIONAL:** How big is your reaction?
- **POSSIBLE:** Is this something you can change?
- **POTENTIAL:** What can you learn?



Circle of Control



Who is in your Network of Support

- Objective person
- Professional development
- Emotional support
- Group Support
- Family and friends
- Online
- Positivity
- Good fun



10 tips for staying strong during COVID19

1. Just say no!
2. Plan your time
3. Notice what's stressing you out
4. You do you
5. Fact check!
6. Stay connected
7. Reach out
8. Be positive
9. Take care of your body
10. Give permission



Personal Resilience Skills and Qualities

Self Aware – notice your emotions, thinking, and behavior

Circle of control – what can we do and what can we influence

Accurate thinking – understand the difference between fact and perception

Confidence to problem solve – solution focused. Don't fix the blame fix the problem!

Reach out – don't be afraid to ask for help. Use the support available to you.



Can you think of ways you can help others increase their own resilience?



Resources and further information

- Webinars for forums here is the link to the recent webinar for Forums on Adapting to COVID
- [Adapting to Covid 19 - a webinar presented by Ruth Hobbs for Parent Carer Forums.](#)
- Other webinars can be found here [https://www.contact.org.uk/get-involved/parent-carer-participation/resources-\(general\)/](https://www.contact.org.uk/get-involved/parent-carer-participation/resources-(general)/)
- Live webchat with Rotherham Forum and the DFE about how Rotherham are adapting and DFE thoughts on Forum work '[Podcast excerpt from the webchat](#)'
- COVID information on the Contact website <https://www.contact.org.uk/advice-and-support/covid-19/>



Resources and further information

Continued

- » Contact webpages on Family life including Relationships, Sleep, Behaviour, Supporting Siblings, Stress, <https://www.contact.org.uk/advice-and-support/your-child-your-family/>
- » Contact well-being workshops in Cheshire West and Chester <https://www.contact.org.uk/about-us/what-we-do/our-programmes/wellbeing-workshops>
- » Suomoguy resources and training on resilience <https://www.thesumoguy.com/>
- » Ways of wellbeing MIND <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
- Family Lives family support advice and training and usually have a Helpline that is open over Christmas and Bank holidays <https://www.familylives.org.uk/>
- Young minds <https://youngminds.org.uk/>



Resources and further information

Continued

- Healthy Parent Carers Project film by Exeter university
<http://sites.exeter.ac.uk/healthyparentcarers/2019/12/02/healthy-parent-carers-film/>
- NHS information on Stress and Anxiety
<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



Thank you!

Thank you for attending with us today.

A short questionnaire will launch at the end of this webinar.

Please take the time to complete this as it will help us plan future events.

The recording of this webinar and presentation will be available on Contact's website in the next two weeks. Look out for news about this on our homepage and social media networks.

