

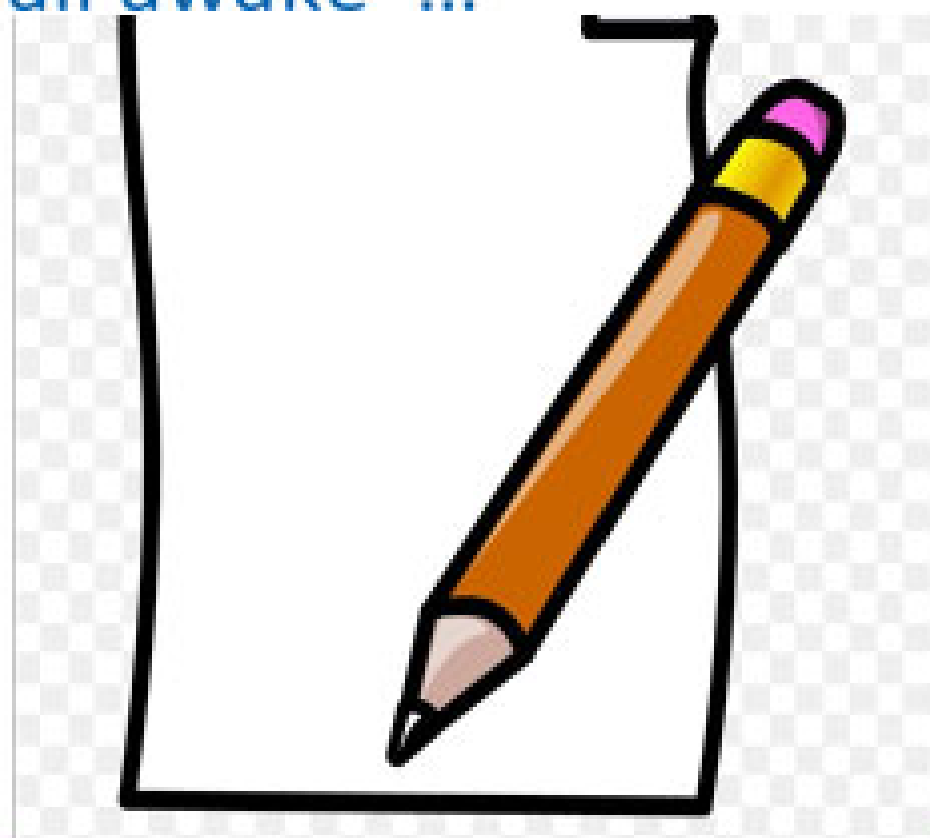
# Wellbeing and Resilience in trying times!



A guilty pleasure and indulgent webinar that involves chocolate!



We are going to start with a quick poll to make sure you are all awake ...



# Welcome to this Contact webinar.

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

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



# Resilience, Wellbeing and Chocolate.

This session will cover :-

- Current challenges and the traps to
- The importance of taking care of you
- Learning to live in the present, with chocolate !
- Quick techniques to de-stress and re-focus your thinking
- Re-charging your inner mojo



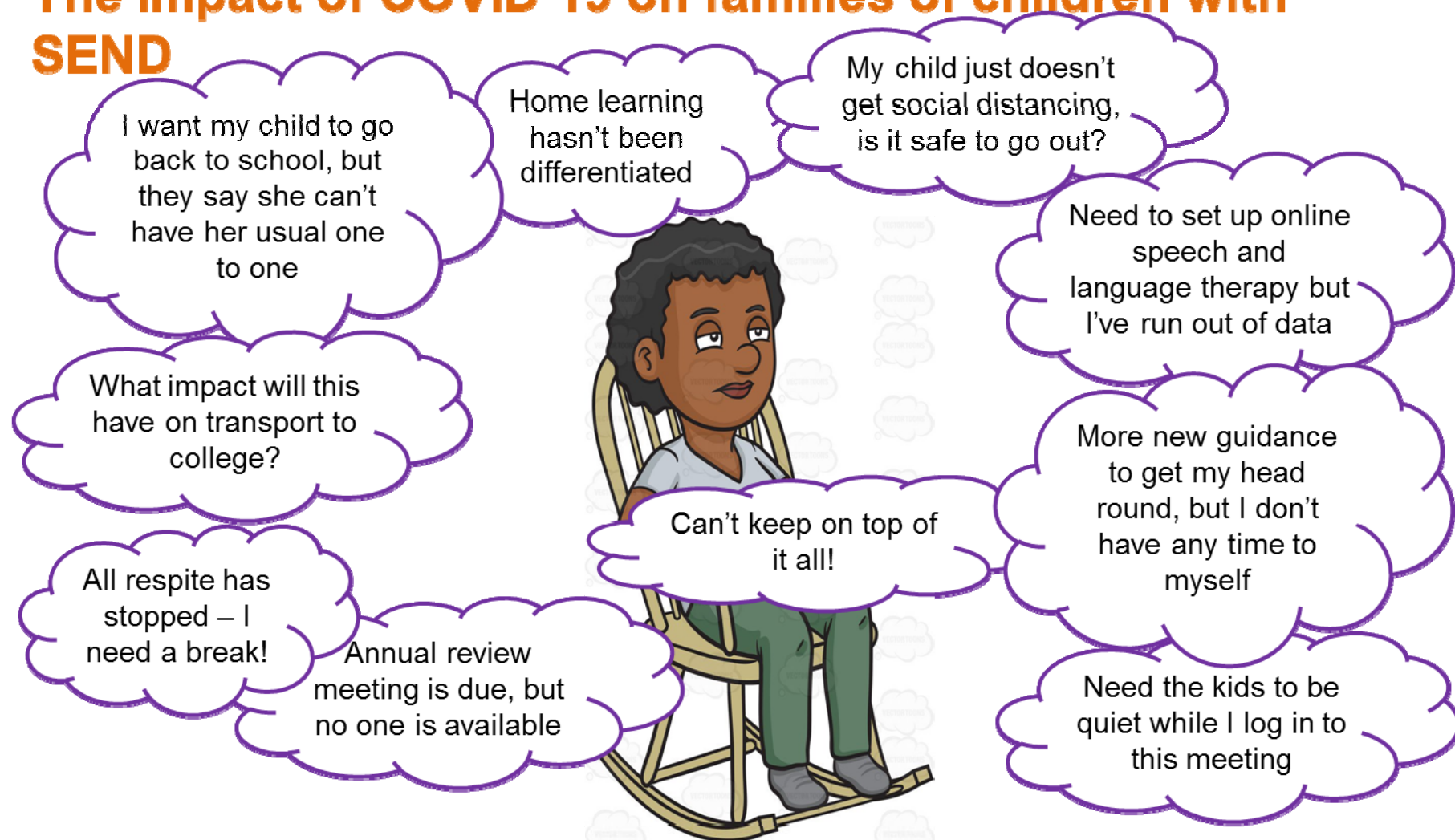
# *The Impact of COVID 19*

The pandemic has brought new challenges for all families

- Logistics - getting food, medication and supplies
- Disruption of education and impact of home schooling
- Cancelled medical appointments
- 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 (e.g. 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



## Resilience is even more important if you are actively involved in a Forum

Forum committee meeting 10-2

Must read minutes of short breaks meeting

The grant monitoring is overdue and the treasurer is off sick

Local Authority have just published unlawful transport policy and said forum support it

Forum conference is in two weeks and the venue have just cancelled

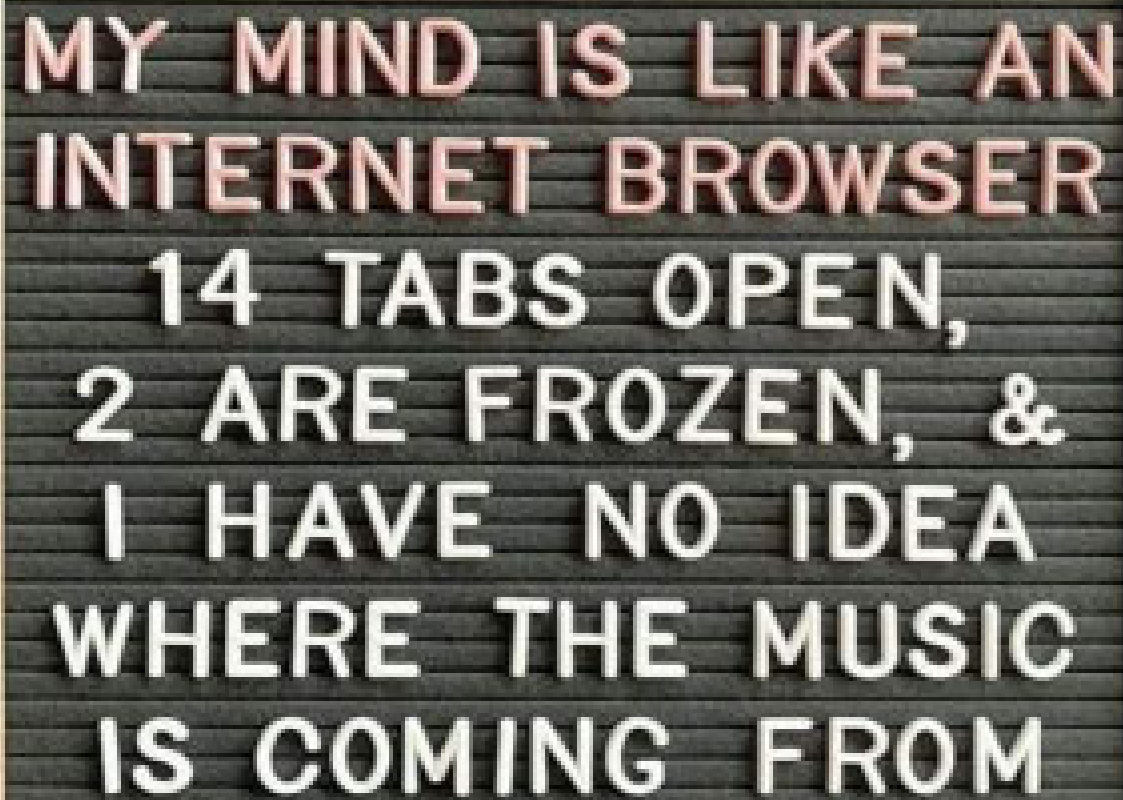
The Forum chair has broken their leg on ice and can't attend meeting – you've been asked to step up to chair

Social Media post from campaigning group – negativity about forum

LA WSOA posted online – LA not sent to forum and forum need to post response asap

...and so on ...and so on...





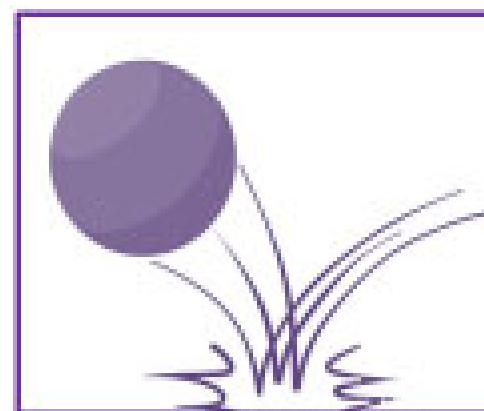
MY MIND IS LIKE AN  
INTERNET BROWSER  
14 TABS OPEN,  
2 ARE FROZEN, &  
I HAVE NO IDEA  
WHERE THE MUSIC  
IS COMING FROM





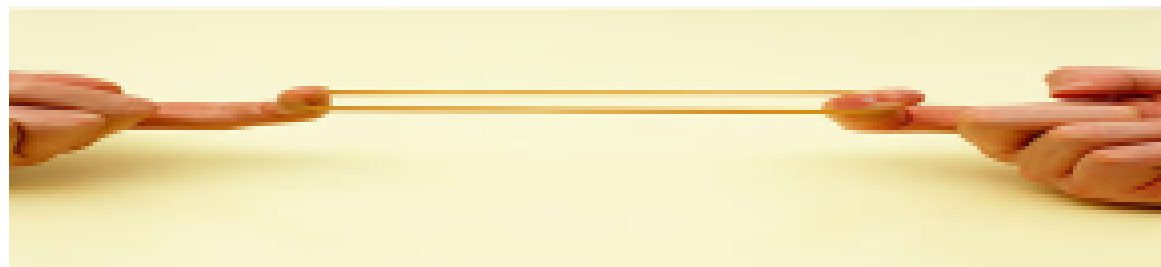
# What is Resilience?

- 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.



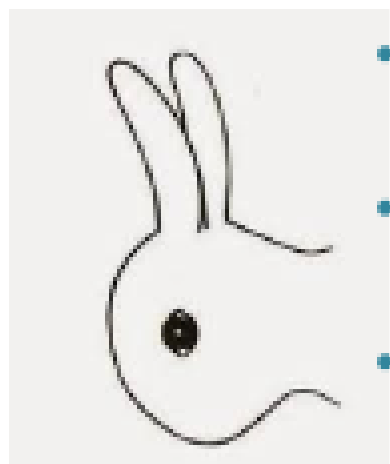
## Resilience helps us cope with Life's Challenges

- ❖ 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.



# Look at it differently

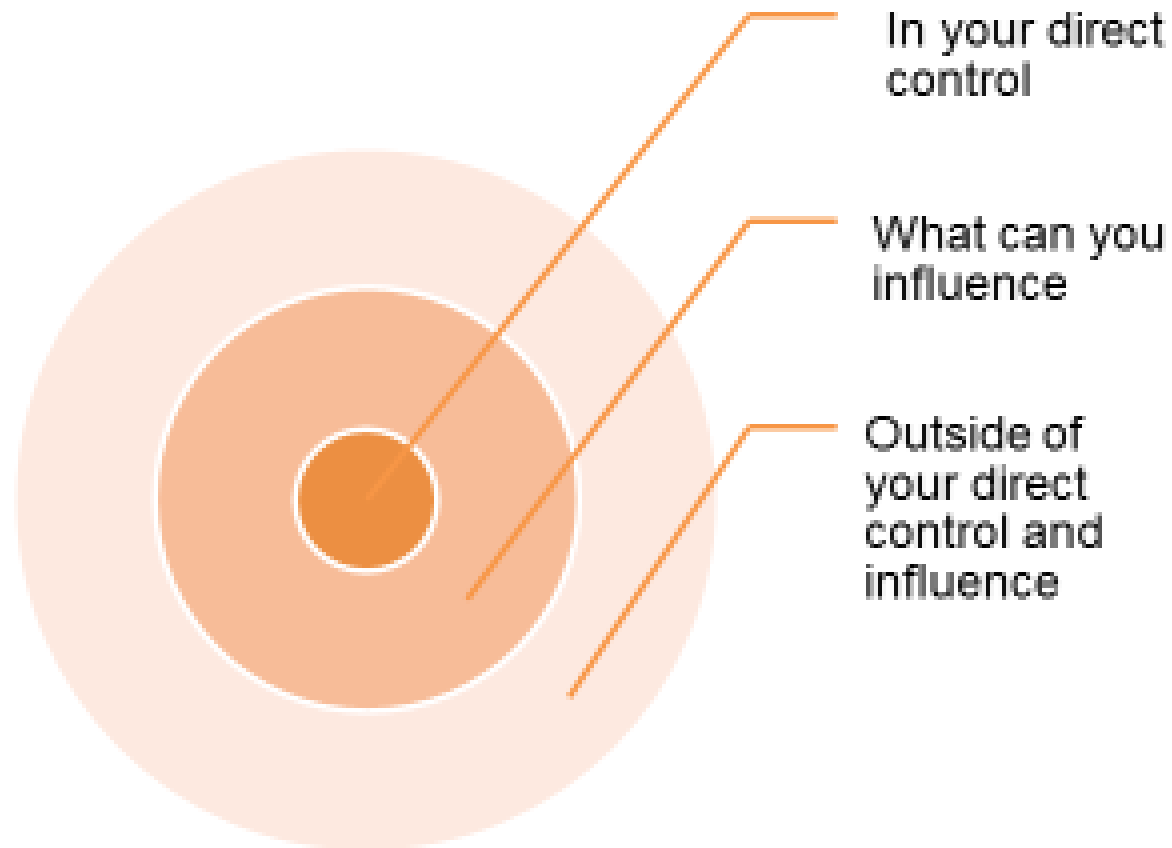
## Questions to help you reframe your situation



- **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



## The Wheel of your role in the forum

- ❖ What are the different aspects of your work
- ❖ How much time do you split between the different parts of your role or roles?
- ❖ What takes most of your time?
- ❖ What's your least favourite part of the role?
- ❖ What gives you most stress?
- ❖ Which elements do you enjoy and keep you motivated?



## Looking after you and the active forum members

- Do not take on too much - its okay no
- Its okay to take a break
- Teamwork
- Make opportunities to have fun
- Talk about non forum things



**MARTY, WHATEVER HAPPENS**



**DONT EVER GO TO 2020!**



# What is Stress?





# Manageable Stress levels and Burn Out



We all have some level of resilience that helps us to manage life's challenges and will have our own level of what's manageable and what's too much

Everyone is different and in parent carer forums it's easy to see how parents can become overloaded and reach burn out

Long term, chronic stress can be damaging to physical and mental wellbeing – particularly in forums where there can be over-reliance on one or two people who burn out after a few years with the constant demands and pressures.



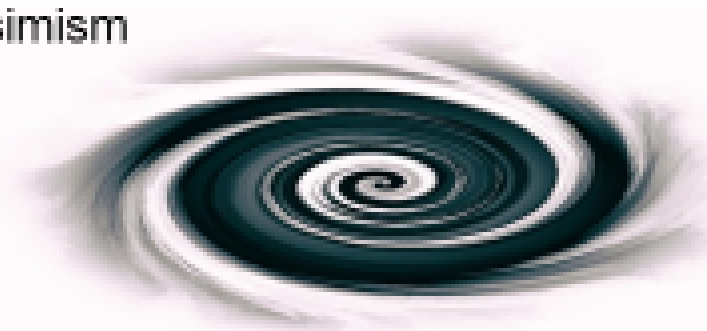
## Burn Out and Stress overload is preventable



# 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

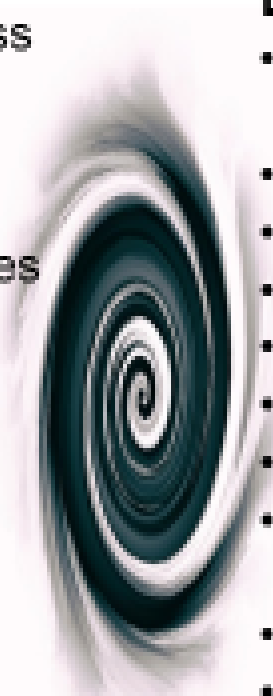
- Depression
- Agitated, frustrated or moody
- Irritability
- Panic
- Cynicism
- Anxiety
- Feeling overwhelmed
- Feel like you're losing control
- Tearfulness
- Aggression
- Impatient
- Difficulty relaxing or calming your thoughts
- Afraid
- Low self esteem, worthlessness



# 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 biting<sup>1</sup>





**I'M SO OFFENDED  
WHEN MY BODY  
DECIDES TO BE SICK.**

**I GAVE YOU A  
VEGETABLE LAST WEEK  
HOW DARE YOU**



**Be aware of the Emotions that can  
hold us back, Guilt, Fear, Shame**



***Where are you?  
on your list of  
priorities?***

***Where is your  
'Me Time'?***





contact *For families  
with disabled children*



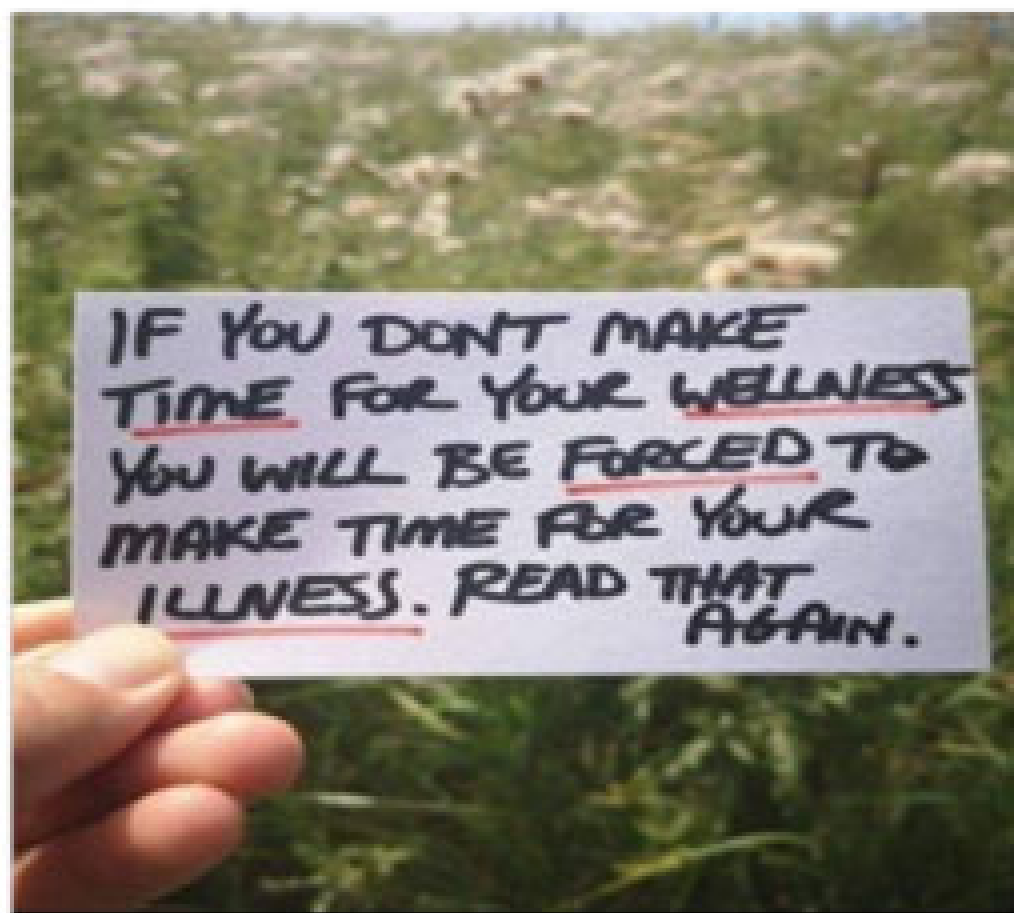


Mindfulness savour every little moment



contact *For families  
with disabled children*





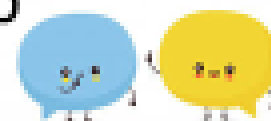


## 5 Steps to Wellbeing




# Connect

Connect with others – not just electronically by text or email, but pick up the phone, video conference or better still talk face to face, arrange a meet up



Give yourself permission to disconnect or reduce time with those that bring negativity - sometimes you have to say NO to others, to say YES to yourself





Virtual meetings are basically  
modern seances.

"Elizabeth are you here?"  
"Make a sound if you can hear us."  
"Is anyone else with you?"  
"We can't see you. Can you hear us?"

*Key Moment*

# Be Active

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime - perhaps with a friend – so you can 'connect' as well
- Get off the bus one stop earlier than usual and walk the final part
- Organise a sporting activity. Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you start your morning routine
- Join a gym, or an online class
- Remember everyone needs exercise



# Keep learning

Why not learn something new today? Here are a few more ideas:

- Find out something about your friends or colleagues
- Sign up for a class
- Take up music/ art/ singing / cooking lessons
- Read a book – better still set up a book club
- Do a crossword, drawing, painting, baking
- Research something you've always wondered about
- Learn a new word.



# Give

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

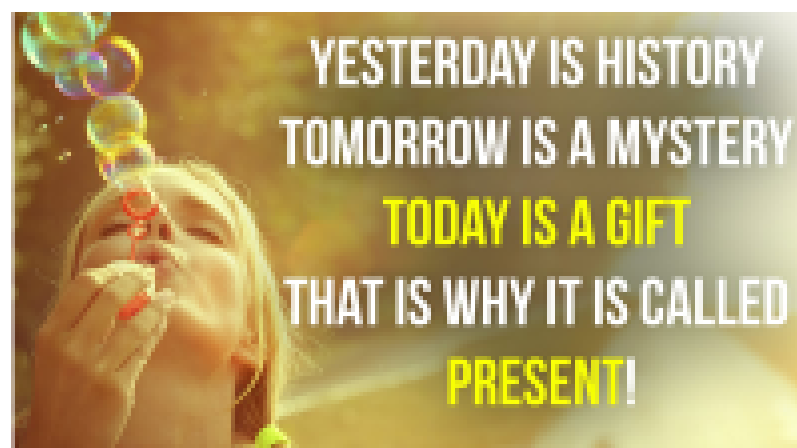
Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.



# Live in the present

Take notice - Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant for your workspace  
'Me Time Space'
- Take a different route on your journeys
- Take notice of how your friends, family or colleagues are feeling or acting
- Have a 'clear the clutter' day
- Visit a new place for lunch.
- Practice Mindfulness



# 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**





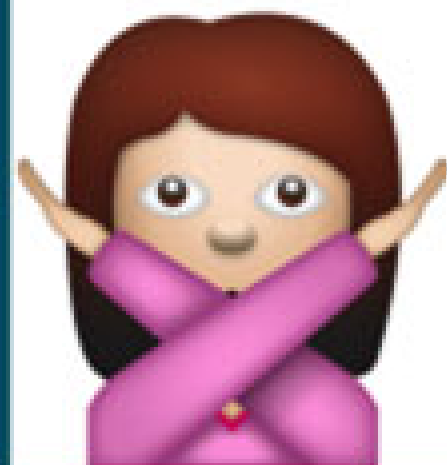
# Maintaining Balance

## Taking Time for:-

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



# Tips for Dealing with Stress



# Who is in your Network of Support?

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



# Tips for Dealing with Stress



# 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



# 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/>



# Assistance Programme

Contact have arranged for up to 8 members of each forum's core group – committee or steering groups members, directors and possibly some parent reps, to benefit from an “Employee” **Assistance Programme** via a company called CiC.



Visit the Confidential Care section for more information on the service.



**We'd now like to finish off this session by inviting you share your own suggestions for stressbusters in the chat ,we'd love to hear your own top tips to de stress !**

Thank you for listening.

Karen Hoe

Contact Associate

Stay Safe Everyone.





# Let's lend a hand

## Keep following the rules



HANDS



FACE



SPACE

