



Keeping Excellence
in Training Standards

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EQUALITY MATTERS

KEITS Training Services Ltd

THIS ISSUE:

All about Resilience..

- What is Stress?
- Resilience & Wellbeing
- The 6 R's of Resilience



In this issue we look at resilience, what it means, what it's linked to and how you can improve yours. We hope you find this newsletter informative and relatable to your own situation and circumstances.

What is stress?

“According to a recent stress report of the UK workforce, 4 out of 5 people believe that stress has now become a 'way of life'. Many businesses are now prioritising ways to address this problem.

We use the word stress so often, but do we really know what it means? Stress is a feeling of pressure or strain, and whilst mental and emotional pressure are important, so is physical stress.

Resilience & Wellbeing

Both personal and team resilience are very important in a work place. Yes, stress is part of life, BUT how we deal with it can make a huge difference. It is important to always remember that we are all unique and different, which makes our workplace diverse. However, this also means people can react to stress differently.

To be resilient, it is important that we understand:

- what causes us stress? (at work or home)
- how it affects us (physically and mentally)
- how we can help ourselves (avoiding causes or support available)

Resilience is the process of adapting well to adversity, trauma, stressful situations and crises. Being able to be resilient and 'bounce back' can improve one's ability to cope.



The 6 R's of Resilience

The 6 Rs of resilience can prepare you so you are better able to bounce back when faced with a difficult situation.

Responsibility

This means taking responsibility for our own mental health, wellbeing and ultimately, resilience. Your employer may have a duty of care for you, and your family and friends care about you, but the person who has to live with you for the rest of your life is you. Taking care of yourself isn't selfish, it is sensible.

Reflection

It is important to reflect and recap on how you are, what is happening and how you are feeling.

Relaxation

Make sure you take time to relax in a way that suits you e.g. jogging, reading a book, mindfulness practice.

Relationships

Build supportive relationships with friends, family or a partner. Know who you can turn to when times are difficult.

Refuelling

Eating a healthy diet and being conscious of alcohol intake can really help you feel better.

Recreation

Make sure you are regularly exercising and make sure you are having fun!

Do you do any of these already? Perhaps all of them? How resilient are you?

