

The Gift of Resilience

Wellbeing for living life in all its fullness.

Speakers: Michaela & Sandy Youngson



A large, vibrant orange slice is the central focus of the image. It is perfectly circular and shows the intricate, segmented texture of the fruit's interior. The orange is supported from below by a simple, light-colored wooden stand that consists of two curved legs meeting at the base. The entire scene is set against a plain, light-colored background, which makes the bright orange of the fruit stand out prominently.

How do you like to ‘unwind’ from a long day or week?

Or in other words

What helps you get your head out of ‘work mode’?

The Determinants of Health

Based on an original design by

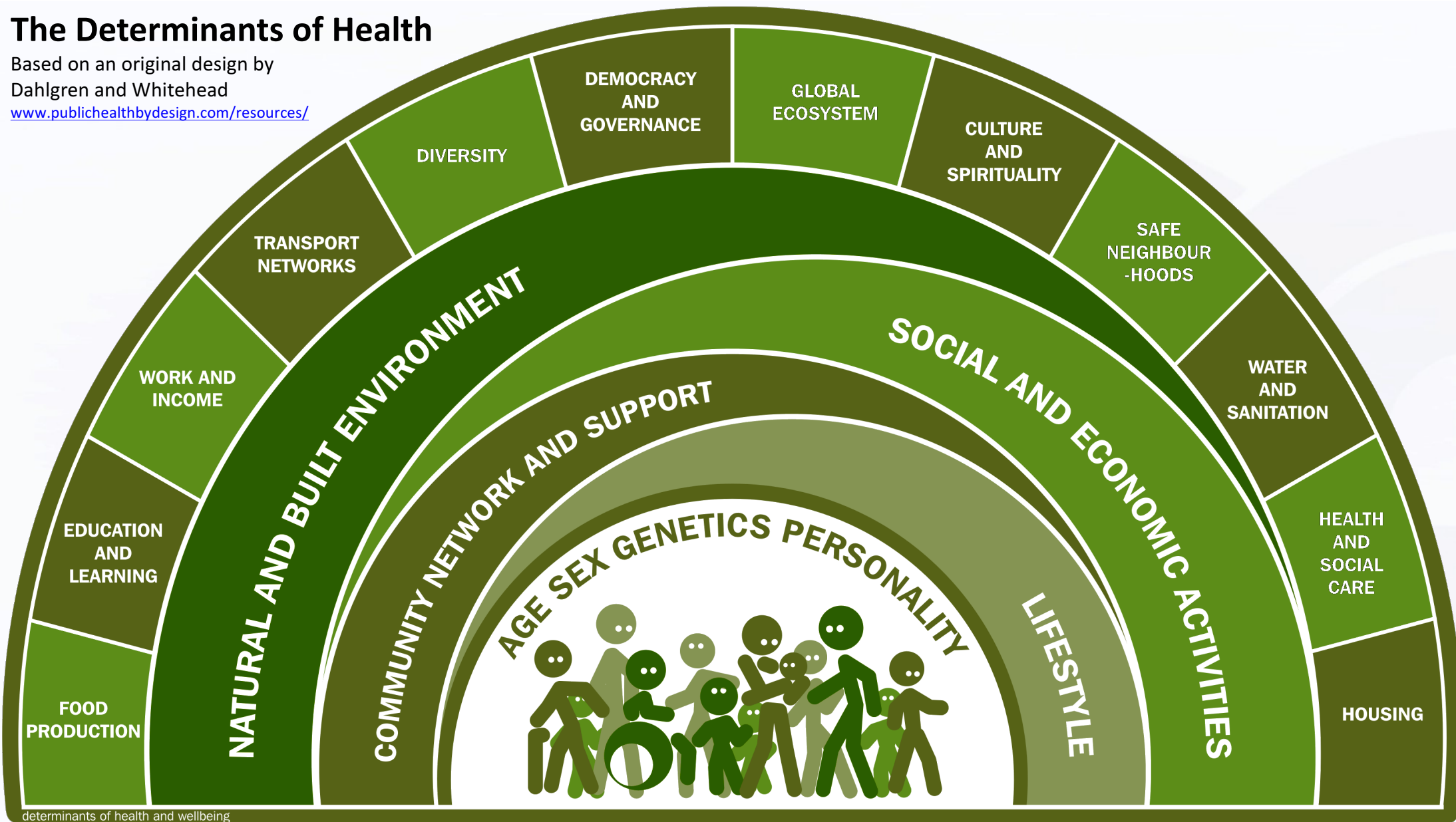
Dahlgren and Whitehead

www.publichealthbydesign.com/resources/

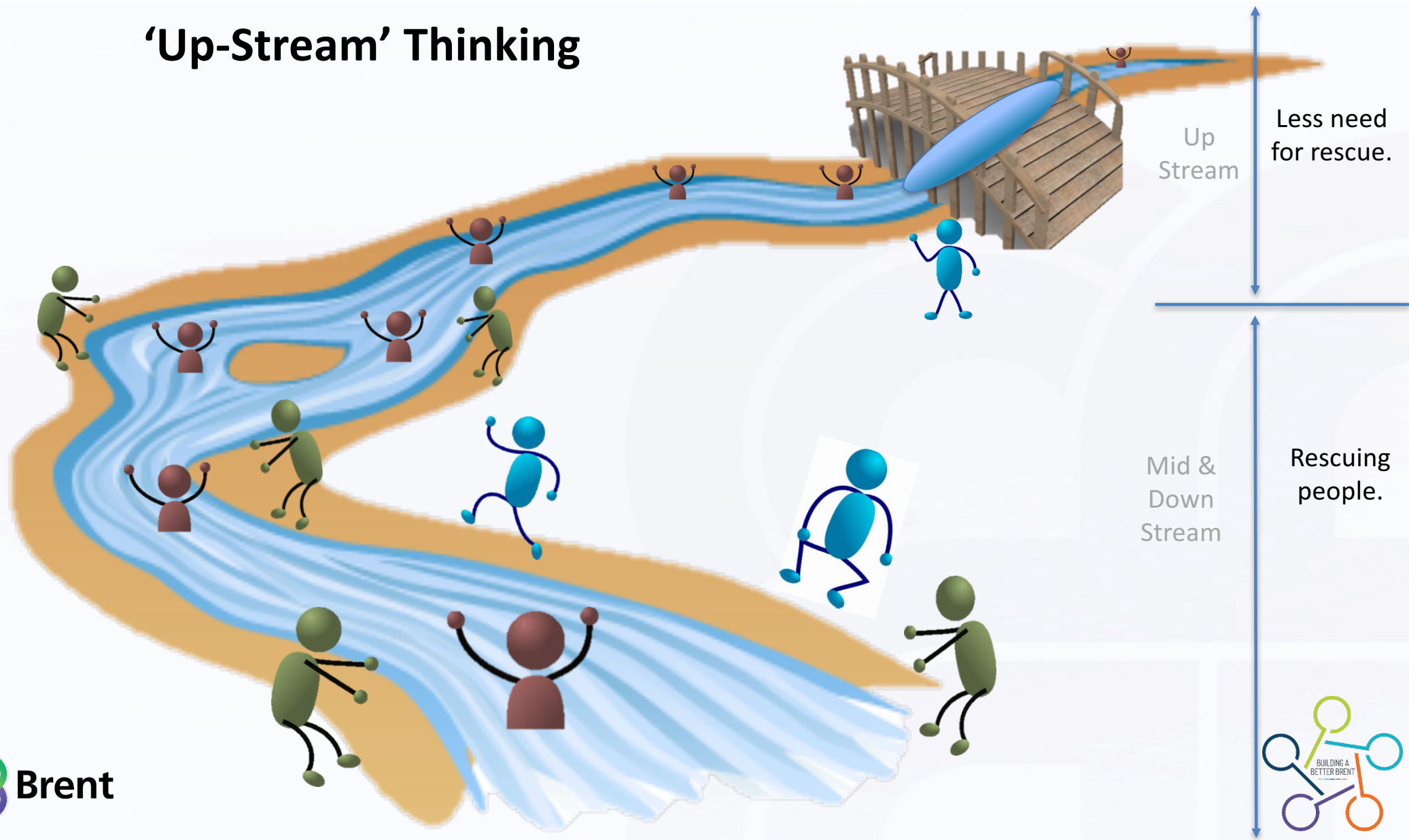


The Determinants of Health

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Dahlgren and Whitehead
www.publichealthbydesign.com/resources/



'Up-Stream' Thinking



What is the difference between Mental Wellbeing, Mental Illness and Mental Health?

We all have mental health.

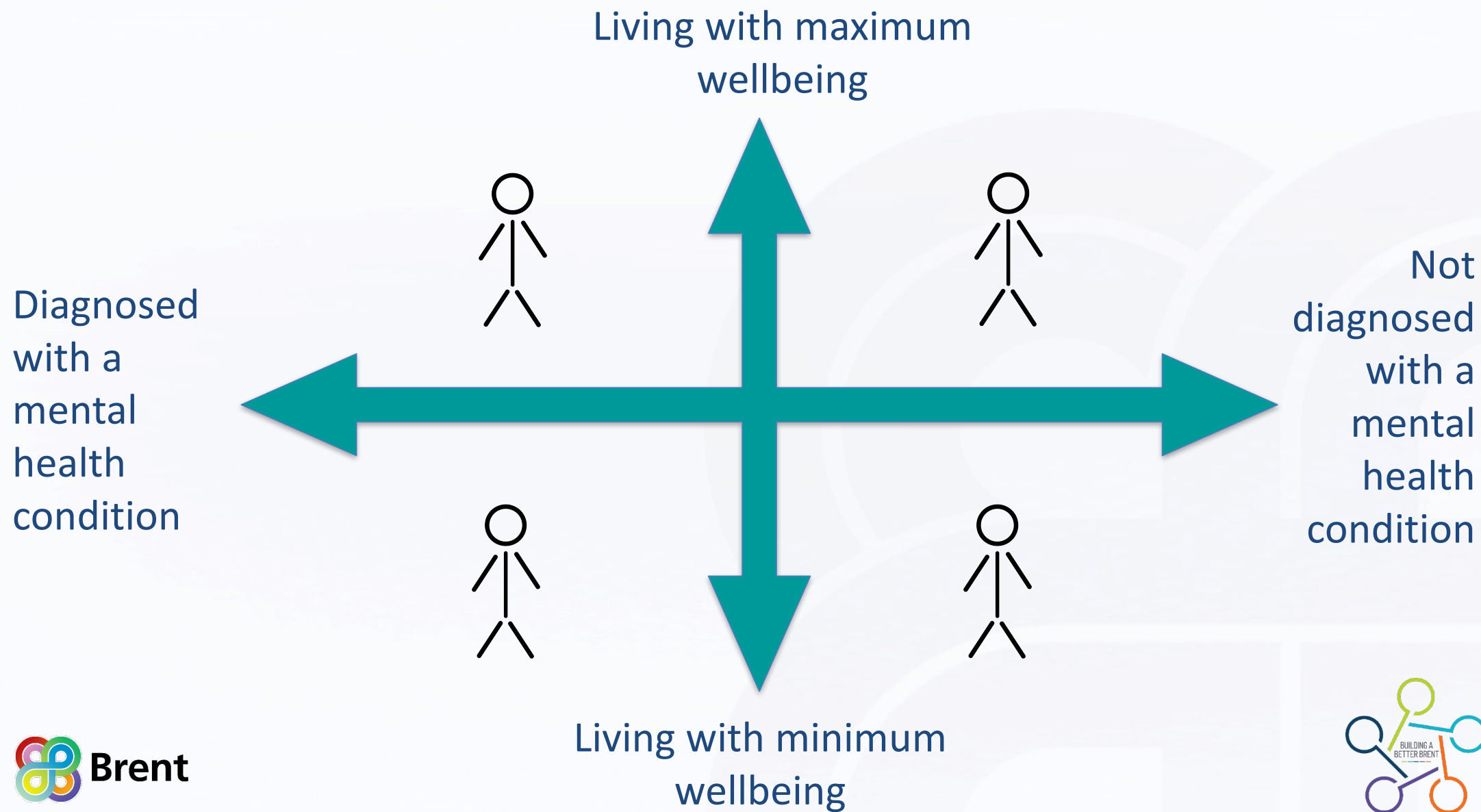
Good mental health is an asset that helps us to thrive.

This is not just the absence of a mental health problem, but having the ability to think, feel and act in a way that allows us to enjoy life and deal with the challenges it presents.



Surviving or Thriving? - The state of the UK's mental health – Page 3
The Mental Health Foundation - May 2017
www.mentalhealth.org.uk/publications/listing





Mental Wellbeing

is usually characterised by a persons ability to

Feel Good

e.g. feelings of...

- Happiness
- Contentment
- Enjoyment
- Curiosity
- Engagement

Function Well

e.g.

- Achieving everyday tasks
- Experiencing positive relationships
- Having some control over one's life
- Having a sense of purpose

Plus One Five Ways to Wellbeing

...evidence suggests that building the following five actions into our day-to-day lives is important for well-being.



CONNECT –

With the people around you.

- With family, friends, colleagues and neighbours.
- At home, work, church, school or in your local community.



Think of these connections as the cornerstones of your life, giving time and space to both ***strengthen*** and ***broaden*** social networks is important for well-being.

Be Active –

- Step outside.
- Go for a walk.
- Run.
- Cycle.
- Play a sport.
- Garden.
- Dance.
- Stretch.
- Swim.
- Go to a gym
- Etc.



Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Take Notice –

- Be curious.
- Catch sight of the beautiful.
- Remark on the unusual.
- Notice the changing seasons.
- Savour the moment, whether you are walking to work, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling.



Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING –

- Try something new.
- Rediscover an old interest.
- Sign up for that course.
- Take on a different responsibility at work.
- Fix a bike.
- Learn to play an instrument or how to cook your favourite food.



Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE –

- Do something nice for a friend, or a stranger.
- Thank someone.
- Smile.
- Volunteer your time.
- Join a community group.
- Look out, as well as in.



Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

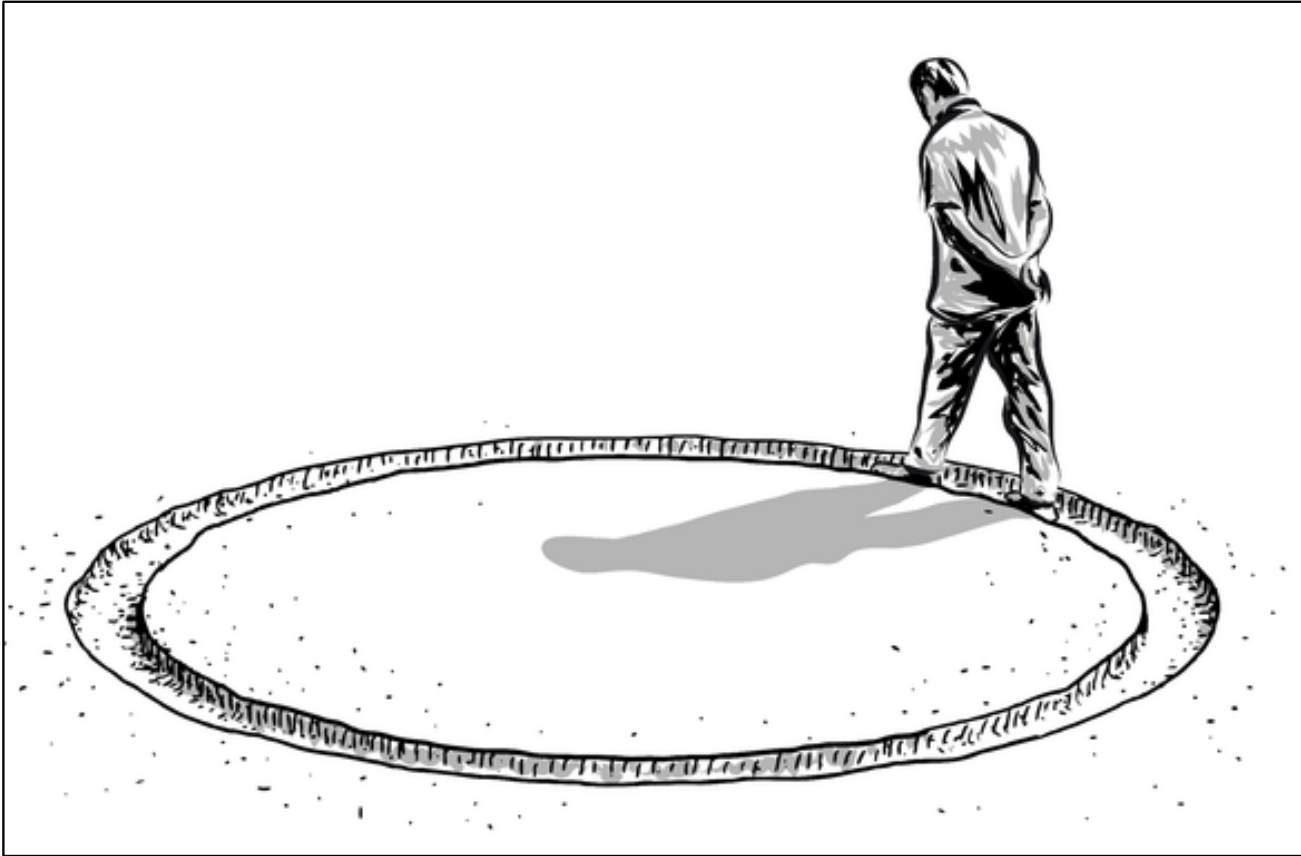
CREATE -

- DIY
- Knitting & Sewing
- Writing
(songs, poetry, a blog)
- Painting
- Drawing
- Jigsaws
- Gardening
- Baking & Cooking
- Flower arranging
- Photography
- Woodwork
- Metalwork
- Scrapbooking
- Debating
- Puzzles
- Etc.



Make something - Take something from one state to another, so you can see the progress that you have made.

Why can making stuff help?



Scoubidou's

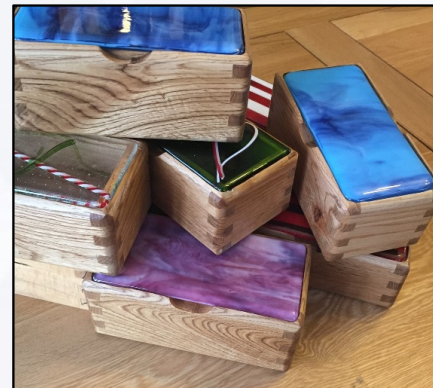


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Breakout Rooms

Discuss

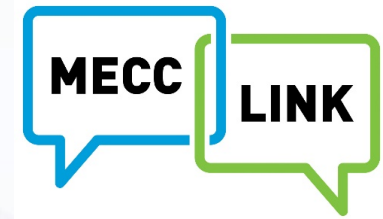
1. How does your church/work context help people to engage with the 5+1 themes?
2. How has your engagement with these themes changed due to the pandemic?
3. What themes might you focus on as part of your mission, going forward?




plus One
Five Ways to Wellbeing



www.mecclink.co.uk



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MECC Link - Simple Signposting to Better Health and Wellbeing

Helping you to raise awareness, motivate & signpost people to better health and wellbeing

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[Stay Well This Winter - Flu](#)

Mental Wellbeing

[Home](#) » [London](#) » Mental Wellbeing

Mental wellbeing describes your mental state - how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year

If anyone experiences low mental wellbeing over a long period of time they are more likely to develop a mental health problem. If someone already has a mental health problem, they are more likely to experience periods of low mental wellbeing than someone who hasn't. But that doesn't mean the person won't have periods of good wellbeing.

The Very Brief Intervention (VBI) pages below recognise that the perception that it can be difficult to start a conversation about a person's Mental Wellbeing. The following VBI uses advice from 'Time to Change' which is led by Mind and Rethink Mental Illness.

Our Mental health can be impacted at any time in our lives, whether this is from a relationship breakdown, a bereavement or financial worries so let's get talking about mental health, it's OK to ask!

Very Brief Intervention

Ask

How are you?

How are you feeling at the moment?

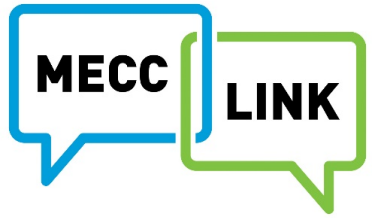
What's been happening for you recently?

Local Support and Contact Details

Core Topic Information

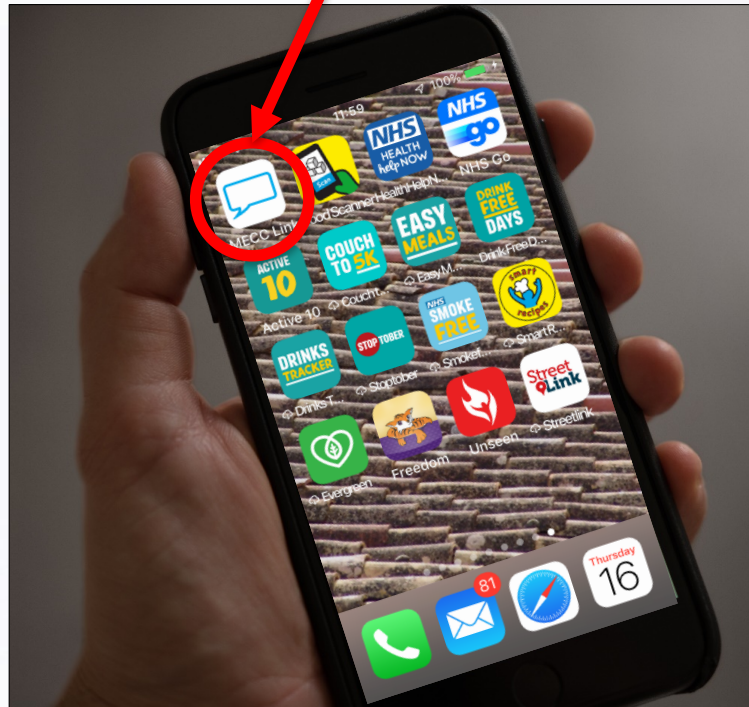
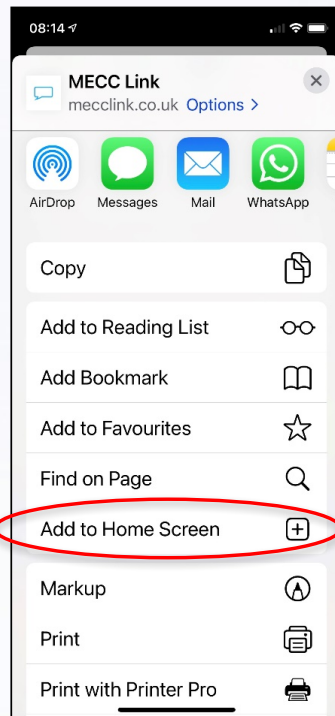
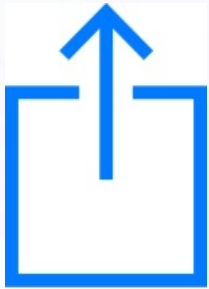


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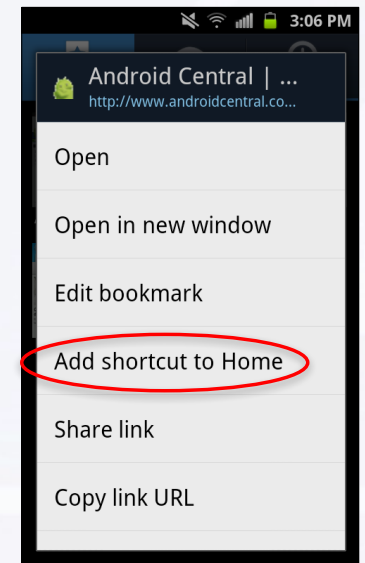


www.mecclink.co.uk

Home Screen Short Cut Apple



Home Screen Short Cut Android



Self Help Mental Wellbeing Support Services



Tools and resources to help yourself and others tackle stress, anxiety, and sleep deprivation.
Supported by NHS England and Public Health England

www.good-thinking.uk/



How to improve your mental wellbeing

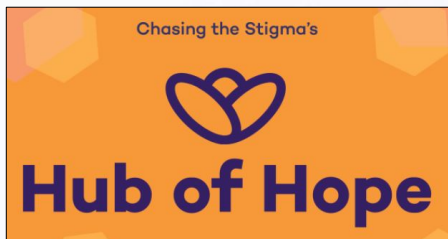
Explains how to improve and maintain your mental wellbeing, whether you have a diagnosis of a mental health condition or not.

www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/#.WXcrLHmovcs



There's only One You – Apps & Resources from Public Health England
Help to get healthier and feel better with free tips, tools and support.
One You can help you make small, practical changes that fit in with your life.

www.nhs.uk/oneyou



The **Hub of Hope** a nationwide mental health database, which brings help and support together in one place. The app uses a persons location to find key services and organisations.

hubofhope.co.uk



Self Help Mental Wellbeing Support Services



Public Health
England

Guidance

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)

Updated 31 March 2020

www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19

Guidance

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

Updated 30 March 2020

www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing







Six Acts of Uncreation



Crown of Thorns

