

BUILDING RESILIENCE IN RELATIONSHIPS

LI:

To be able to identify and name a range of emotions.

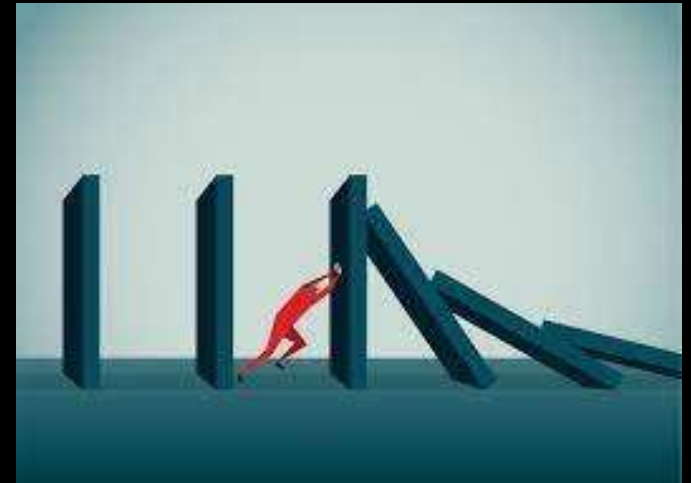
To understand how good physical health can support positive mental and emotional health.

To understand how to build resilience.

WHAT DOES RESILIENCE MEAN?

TTYP

- the capacity to recover quickly from difficulties, toughness.



IS THERE A CORRELATION BETWEEN POSITIVE HEALTH AND RESILIENCE?

- It is easier to try again if you are feeling well in yourself. However, if you feel miserable/exhausted, you don't want to have another go so you're more likely to give up.



PHYSICAL, EMOTIONAL AND MENTAL HEALTH

- *What are they?*
- *Are there any differences between them?*
- *Discuss with your table*

MENTAL WELLBEING

- Mental wellbeing can be defined as feeling good, feeling that life is going well, and feeling able to get on with daily life. It is a broader indicator of social, emotional and physical wellness. It is influenced by a range of factors, including a child or young person's family, their community and school environment, their physical health and their social and emotional skills.

Your mental wellbeing is about your thoughts and feelings and how you cope with the ups and downs of everyday life. It's not the same thing as mental health, although the two can influence each other.

EMOTIONAL HEALTH

- is your ability to express feelings which are based upon the information you have processed. It is our ability to cope with our feelings-based on life events and how we acknowledge our emotions as well as others around you. (It does not mean feeling happy all the time).



ACTIVITY 1:

- Work in pairs and copy the grid onto A3 paper.
- Fill in the boxes answering the questions on the following slide.

Mental Health	Emotional Health	Physical Health
1	1	1
2	2	2
3	3	3

Mental Health

- What is positive mental health?
- What does it look like?
- Is there negative mental health if so what are the signs?

Emotional Health

- What are emotions?
- What is emotional wellbeing?
- How do we show emotional wellbeing in our day to day life?

Physical Health

- What does it mean to be physically healthy?
- Are there different things that contribute to good physical health?
- How might physical health impact your mental health?


- Let's watch this video on how to build resistance.

- Let's discuss the 5 ways to build resilience.



Discussion - How does positive emotional health benefit our decision making?

Which emotions are most dominant when we talk about positive emotional/ mental health? Can we rank them? Have we got them all?

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- Let's think of a scenario.
 - Something has happened and it's making someone feel miserable. They don't know what to do.
 - What negative feelings might they have?
 - Draw an outline of a person on the back of your A3 paper.



BODY OUTLINE

- On the left side note down the issues and negative responses of the character

Discuss with your groups:

- What advice would you give?
- What resilience skills can they take to be healthy?

On the right-hand side, write down everything the person could do to bounce back from the situation (Think about the discussion you have had in your groups)



LET'S SHARE YOUR RESPONSES

FINALLY, LET'S RECAP THE 5 WAYS
TO BUILD RESILIENCE FROM THE
VIDEO.