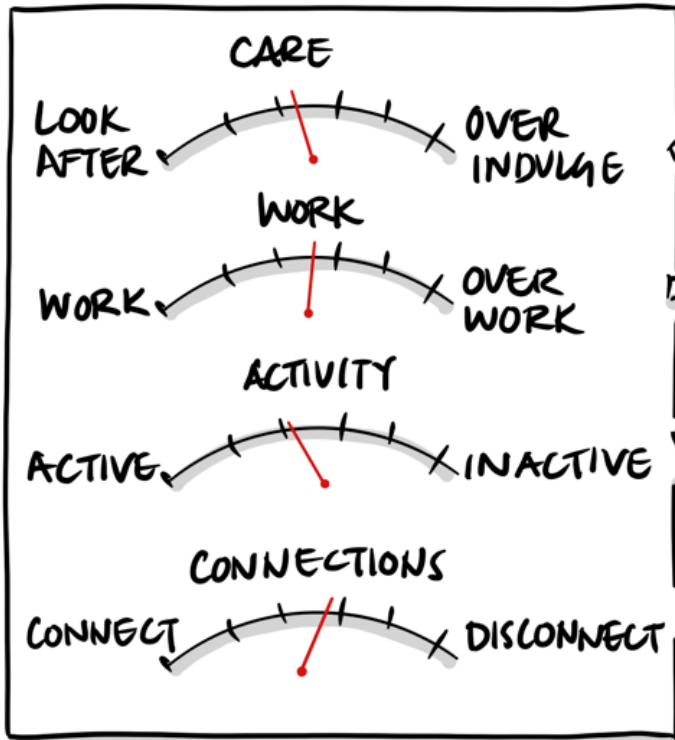


STRESS, COPING + RESILIENCE



FIND YOUR WAY ALONG THESE CONTINUUMS



CARE FOR YOURSELF + OTHERS. AVOID EXCESS - JUNK FOOD OR ALCOHOL

WHEN WORKING HARD - YOU NEED TO DECOMPRESS

FIND WAYS TO **MOVE**, CONNECT WITH NATURE + **REST**

CONNECT TO YOUR VALUES + TRUSTED INFORMATION USE TECH. POSITIVELY + **VALUE DISCONNECTION TOO!**



PROBLEM FOCUSED COPING

EMOTION FOCUSED COPING



ACKNOWLEDGE FEELINGS
DON'T BOTTLE THEM UP

BE COMPASSIONATE -
YOU ARE DOING YOUR BEST!

BREATHING IN CALMS MY BODY

BREATHING OUT CALMS MY MIND



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RESILIENCE

"THE ABILITY TO WITHSTAND AND REBOUND FROM ADVERSITY"
F. WALSH

INDIVIDUAL
RESILIENCE

RELATIONAL
RESILIENCE



STRESS + CRISES CHALLENGE US,
BUT THEY DON'T NECESSARILY
DAMAGE US.

HOW TO KEEP ON, KEEPING ON...

BE FLEXIBLE · ABLE TO CHANGE, REORGANISE
+ FIT CHALLENGES OVER TIME

RESPECT INDIVIDUAL (+ YOUR OWN) NEEDS,
DIFFERENCES + BOUNDARIES. PAY ATTENTION

KEEP CONNECTED · MUTUAL SUPPORT +
COLLABORATION

KEEP IN TOUCH WITH YOUR VALUES + WHAT
IS IMPORTANT TO YOU

DON'T FORGET THERE IS A WHOLE WORLD
OUT THERE - AND YOU ARE PART OF IT

COMMUNICATE · TALK TO PEOPLE

REST · DO SOMETHING COMPLETELY
DIFFERENT

SEEK HELP IF YOU NEED IT



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