Resilience, Mental Health and Wellbeing

Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course is delivered using a range of methods and resources including:

- Live tutor facilitation, interactive polls, questionnaires, drawing tools, videos, and scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- Skills for Care – Building your own resilience, health, and wellbeing
- HSE - Work-related stress and how to tackle it

Course Content

- Identifying if work related stress is impacting on your mental health and wellbeing
- Understanding what resilience is and why it matters
- Benefits of building your resilience
- What makes a person resilient?
- Recognising and coping with pressure and stress
- What is pressure and when is it a problem?
- When stress can be positive
- Strategies to cope with in-the-moment pressure
- How to recognise when long-term pressure becomes a problem
- Strategies to cope with long-term pressure
- Personal development to build own resilience, health & wellbeing

Learning Outcomes

After attending this course, learners will be able to:

- Acknowledge if work related stress is impacting on your mental health and wellbeing
- State what resilience is and why it matters
- List the benefits of building your resilience
- Describe what can make a person resilient
- State how to recognise and cope with own pressure and stress
- State what pressure is and when it may be problem?
- Give an example of when stress can be positive
- List strategies you could use to cope with in-the-moment pressure
- Describe how to recognise when long-term pressure becomes a problem
- List strategies to cope with long-term pressure
- Action plan for personal development to build own resilience, health & wellbeing

Duration: 3 Hours