ISANA – ANZSSA Conference 2014

STAYING IN BALANCE:
Workshop on Resilience & Wellbeing

Resilience...balance, bouncing back, curiosity, hopefulness, connection...looking out for self, looking out for others

YOUR FACILITATOR:

Dr. Sherene Suchy
Counsellor, Coach, Consultant, Cultural Advocate
Australian Association of Social Workers

Author of

IN BALANCE:
WORKBOOK ON RESILIENCE & WELLBEING
WORKSHOP PROCESS

Together, we’ll explore responses to:

1. What is resilience?
2. What is self care?
3. What is support?

NEEDS ANALYSIS 2014:
Suggestions from Uni Students & Staff

For a sense of wellbeing, an IS needs...

Connection / Course Overviews / Cultural Orientation / Groups to Meet Peers / Contact with Academics / Access to Problem Solvers / English Skills / Clarity on Cultural Values / To Feel Safe…
A SAFE PLACE - ROLE PLAY

Welcome to Dr. Suchy’s office….

Exercise:
Heart Hug (Dru Yoga)

THE RESILIENCE TRIANGLE

Self Care

Study Support
STAYING IN BALANCE

✧ **Self Care:** Eat, Sleep, Walk, Drink Water, Play, Meditate, and Sit in the Sunshine

✧ **Study:** Purpose, Plan, Progress (celebrate)

✧ **Support:** Social, Emotional, Spiritual, Physical, Occupational, Environmental, Cultural

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THE TRIPOD OF SUPPORT

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DEFINING RESILIENCE

“In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their wellbeing, and their capacity individually and collectively to negotiate for these resources to be provided in culturally meaningful ways.”

Source: Dr. Michael Unger
Resilience Research Centre, School of Social Work
Dalhousie University, Canada

CHANGE: 21-Day Action Plans

1. Choose a behavior you’d love to change to > resilience.
2. Make a statement of commitment to navigate/negotiate.
3. Practice 5 minutes a day x 21 days to create a new habit
4. Create a ‘tripod’ of support with two people who care.
5. Meet at least four times with your ‘tripod’ over the 21-days.

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RESILIENCE & EQ

- **Stories of Strength:**
  Remember when you turned a set back into a triumph.

- **Flexible Thinking:**
  Remember when you moved beyond a ‘habit’ reaction.

- **Rest & Renewal:**
  Remember to step back and rest….

SOURCE: *EQ MAP – ESSI SYSTEMS*

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REST & RENEWAL...

**Exercise:**
*Still Point Meditation*

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REFLECTIONS

Group Exercise: *Take Away*

**IN BALANCE: WORKBOOK ON RESILIENCE & WELLBEING**

Available from [duopluseq.com/Publications](http://duopluseq.com/Publications) and [paperchainbookstore.com.au/Mental Health](http://paperchainbookstore.com.au/Mental Health)

Thank You!

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