**What is resilience? **

**Resources to support you.**

Resilience is beyond being able to “bounce back” from difficult circumstances. It is a combination of many skills, behaviors, actions and accessing external resources to positively deal with stress, setbacks, and working through problems. A resilient person will draw from their strengths and support systems to get through challenges.

**Being resilient can take some time and practice. If you don’t feel like you’re making progress considering talking to a mental health professional.**

**Employee & Family Assistance Program (EFAP):**

Use the services provided by your employer EFAP program to talk to a professional.

https://www.pac.bluecross.ca/group/large-business/specialty-benefits/employee-family-assistance-program/

**Bounce Back:**

Free online, video and phone based coaching program for youth, adults and seniors experiencing low mood, mild to moderate depression, anxiety, stress or worry.

https://bouncebackbc.ca/

**Mental Health Check-in:**

Free, anonymous self-assessment tool to help you understand how you are feeling and reflect on your mental, physical and social well-being.

<https://cmhabc.my.site.com/MentalHealthCheckIn/s/>

Watch a video on *Building personal resilience:*

A person looking at a computer screen

Description automatically generated

**Why is resilience important?**

Learning to be resilient is an important skill to acquire. It allows an individual to cope with stress and unexpected challenges. Psychologically resilient employees are better able to cope with stress and less likely to suffer with depression, anxiety, and burnout. Being resilient is associated with a positive state which includes optimism, curiosity, and openness to experience.

**How to build resilience:**

Change and stress are an expected part of life. It is important to develop and nurture skills for reducing the impact of unexpected challenges. These skills are developed overtime. Here are a few steps to get started:

* **Be positive.** Take a positive approach to hardships. This will allow you to be more adaptable and hold a sense of control.
* **Make everyday meaningful.** Do something that gives you a sense of accomplishment and purpose.
* **Be connected.** Build strong, positive relationships with loved ones and friends. Reach out when you need support, guidance, and acceptance in good and bad times.
* **Learn from experiences.** Think of how you have coped with hardships in the past. Think about skills and strategies that have helped you through these times.
* **Take care of yourself.** Tend to your needs and feelings. Get plenty of sleep, have a routine for physical activity, and eat a healthy diet.

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| **MEETING DESCRIPTION** | | | |
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| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
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| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
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| **TOPICS DISCUSSED** |
| 1. **Psychological Health & Safety: Resiliency** |
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| **WORKERS CONCERNS** |
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| **CORRECTIVE ACTIONS TO BE TAKEN** |
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| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |