

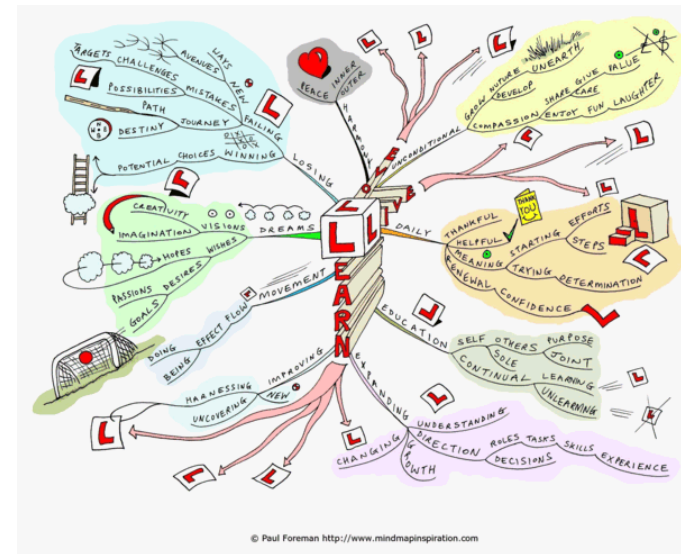
# Mental Health & Resilience

**Session Objective:** To explore how we can be more resilient when it comes to our mental health.

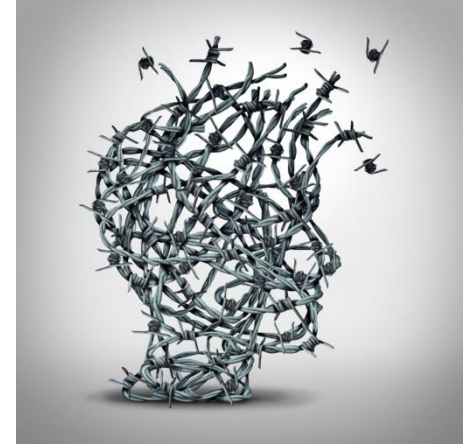
**Session Outcome:** To create a learning map exploring resilience and mental health.

**Starter:** Listen to the lyrics of the song – how do you think it links with the title of this session?

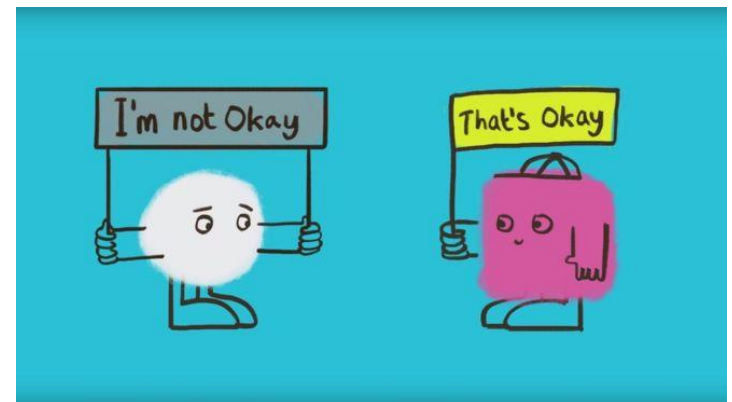
[Song](#)



# Mental Health?



- **What** is it?
- **When** could a person experience mental health issues?
- **Why** do we experience mental health issues?
- **Who** can experience mental health issues?



Listen to the following accounts of  
experiences:

**Lily Bailey: Tired of people  
misunderstanding OCD, the UK model  
and writer decided to share her secret  
inner world.**



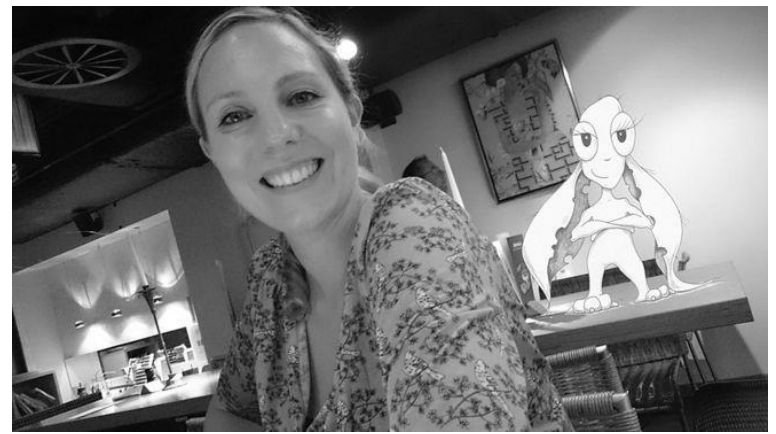
I don't remember ever not living with OCD. From as early as I can remember, there were two of me in my head, and my brain was filled with weird, uncomfortable thoughts. I heard my OCD as a voice – “she” or “my friend”. There was never an “I” in my head. It was always, “We should do this,” or, “We think that ... ”

[Clip](#)

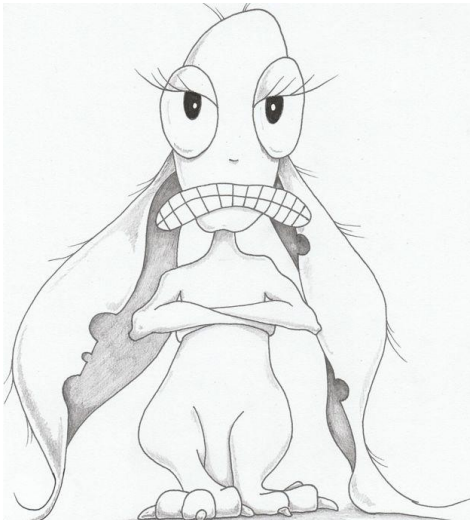
# What does this describe?

- She's got the big ears, because she's like a startled hare, she's listening out.
- She's bedraggled, because she's been through a lot and she's normally having some kind of panic.
- The big eyes are about making sure she's keeping an eye out for danger.
- The big legs - for running, like a frightened hare, says Catherine Benfield.
- And she can change too - very quickly. She can be quiet one moment, but then her mood will swing and she'll suddenly be feeling at the end of her tether, forlorn, broken and, at her worst, absolutely beaten.
- You have now met **Olivia**.

# Catherine Benfield



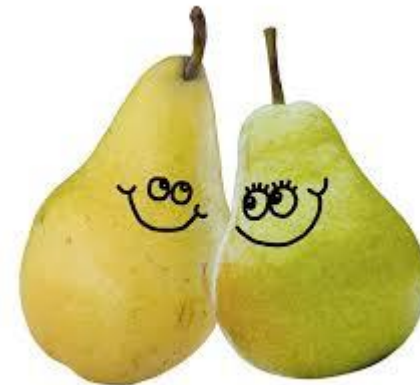
- **Olivia** is a visualisation - a character created by Catherine to personify the condition she has lived with since she was a child.



*Lily Bailey: "...you never know what someone's going through behind the smile"*

**Paired Task:** Read through the experiences of celebrities on your sheet. *Discuss* with the person sitting next to you:

- What surprises you about this information?
- What does it suggest about mental health issues?



J.K Rowling wrote one of her characters as a metaphor for depression and its impact on a person. Which one?



*The Dementors*

Rowling revealed that the Dementors were inspired by her own feelings of depression. She has been open about her own struggle with depression when she was in her twenties, saying she was suicidal during that time—but isn't ashamed of what she went through. "I have never been remotely ashamed of having been depressed. Never...What's to be ashamed of? I went through a really rough time and I am quite proud that I got out of that."

[Order of the Phoenix - Dementor Attack - Bing video](#)

Discuss: of the examples we've explored, **how** do these people show **resilience**?

Resilience:  
the capacity to recover quickly from difficulties;  
**toughness**



# Gareth Thomas – How does this show resilience?



- **Gareth Thomas** (born 25 July 1974),<sup>[1]</sup> nicknamed "Alfie", is a Welsh former professional rugby footballer, who represented Wales in both rugby union, and rugby league. With 100 test match appearances he was the most capped Welsh rugby union player until he was overtaken by Stephen Jones in September 2011.
- Thomas came out as gay in December 2009.

# Gareth Thomas – Victim of a hate crime

- The 44-year-old, appeared bruised in a Twitter video, saying he was targeted because of his sexuality.
- "I was the victim in my home city of a hate crime for my sexuality," he said. A hate crime is any crime motivated by hostility on the grounds of race, religion, sexual orientation, disability or transgender identity.

**Pause for thought: How do you think Thomas reacted to this?**

- [Clip](#)

# Resilience – what is it and how can we build it?

- Resilience

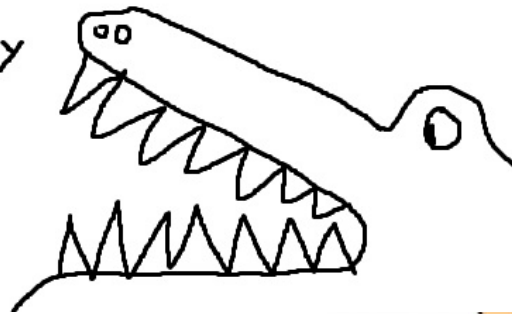


# What is RESILIENCE?

- Being able to cope with difficulties
- Being prepared to try again
- Having a **POSITIVE** mindset
- The ability to solve problems
- Being able to adapt to change
- Having **'BOUNCEBACKABILITY'**



# What can test our resilience?



ring yourself to others.



# Mental Health & Resilience



- **Seek help!** It can be so difficult to trust someone with such personal and sensitive information, but it could help you to deal with the issue.
- **Think about approaches that work for you!**  
E.g. is there a creative outlet (writing / drawing) that could help you manage and deal with something you are struggling with?
- **Remember, YOU ARE NOT ALONE!**

# Helping each other to be resilient:

Task: Consider the following scenarios and what advice you could offer the person in that situation. Remember, you are not trying to 'fix' the problem for them, you're trying to help them **fix it for themselves**.

## Ali's Story:

Ali is a hardworking and capable student. His family want and expect him to do well but, with mock exams looming and constant homework deadlines, he feels stressed and under pressure. As a friend, he confides in you that he feels like he's not coping. *What advice do you offer?*

Remember, you are not trying to 'fix' the problem for them, you're trying to help them **fix it for themselves.**

### Sana's Story

1) Sana has always struggled at school, but she is well behaved in lessons and, even though she is often 'below target', her reports are always positive and her teachers and family think she's capable. Sana's family want her to pursue Science at A-Level to become a doctor. Sana feels that this is unrealistic and, she doesn't like Science but doesn't want to let her family down. As a friend, she confides in you that she feels like she's not coping. *What advice do you offer?*

# Final Thoughts...

"Success is not final, failure is not fatal:  
it is the courage to continue that counts"

Winston Churchill



"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it"

Michael Jordan

