

Beating the odds, and changing the odds

Simon Duncan



Outline of Presentation

- What is Resilience?
- My personal story of Resilience
- Links to the Resilience Framework (group exercise)

Some ways to think about Resilience

- Resilience is your own ability to find mental, emotional and physical ways to cope and hopefully succeed in tough situations, including having support and help.
- Its about doing better than expected despite the challenges you face.
- It's also about not passively accepting negative and unfair situations but changing them, by yourself or working with others. In other words finding positive ways to change things for the better.



Beating the odds whilst at the same time changing the odds!





My Story of Resilience

Reflected by many others every day

The Beginning

- Birth and Disability
- Disability Politics
- Environment altered to build resilience



Valuing Yourself

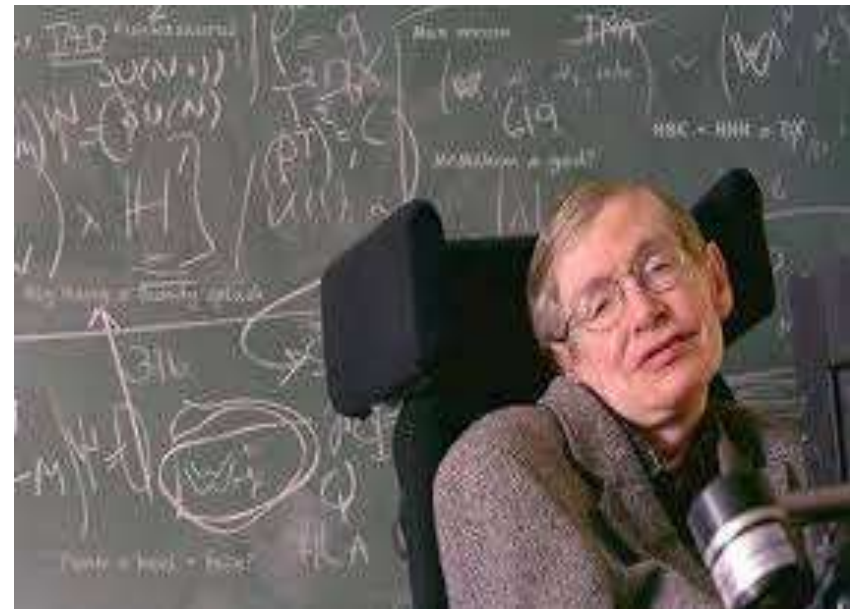
- ‘You could be the most beautiful orange in the world. But there will always be people who don’t like oranges.’
 - Dita Von Teese
- ‘Your value doesn’t decrease based on someone’s inability to see your worth’
 - Unknown
- ‘When you change the way you look at things, the things you look at change.’
 - Dr Wayne Dyer

Role Models

**Baroness Tanni Grey- Thompson
DBE**



Stephen Hawking



**But... remember that role models are only
human!**

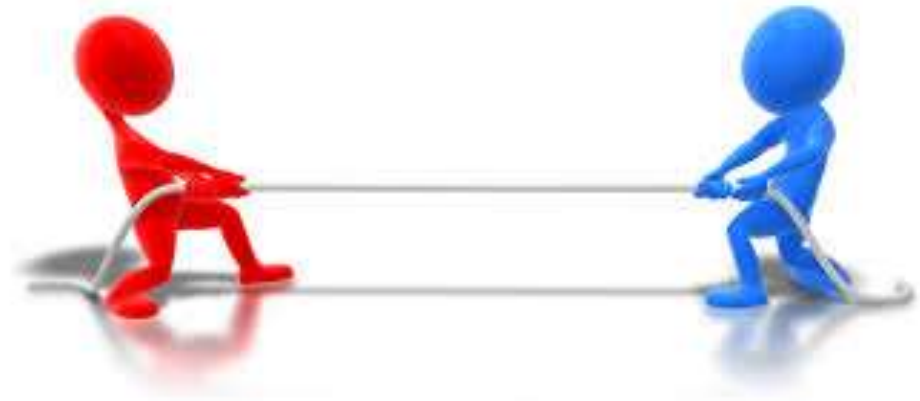
Nursery and Primary School

- Placed in a special nursery
- Moved to a mainstream primary school
- Operations
- Decision



Secondary School

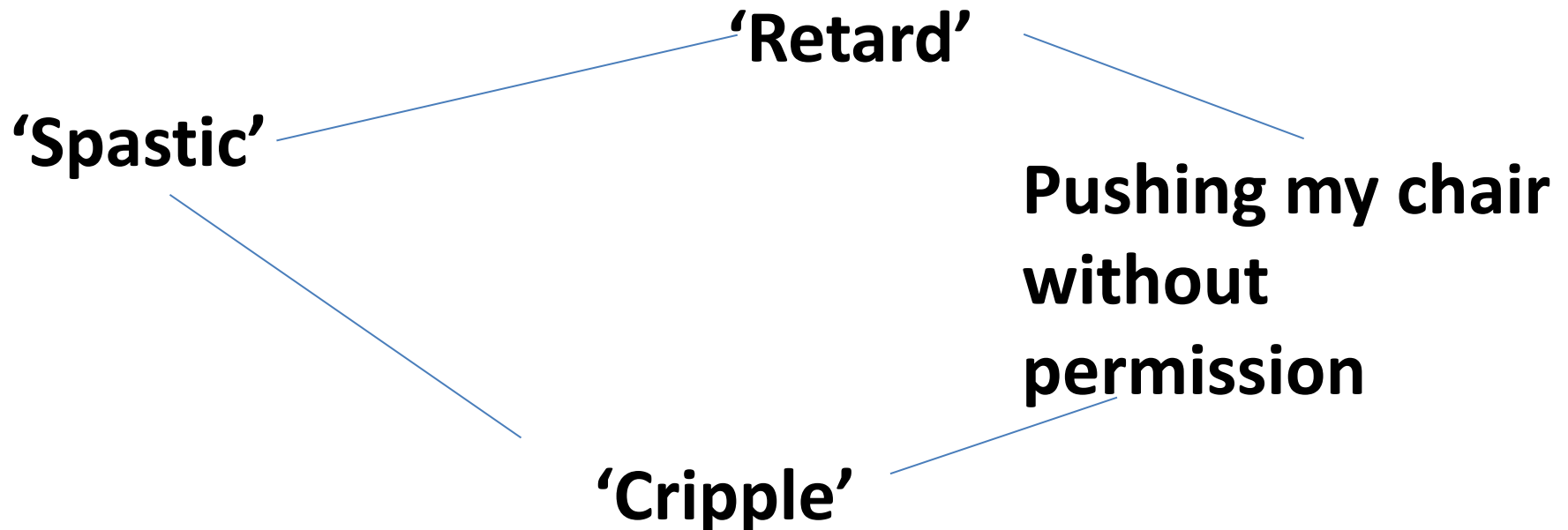
- Elliott School – combination of several communities
- Conflict
- Puberty



Learn your Hot-Buttons

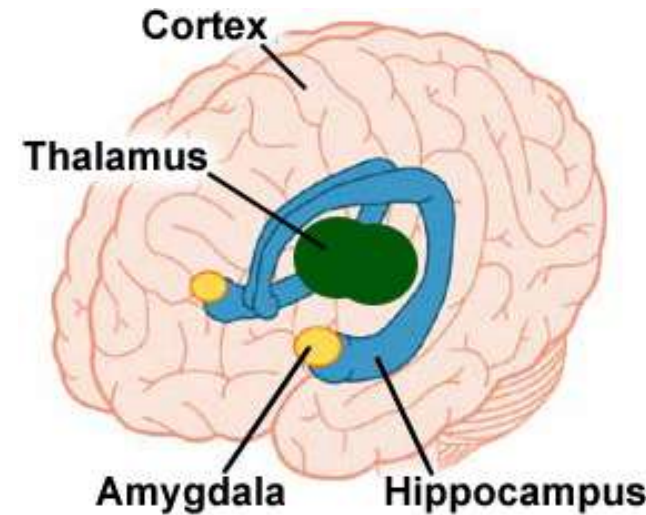
If you know your enemies and know yourself, you can win a hundred battles without a single loss.

-Sun Tzu, *The Art of War*



Effective Conflict Resolution

- Stressful situations trigger a fight or flight response in the Amygdala— physical or verbal challenges.
- Heart races, pupils dilate, sweating, higher breathing rate increased desire to use the toilet.
- Desire to act immediately- but don't. Take a few seconds to calm yourself.



- Give a measured response to diffuse the situation.
- Once it's handled try to let it go – many things will only have power over you for as long as you let them.
- Take time to recover.



Building Self-Confidence

- Don't be afraid to fail and don't let fear control your life – take thought out risks.
- Public Speaking (YOF)
- Sport and Rock Climbing
- Terrence Higgins Trust – Challenging Stereotypes



University

- University Statistics
- Mix of emotions
- Make the most of every opportunity you're given there even if it's scary.
- Bound to come into contact with people that you don't like but have to work with.



Continuing Battles

- Resilience has to be maintained
- Political Situation
- Organisation and becoming more resilient



Know the Impact you have on others

Everyone sees what you appear to be...



...few really know what you are.

(Machiavelli)

In Summary...

My personal top 6 strategies to build Resilience are:

- Have role models
- Push yourself out of your comfort zone
- Build self-confidence
- Know your hot-buttons
- Resolve conflict healthily
- Minimise the negative impact you have on other people and the negative impact that others have on you

Thank you for listening!

Does anyone have any questions?

References

- Ungar, M. 2011, "The social ecology of resilience: addressing contextual and cultural ambiguity of a nascent construct", *The American Journal of Orthopsychiatry*, vol. 81, no. 1, pp. 1.
- Rutter, M. 2012, "Resilience as a dynamic concept", *Development and psychopathology*, vol. 24, no. 2, pp. 335.
- Hart et al. 2015, "Uniting resilience research and practice with an inequalities approach" In preparation

Resilient Framework – (Adapted by Simon Duncan from Hart, Blincow & Thomas, 2007)

	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Having housing that meets your needs	Having places, groups and people where you feel you belong	Getting help and helping yourself to make school, college or work go as well as possible	Understanding boundaries and keeping within them	Having a sense of hope
	Having enough money to live – for you or your family	Understanding your place in the world, and that others may face similar situations			
	Being safe and feeling safe	Using good influences for example, role models or peer support	Finding mentors and using them	Being brave	Having an understanding of others
		Keeping positive relationships going		Solving problems	
	Being able to get around okay – transport is good enough and you can get to places	Having as many positive relationships as possible	Mapping out a career or life plan	Seeing things in the most positive light	Knowing yourself
		Taking the positives from relationships where there is some hope in them		Focusing on your interests and spending time on them	
	Having healthy food to eat	Getting together with people you can count on	Working on being organised and getting the help you need to do this	Calming yourself down & soothing yourself	Taking responsibility for yourself
	Having enough exercise and fresh air	Having responsibilities and obligations that are stretching but achievable		Remembering that tomorrow is another day	
	Having enough sleep	Focusing on good times and places	Recognising and celebrating your achievements	Leaning on others when necessary	Thinking about your talents and try to enjoy and improve them
	Having hobbies and leisure activities that you enjoy	Making sense of your life story			
Predicting good experiences of someone/ something new					
	Making friends and mixing with other young people	Developing life skills	Having a laugh	Understanding some techniques that can help you in difficult times and using them	
	NOBLE TRUTHS				
	ACCEPTING	CONSERVING	COMMITMENT	ENLISTING	

Thoughts on Resilience Framework

- Moving 'Instil a sense of hope' to the Basics.
- Knowing yourself in relation to achieving goals and recognising your own value.
- Give and take in relationships – reciprocity and 'changing the odds' for other people.
- Communication – Basics or Belonging?
- The importance of 'secure spaces'
- Overall comment

Final Words...