

Resilience Framework (Adults) – Copyright Hart, Blincow & Cameron (adapted from original) [www.boingboing.org.uk](http://www.boingboing.org.uk)

	<b>BASICS</b>	<b>BELONGING</b>	<b>LEARNING</b>	<b>COPING</b>	<b>CORE SELF</b>
<b>SPECIFIC APPROACHES</b>	Good enough housing	Find somewhere to belong	Make work & learning as successful as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help understand place in the world, & that others may face similar situations		Engage mentors	
		Tap into good influences (eg peer support)	Identifying & solving problems (reduce self blame and guilt)		Promote understanding of others
	Being safe	Keep relationships going (eg educator /support partners/carers/family)			
	Access & transport	The more healthy relationships the better	Help self-organisation	Fostering their interests	
		Take what you can from relationships where there is some hope			Calming down & self-soothing (support reflection, not feeling overwhelmed by illness)
	Healthy diet	Get together people the person can count on	Highlight achievements	Remember tomorrow is another day	
	Exercise and fresh air	Responsibilities & obligations			Develop life skills
		Enough sleep	Focus on good times and places	There are tried and tested treatments for specific problems, use them	
	Leisure & work occupations	Make sense of where the person has come from	Have a laugh		
		Predict a good experience of someone or something new			
		Make friends and mix			

**NOBLE TRUTHS**

<b>ACCEPTING</b> Interpersonal skills, empathy	<b>CONSERVING</b> Interpersonal skills, trust	<b>COMMITMENT</b> Ongoing support issues	<b>ENLISTING</b> Self (eg not passive), family, friends, mental health professionals, GP
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