



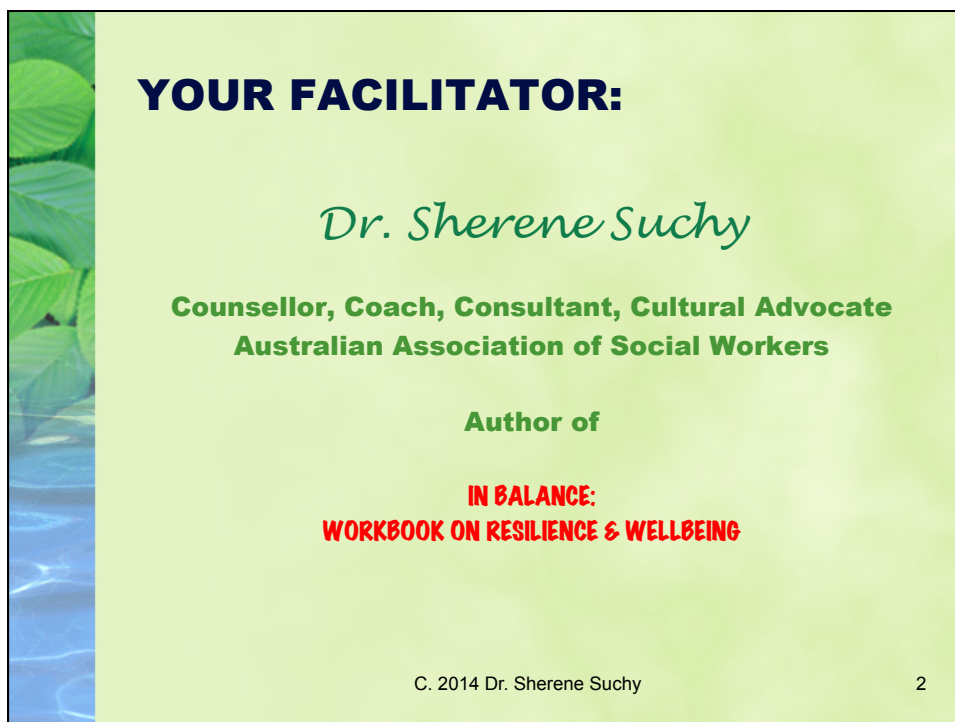
ISANA – ANZSSA Conference 2014

**STAYING IN BALANCE:
Workshop on Resilience & Wellbeing**

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



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YOUR FACILITATOR:

Dr. Sherene Suchy

**Counsellor, Coach, Consultant, Cultural Advocate
Australian Association of Social Workers**

Author of

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

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WORKSHOP PROCESS

Together, we'll explore responses to:

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

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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...***

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A SAFE PLACE - ROLE PLAY

Welcome to Dr. Suchy's office....



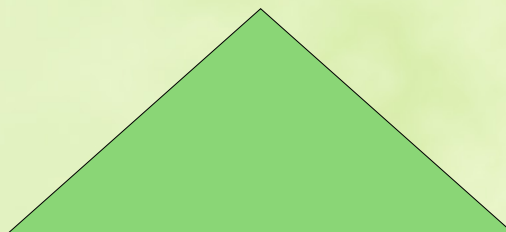
Exercise:
Heart Hug (Dru Yoga)

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THE RESILIENCE TRIANGLE

Self Care




Study

Support

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STAYING IN BALANCE

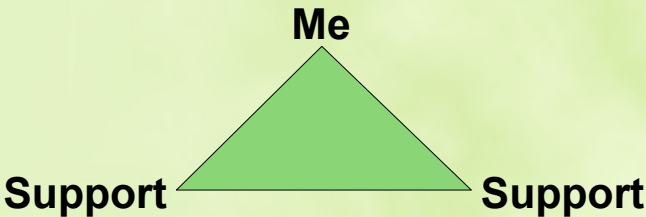
- ❖ **Self Care:** Eat, Sleep, Walk, Drink Water, Play, Meditate, and Sit in the Sunshine
- ❖ **Study:** Purpose, Plan, Progress (celebrate)
- ❖ **Support:** Social, Emotional, Spiritual, Physical, Occupational, Environmental, Cultural

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THE TRIPOD OF SUPPORT



Me

Support **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

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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.
6. Review your progress with a 21-Day Follow Up.

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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 and
[paperchainbookstore.com.au/Mental Health](http://paperchainbookstore.com.au/Mental%20Health)



Thank You!



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