



Resilience and mental health

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Hello, Welcome and sit down my friends



Thank you for sharing stories

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Mental health versus Mental illness

- Mentally healthy people maintain their healthy perspective in the face of adversity
- Mentally unhealthy people tip into mental illness in the face of adversity.
- But building resilience may mean people are in a process of learning how to navigate through many difficulties

Mental illness versus mental health

| -10 Mental illness | Mental Health +10 |
|---|--------------------------------------|
| No agency | Agency |
| Helplessness | In control of situation |
| Others make decisions for you | Making informed decisions |
| Reliant on medication or external control | Doing things that you know will help |
| Cant trust own judgement | Aware of internal control |
| Pessimistic or paranoid thinking | Trust own judgement |
| Destructive decisions | Making helpful choices |

RESILIENCE

The process of continual development of personal competence while navigating and negotiating with available resources in the face of adversity (Worsley, 2010).

1. Personal competence
2. Navigating resources
3. Having adversity



The Resilience Doughnut model

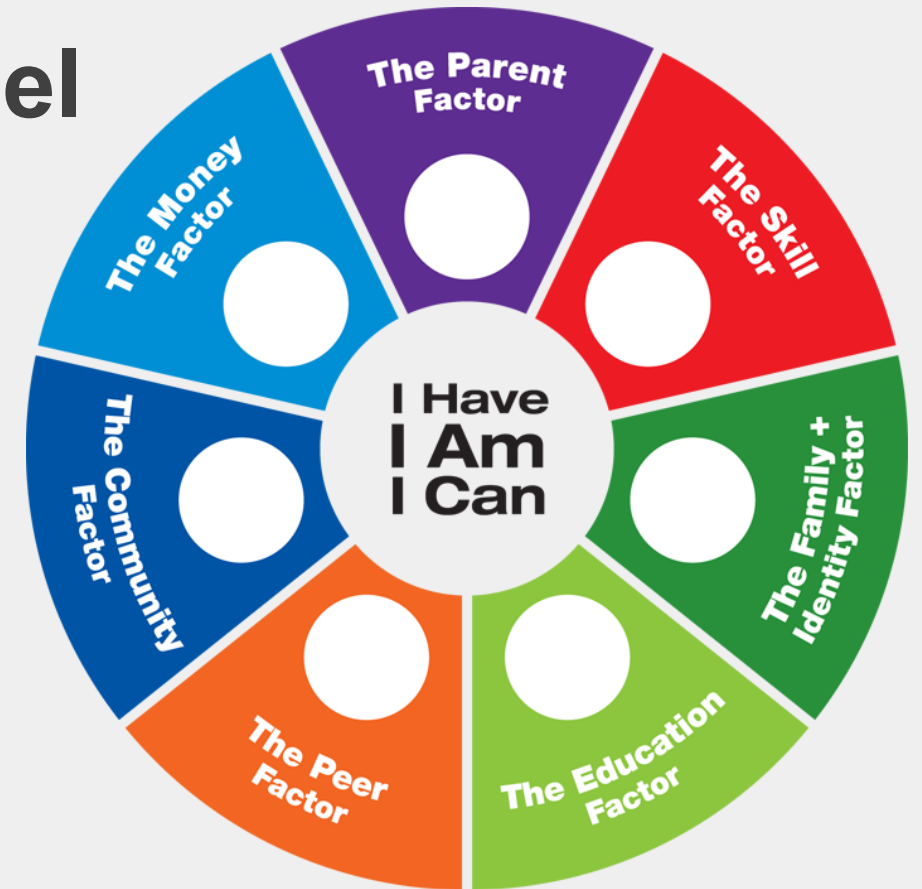
Is the interaction of

Internal characteristics of

- Knowledge of available resources (I Have)
- Self esteem (I Am)
- Self Efficacy (I Can)

With

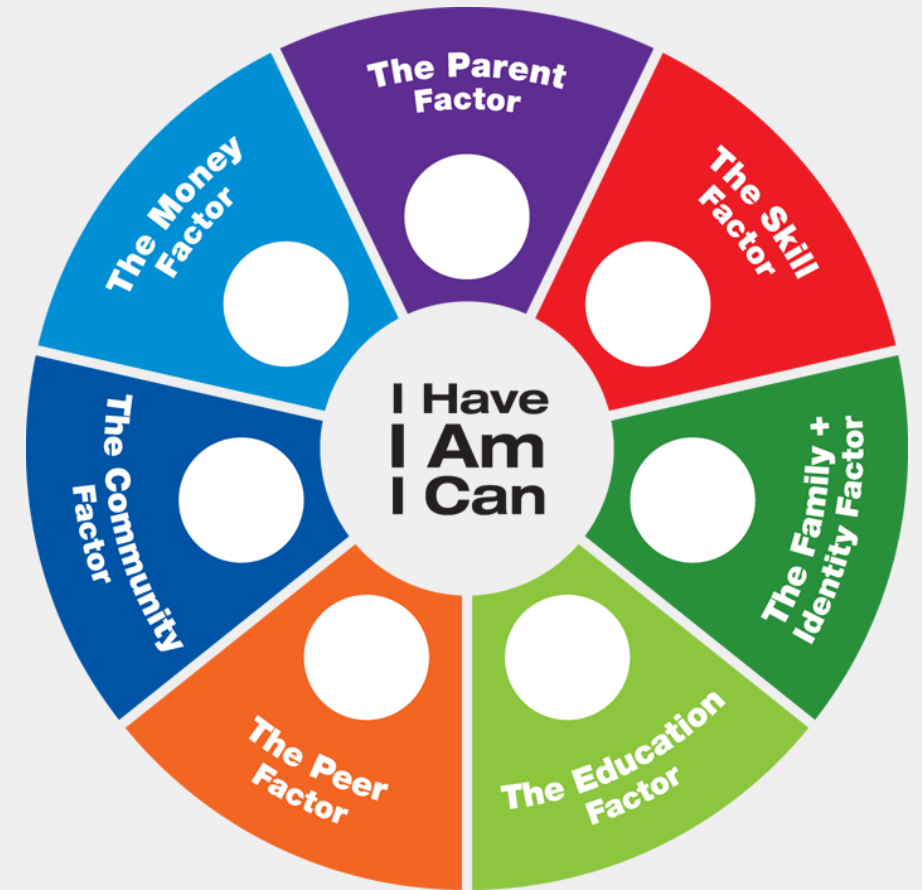
Seven **external** contexts



Each of the seven contexts show where the positive intentional connections exist which build resilience.

Three strengths

- The premise of the model suggests that only three strong external contexts are needed in order to develop the internal characteristics.
- Tipping points occur when key strengths are removed.
- Turning points occur when three strengths are activated.



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Resilience is a process of navigating and negotiating



Socially and emotionally



Environmentally



Physically



Spiritually