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fUTURE SKILLS: STRATEGIES FOR BUILDING RESILIENCY and SELF EFFICACY

Participant Workbook

**Strategies for Building Resiliency & Self Efficacy**

**Overview and Purpose**

This workshop explores the concept of self-care and the skills we need to persevere and thrive, including coping skills, the domains of self-care, developing a self-care action plan, self-regulation, resilience and self-efficacy. You will develop a self-care plan that includes actions that you do regularly (maintenance self-care) and also considers what actions you can take when things are stressful (emergency self-care). You will learn strategies for recognizing strategies, abilities and beliefs related to self-care.

**Time**

The workshop is between three and six hours long.

**Learning Outcomes**

At the end of this workshop you will be able to:

1. Understand the concept of self-care.
2. Identify the ways you currently deal with challenging situations.
3. Recognize the six domains of self-care and positive actions you can take related to each domain.
4. Develop your own self-care action plan.
5. Recognize actions that are related to maintaining self-care and responding to emergency self-care.
6. Understand ways that you can improve the success of implementing your self-care plan.
7. Identify strategies for self-regulation, the ability to be resilient, and develop the belief that you can successfully navigate in the world (self-efficacy).

**Leading Questions**

As you complete this workshop, you will think about and answer the following questions:

1. How do you cope with challenging situations now?
2. What do you do for self-care now? Are you more active in some areas of self-care but ignore others?
3. What experiences in the past have provided caring relationships, expressed high expectations for you, or provided opportunities to participate and contribute?
4. What new information from the workshop do you plan to use in your self-care actions going forward?

**Workshop Agenda**

Introductions and Workshop Overview

1. Self-Care

2. How Do You Cope with Challenging Situations Now?

3. Domains of Self-Care

4. Self-Care Action Plan

5. Maintenance Self-Care

6. Emergency Self-Care  
7. Tips for Self-Care

8. What We Need to Thrive

9. Review and Wrap-Up

10. Additional Resources

**1. Self-Care**

*1.1 What is Self-Care?*

**Self-Care** includes activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.

|  |  |
| --- | --- |
|  | Watch the video: *Self-Care: What It Really Is*  <https://youtu.be/dBn0ETS6XDk> |

Main Ideas:

What I Do:

What I Would Consider Doing:

**2. How Do I Cope With Challenging Situations?**

The choices you make have an impact on your health, well-being, and how well or poorly you handle stress. Below is a list of behaviours that can affect your stress levels.

Review the list and consider the actions that apply to you. You can choose to make a checkmark or other notes on this page – it is your workbook – or you can simply think about each action and how it applies to you. Being honest with yourself about whether these actions apply to you can help you plan to manage your stress in the future.

|  |  |
| --- | --- |
| ***When you are under stress, do you…*** | ***When you are under stress, do you…*** |
| Smoke/use tobacco | Engage in physical activity at least three times a week for 30 minutes each day |
| Drink a lot of coffee or caffeinated drinks (more than 2-3 cups per day) | Get six to eight hours of sleep every night |
| Drink alcohol (more than recommended levels – generally 1-2 per day)\* | Maintain good eating habits |
| Overuse video games and/or other digital media | Make time to relax |
| Overeat or under eat | Maintain a sense of humour |
| Spend too much money (e.g. do you have a lot of credit card debt and have trouble making payments?) | Play |
| Abuse/overuse tranquilizers or other over-the-counter medications | Maintain healthy rituals and routines |
| Watch too much television (more than 3-4 hours a day) | Be optimistic. Engage in positive thinking |
| Have angry outbursts | Spend time with family |
| Take illegal drugs | Spend time with friends |
| Withdraw from people | Make plans for the future |
| Ignore or deny stress symptoms | Figure out ways to manage stress |
| Engage in self-destructive relationships | Reward yourself for your accomplishments |
| **These are negative self-care behaviours.** | **There are positive self-care behaviours.** |

\*Canada’s Low-Risk Alcohol Drinking Guidelines recommends to reduce your long-term health risks by drinking no more than 10 drinks a week for women, with no more than 2 drinks a day most days. The recommendation for men is no more than 15 drinks a week, with no more than 3 drinks a day most days. Plan non-drinking days every week to avoid developing a habit. For more information visit [www.ccsa.ca](http://www.ccsa.ca)

**3. Domains of Self-Care**

Many organizations have studied Self-Care and it is generally accepted that there are six domains of self-care.



Source: Butler, L. D., & McClain-Meeder, K. (2015). Self-Care Starter Kit. http://www.socialwork.buffalo.edu/students/self-care/index.asp

**Body Self-Care**

Activities that help you to stay fit and healthy, and with enough energy to get through your work and personal commitments.

**Mind Self-Care**

Activities that help you to feel clear-headed and able to think through the challenges that are found in your work and personal life.

**Emotional Self-Care**

Allowing yourself to safely experience your full range of emotions.

**Spiritual Self-Care**

Having a sense of perspective beyond the day-to-day of life.

**Relationship Self-Care**

Maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships so that you are not only connected to work people.

**Workplace Self-Care**

Involves activities that help you to work consistently at the professional level expected of you.

**To dig deeper into self-care check out this online resource:**

Butler, L. D., & McClain-Meeder, K. (2015). Self-Care Starter Kit.

Located at http://www.socialwork.buffalo.edu/students/self-care/index.asp

*3.1 What Do You Do For Self-Care Now?*

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days.

When you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue about self-care and making yourself a priority. Take particular note of anything you would like to include more in your life.

|  |  |
| --- | --- |
|  | Rate the following areas according to how well you think you are doing:  3 = I do this well (e.g., frequently)  2 = I do this OK (e.g., occasionally)  1 = I barely or rarely do this  0 = I never do this  ? = This never occurred to me |

**Physical Self-Care**

* Eat regularly (e.g. breakfast, lunch, and dinner)
* Eat healthily
* Exercise
* Get regular medical care for prevention
* Get medical care when needed
* Take time off when sick
* Get massages
* Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
* Take time to be sexual – with myself, with a partner
* Get enough sleep
* Wear clothes I like
* Take vacations
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Psychological Self-Care**

* Take day trips or mini-vacations
* Make time away from telephones, email, and the Internet
* Make time for self-reflection
* Notice my inner experience – listen to my thoughts, beliefs, attitudes, feelings
* Have my own personal psychotherapy
* Write in a journal
* Read literature that is unrelated to work
* Do something at which I am not expert or in charge
* Attend to minimizing stress in my life
* Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
* Be curious
* Say no to extra responsibilities sometimes
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emotional Self-Care**

* Spend time with others whose company I enjoy
* Stay in contact with important people in my life
* Give myself affirmations, praise myself
* Love myself
* Re-read favorite books, re-view favorite movies
* Identify comforting activities, objects, people, places, and seek them out
* Allow myself to cry
* Find things that make me laugh
* Express my outrage in social action, letters, donations, marches, protests
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Spiritual Self-Care**

* Make time for reflection
* Spend time in nature
* Find a spiritual connection or community
* Be open to inspiration
* Cherish my optimism and hope
* Be aware of non-material aspects of life
* Try at times not to be in charge or the expert
* Be open to not knowing
* Identify what is meaningful to me and notice its place in my life
* Meditate
* Pray
* Sing
* Have experiences of awe
* Contribute to causes in which I believe
* Read inspirational literature or listen to inspirational talks, music
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Relationship Self-Care**

* Schedule regular dates with my partner or spouse
* Schedule regular activities with my children
* Make time to see friends
* Call, check on, or see my relatives
* Spend time with my companion animals
* Stay in contact with faraway friends
* Make time to reply to personal emails and letters; send holiday cards
* Allow others to do things for me
* Enlarge my social circle
* Ask for help when I need it
* Share a fear, hope, or secret with someone I trust
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Workplace or Professional Self-Care**

* Take a break during the workday (e.g., lunch)
* Take time to chat with co-workers
* Make quiet time to complete tasks
* Identify projects or tasks that are exciting and rewarding
* Set limits with clients and colleagues
* Balance my workload so that no one day or part of a day is “too much”
* Arrange work space so it is comfortable and comforting
* Get regular supervision or feedback from my managers
* Negotiate for my needs (benefits, pay raise)
* Have a group of coworkers that I can look to for support
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Overall Balance**

* Strive for balance within my work-life and work day
* Strive for balance among work, family, relationships, play, and rest

**Other Areas of Self-Care that are Relevant to You**

* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Source: Retrieved 8/6/2010 from http://www.ballarat.edu.au/aasp/student/sds/self\_care\_assess.shtml and adapted by Lisa D. Butler, Ph.D.

**4. Self-Care Action Plan**

*4.1 Create Your Own Self-Care Plan*

|  |  |
| --- | --- |
|  | **Step 1 - Current Activities:**  Fill in your Self-Care Plan with the activities that you currently enjoy and that support your well-being.  **Step 2 – Maintenance Self-Care:**  Review your Self-Care Plan and consider the actions you have listed -   * These are likely activities that are important to take part in on a regular basis to take care of yourself. * Are there activities that you would like to add to your Self-Care Plan? * Determine which domain the activity is most connected to and record these activities under domain you have identified in the New Practice heading. |

|  |  |
| --- | --- |
| **Body**  Current Activities:  New Activities: | **Mind**  Current Activities:  New Activities: |
| **Emotions**  Current Activities:  New Activities: | **Spirit**  Current Activities:  New Activities: |
| **Relationships**  Current Activities:  New Activities: | **Workplace**  Current Activities:  New Activities: |

**Step 3 – Thinking About Obstacles:**

Record any obstacles or barriers that you can think of that may get in your way of committing to your self-care activities.

After you have identified any obstacles you can think of, go back and think about what you plan to do address each obstacle.

Follow the same process to identify any negative actions or activities you want to limit or avoid and what you plan to do to address these negative actions.

*What obstacles might get in the way of maintaining these new activities?*

*What negative actions or activities do you plan to limit or avoid?*

**5. Maintenance Self-Care**

**Maintenance Self-Care** includes activities that you have identified as important to your well-being and that you have committed to engage in on a regular basis to take care of yourself.

**6. Emergency Self-Care**

**Emergency Self-Care** - planning out what you would do under extremely trying circumstances.

**7. Tips for Self-Care**

* Commit to Your Plan
* Share Your Plan
* Follow Your Plan

**8. What We Need to Thrive**

**Self-Regulation**

Self-Regulation includes the ***strategies*** to manage emotions so that they do not get out of control, particularly negative emotions.

**Resilience**

Resilience is the ***ability*** to effectively cope with, or adapt to, trauma, stress or challenging situations.

*3 Major Protective Factors*

* Caring Relationships –
* High Expectations –
* Opportunities to Participate and Contribute -

**Self-Efficacy**

Self-Efficacy is the ***belief*** that one has the ability to control how to successfully navigate the world.

**Evaluating Your Ability to Cope**

Read each statement and think about how much it sounds like something you would say.

Rate your response to these statements with a checkmark in the appropriate column.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all | Hardly | Often | Exactly |
| I can always manage to solve difficult problems if I try hard enough. |  |  |  |  |
| If someone opposes me, I can find the means and ways to get what I want. |  |  |  |  |
| It is easy for me to stick to my aims and accomplish my goals. |  |  |  |  |
| I am confident that I could deal efficiently with unexpected events. |  |  |  |  |
| Thanks to my resourcefulness, I know how to handle unforeseen situations. |  |  |  |  |
| I can solve most problems if I invest the necessary effort. |  |  |  |  |
| I can remain calm when facing difficulties because I can rely on my coping abilities. |  |  |  |  |
| When I am confronted with a problem, I can usually find several solutions. |  |  |  |  |
| If I am in trouble, I can usually think of a solution. |  |  |  |  |
| I can usually handle whatever comes my way. |  |  |  |  |
| Total checkmarks in each column |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | # of Checkmarks | Multiply by | Total |
| Not at all true |  | 1 |  |
| Hardly true |  | 2 |  |
| Often true |  | 3 |  |
| Exactly true |  | 4 |  |
| Grand Total | | |  |

The total score is calculated by adding up the total of all of the times.

For your General Self-Efficacy Score the total score ranges from 10 to 40.

Higher scores indicate that you have more of an ability to cope (self-efficacy).

Lower scores provide an opportunity to reflect on your beliefs about your ability to control what happens to you, and look for opportunities related to building your self-efficacy.

Adapted from Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user’s portfolio. Causal and control beliefs (pp. 35-37). Windsor, UK: NFER-NELSON.

**9. Review and Wrap-Up**

*9.1 Workshop Review*

1. Self-Care

2. How Do You Cope with Challenging Situations Now?

3. Domains of Self-Care

4. Self-Care Action Plan

5. Maintenance Self-Care

6. Emergency Self-Care  
7. Tips for Self-Care

8. What We Need to Thrive

9. Review and Wrap-Up

10. Additional Resources

*9.2 Ask any final questions.*

**10. Additional Resources**

**Bell Let’s Talk (Toolki**t): letstalk.bell.ca

Bell Let’s Talk is a nation-wide campaign which aims to start a conversation about mental health across Canada, working to educate others about mental health and break the stigma that currently exists around the issue. This campaign has a tools and resources that can aid in creating a safe space and open environment in which people feel comfortable discussing and learning about mental health.

**Canadian Mental Health Association (CMHA):** www.cmha.ca

The Canadian Mental Health Association promotes mental health and supports the recovery process of those living with mental illness. This website is full of resources and information that will help one better understand mental health, mental illness, and the process of recovery.

**Center for Addiction and Mental Health (CAMH):** www.camh.ca

CAMH works to support those living with mental health and addiction issues through clinical care, research, education, policy development, and health promotion. This website is thus filled with resources, guides, workshops, and information about mental health, wellness, and support services.

**Jack.org:** www.jack.org

Jack.org is an Ontario based youth organization working to reshape the way society, specifically youth, think and talk about mental health. This website is filled with unique programs and initiatives that aim to spark conversations about mental health and end put an end to the stigma in the young people’s generation.

**Mind Your Mind**: www.mindyourmind.ca

mindyourmind is an online platform for mental health and wellness, which works to engage youth ages 14-29 living with mental health challenges and provide them with a space filled with resources, activities, and stories of others’ personal experiences to help support them with their own mental health journey.

**University of Buffalo – Social Work**: www.socialwork.buffalo.edu

The School of Social Work provides online self-care platform full of resources that are useful for everyone. While the resource does not address all that goes into developing the skills of self-care, it does help begin the journey.