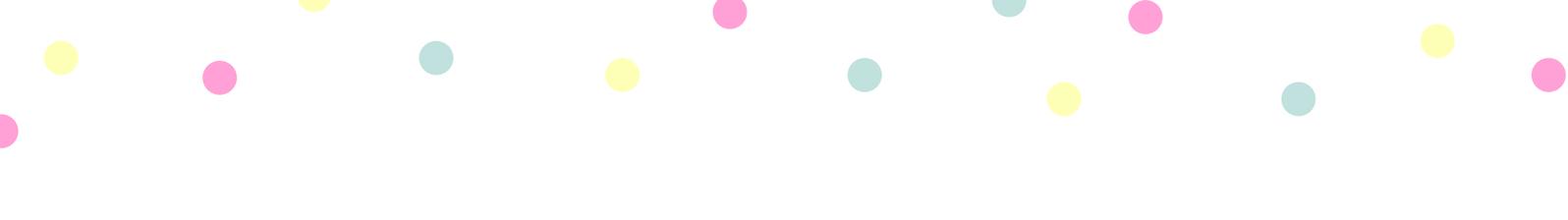




LUMINARY
BAKERY

Self-Care Pack

Week Three



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Welcome to week three of your weekly self-care pack!

This week we are going to take a look back at 'Resilience' from our self-development session.

We will cover some of the key points that will be really useful for us all during this time.

During the session, we looked at the steps we can take to build on our resilience to help us get through difficult situations.

Let's refresh our memory of those steps below:



Build up a positive network

Good relationships with people we trust and who are important. Accepting help and support from those who care about you and will listen to you strengthens resilience.



Avoid 'making mountains out of molehills'

You can't change the fact that highly stressful events happen, but you can change how you respond to these events. Try looking beyond the present to how future circumstances may be a little better.



Accept that change is a part of living

Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.



Move toward your goals

Develop some realistic goals. Do something regularly that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable.



Take decisive actions

Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.



Keep things in perspective.

Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.



Work on holistic development

We often learn something about ourselves and may find that we have grown in some respect as a result of our difficult situations.



Maintain a hopeful outlook.

An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.



Nurture a positive view of yourself.

Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.



Take care of yourself.

Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Taking care of ourselves means we are better able to deal with situations that require resilience

Each of these steps is something that we need to work on throughout our lives to build resilience and cope with what life throws at us.

Resilience is built by going through difficult experiences and finding positive coping mechanisms. We might focus on some steps to resilience more than others at different points and we might find that some are really hard one day and really easy on a different day.

Developing My Resilience

When we get into a difficult situation or are feeling low, it is really easy to panic, react negatively or to just give up.

We need to come up with new ways of coping so that we are able to keep moving forward and try not to let bad situations keep us down or our emotions to take over.

It can be really helpful to write our 'steps' down so we can gain a bit more perspective and to encourage to put these steps into action.

Below is an example and on the next page you can fill out your own steps:

My Steps

A difficult situation for me is:

Not being able to see my friends / family

My positive thoughts could be:

I am keeping myself and others safe by social distancing

My positive actions could be:

Connecting with them regularly by call or text and tell them how I feel

The people I turn to might be:

My support worker

The resilient step I take could be:

Keep things in perspective



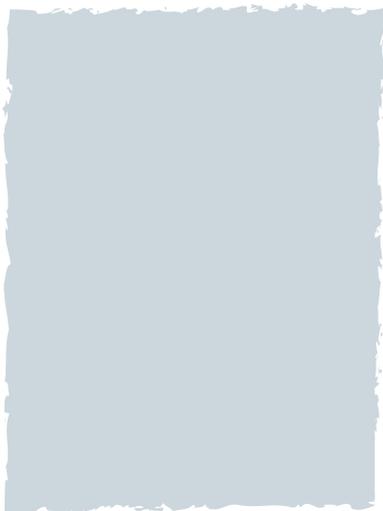
These steps will help me:

Not to blow everything out of proportion because I will get to see them once this passes

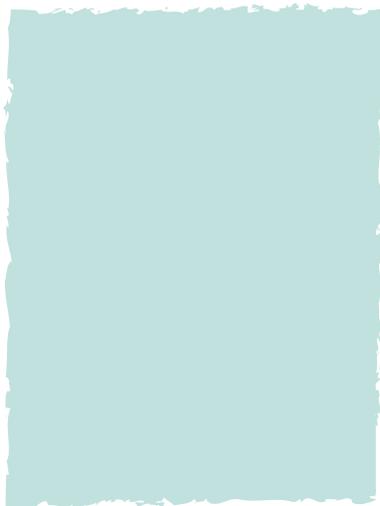
Developing My Resilience

My Steps

**A difficult situation
for me is:**



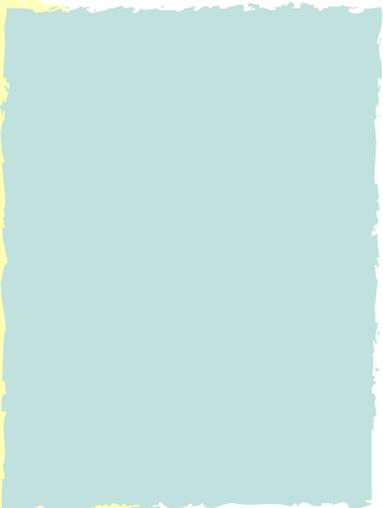
**My positive thoughts
could be:**



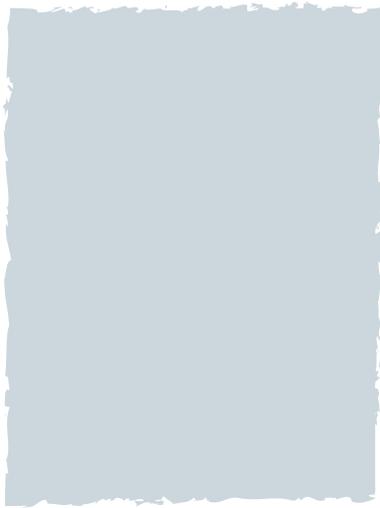
**My positive actions
could be:**



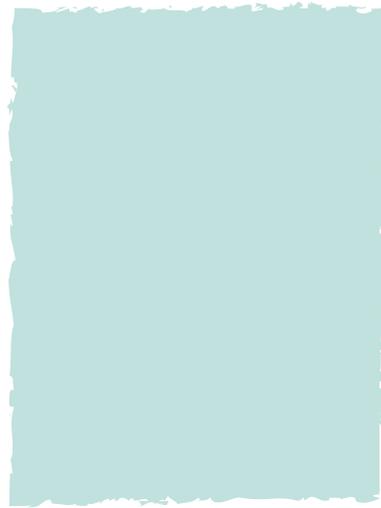
**The people I turn to
might be:**



**The resilient step I
take could be:**



**These steps will help
me:**



Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258
www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300

Helplines

Homelessness

Shelter 0300 636 1967
shelter.org.uk

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:
www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700
modernslaveryhelpline.org

Sources

Source 1 (pages 2 & 3).

Is adapted from "Building Your Resilience" by the American Psychological Association. This can be found at <https://www.apa.org/topics/resilience>



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