



Institute of Money Advisers Annual Conference & AGM 2018



Money advice: credit where credit's due



Wellbeing & Resilience- Looking after yourself

Mental
Health
UK

Working together



Mental Health & Money Advice

www.mentalhealthandmoneyadvice.org



Wellbeing & Resilience- Looking after yourself

Objectives

- Explore the concepts of wellbeing & resilience
- Understand how the body and mind can respond to stress
- Explore methods of managing stress and strategies for resilience



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- Name
- Organisation & Role (including whether you are public-facing and whether you manage people)
- What is it about money advice and your job that causes you stress?



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In groups, try to agree:

What is wellbeing?



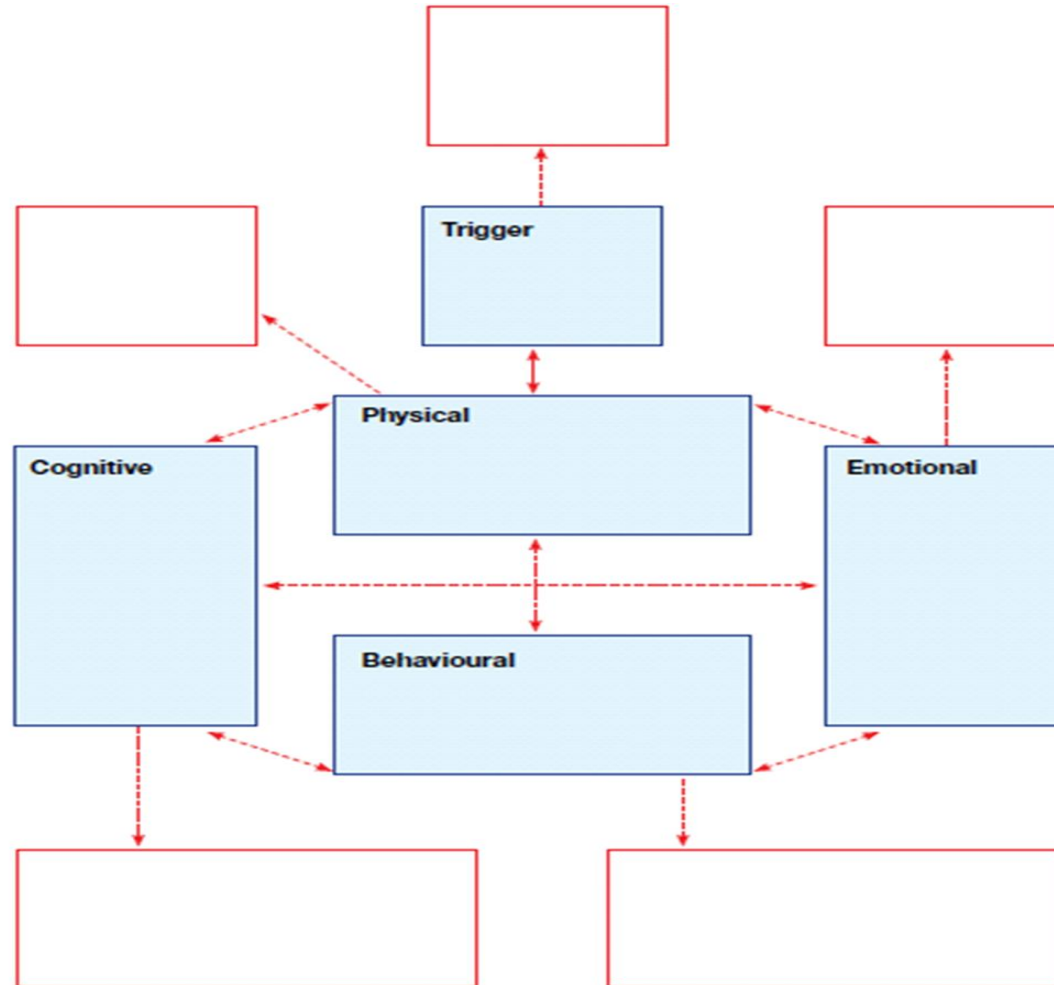
Wellbeing & Resilience- Looking after yourself

Sarah Stewart-Brown, professor of public health at the University of Warwick and a wellbeing expert, says:

"Feeling happy is a part of mental wellbeing. But it's far from the whole. Feelings of **contentment, enjoyment, confidence and engagement with the world** are all a part of mental wellbeing. Self-esteem and self-confidence are, too. So is a feeling that you can do the things you want to do. And so are good relationships, which bring joy to you and those around you. Of course, good mental wellbeing does not mean that you never experience feelings or situations that you find difficult, But it does mean that you feel you **have the resilience to cope when times are tougher than usual**. It can help to think about "being well" as something you do, rather than something you are. The more you put in, the more you are likely to get out. No-one can give wellbeing to you. It's you who has to take action"



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Physical

- Headaches
- Muscle tension
- Tight jaw/ grinding teeth
- Raised heart rate/ Increased breathing
- Changes in appetite
- Constipation/ diarrhoea
- Difficulty sleeping

Emotional

- Irritable
- Frightened
- Worried/ anxious
- Angry
- Feeling overwhelmed
- Fear
- Shame
- Guilt

Cognitive

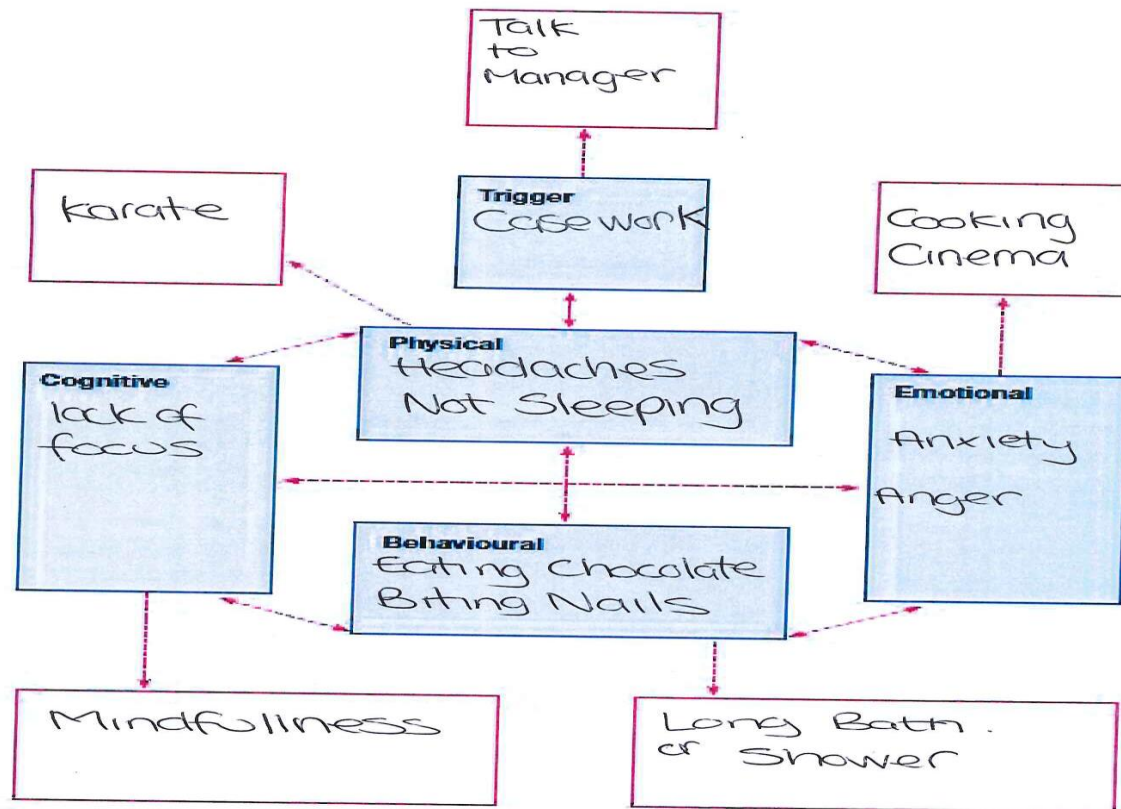
- Worrying about the past or future
- Racing thoughts
- Problems concentrating
- Memory lapses/ forgetting things
- Difficulty making decisions
- Unable to think clearly

Behavioural

- Avoiding others
- Eating more or comfort eating
- Using alcohol or substances to relax
- Snapping at others
- Becoming more accident prone
- Biting nails
- Smoking more
- Becoming unsociable
- Blaming others



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- 1) For each sign of stress, write in the red boxes what you do to combat it. (5mins)
- 2) In your groups, share your list of activities (5mins)



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Connect



Be active



Take notice



Keep learning



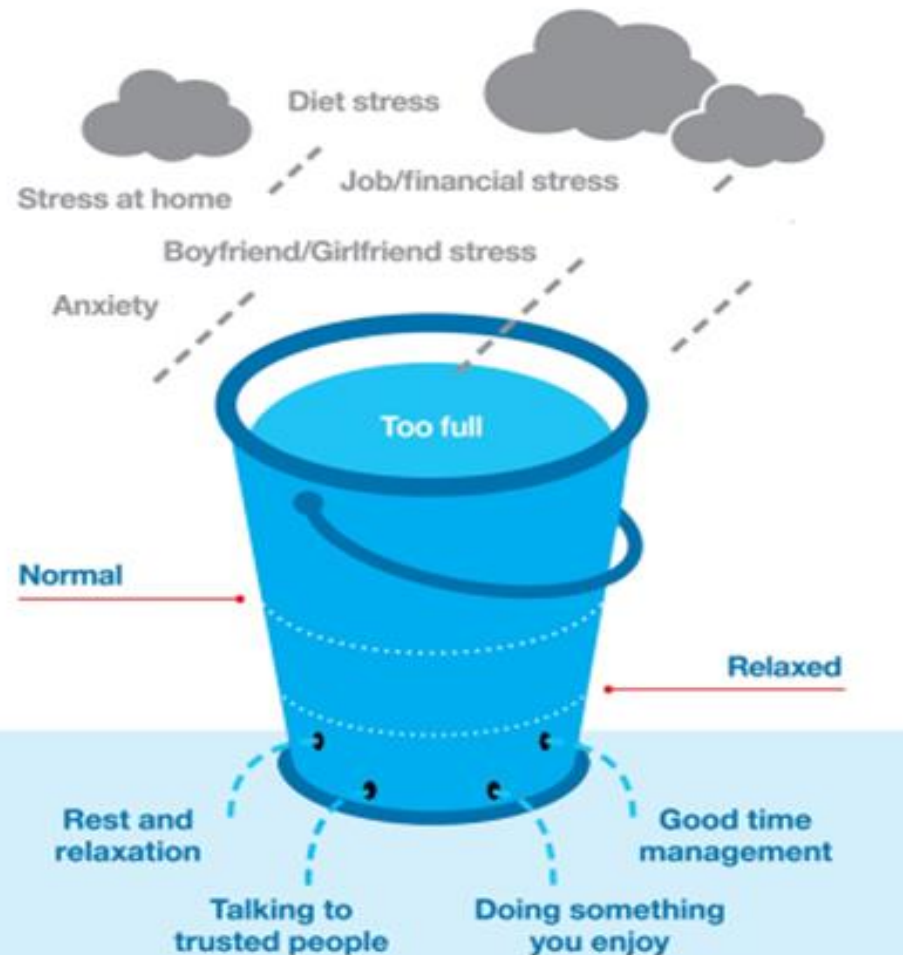
Give



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The Stress Bucket

Without 'holes' to release it, your 'bucket' will fill up with stressors and impact on your wellbeing!





Wellbeing & Resilience- Looking after yourself

We can provide a number of training courses aimed at supporting you as an employee and your staff such as:

- Mental Health Awareness
- Mental Health for Managers
- Mental Health First Aid
- Wellbeing, Mindfulness and Resilience

Contact: training@rethink.org

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