



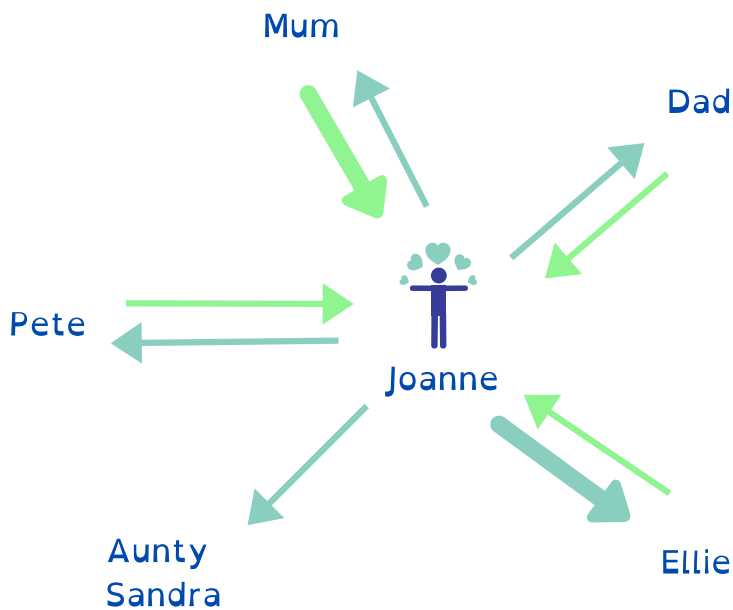
Building Resilience: Helping You To Help Yourself Week 4

Everyone needs
to ask for help
sometimes

Our connections
give us support

We can build
and nourish
relationships
through using
good
communication
skills

Support network mapping



We can work out
what support we
have around us by
mapping our support
network



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Around yourself in the middle, write the names of the most important people in your life

Draw an arrow from them to you to show the support they give you. The more support, the thicker the arrow!



Do you feel well supported?



Are there any gaps?



Would you change anything?



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Extend yourself

E.g. send a text asking 'how are you?'

Connecting

In each circle write some ideas of how you can connect

Action plan

E.g. I'll ask Amy if I can join in the online quiz

Seek out groups

E.g. book club

Expect the best!

YOU'VE
TOTALLY GOT
THIS!



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Helpful communication grows our relationships

Next to the titles, write ideas of what you could do

Gratitude

Turn towards

Learn what
they like



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Helpful communication grows our relationships

Next to the titles, write ideas of what you could do

Tell them you
like them

Take a positive
perspective

Support their
dreams



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Helpful communication grows our relationships

Next to the titles, write ideas of what you could do

Create and
share meaning

Build Trust

Show
Commitment



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Managing conflict

There are lots of approaches to managing conflict.
Here are some tips that may help:

Fact or Fiction?

Is what I'm thinking
about the situation
true?

Put it into perspective

Is the issue
something worth
arguing over?

Problem solving

See the conflict as a
problem to solve
together rather than
being opposing sides

Accept what you can't change

You can't force
someone to listen or
change their
behaviour

Own your mistakes

If you did something
wrong, apologise for
it and take
responsibility

Understanding

Try to understand
their point of view and
why they feel the way
they do

Rehearse conversations

Plan what you will say
to keep things calm.
Remember assertive
communication

Who else can I talk to about it?

Talking to someone
else may help you feel
better and take a
different view

Avoid unhelpful communication

Destructive Criticism
Contempt
Defensiveness
Stonewalling



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Weekly Action Plan

What am I going to
do?

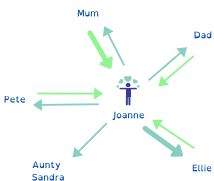
When am I going to
do it?

How much / how
long?

How often / how many
times?

.....

Stuck for ideas?



Support network
mapping



Try out ways of
connecting and helpful
communication

Practise one of the activities we covered today!

.....



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My Toolbox



What's in your Toolbox already?
What can you put in from this week?