



My Personal Best

Achieving personal success and developing resilience techniques

www.mypersonalbest.org.uk

7 April 2011

About us

- Leila Lahfa, Project Co-ordinator
- Hannah Abdullah, full-time volunteer
- Rachel Cowey, full-time volunteer

Workshop objectives

- About My Personal Best
- Skills gained by volunteering online
- The benefits of joining an e-community
- Helping people with mental health issues
- Developing resilience techniques

Life's challenges

A range of challenges can test a young person's resilience:

- Being teased or bullied
- Peer pressure
- Exam pressure
- Family arguments
- Changing schools
- Moving house
- Loved one dying (family or pet)



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Personal Best Challenge

Set your goals and log your achievements with
'Personal Best Challenge Planner'

Share your success, and inspire others to
follow!

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Moving out!



Becky



D-D-D-DOG
TRAINING!
Becky



Food Shop!



Becky



Becky



Had a rest!!



Becky



A 3 course meal!








Becky










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The Personal Planner

 add note
  add photo
  add emoticon
  12 add event
  add goal
 add achievement

< Previous Week **March Monday 14th - Sunday 20th** Next Week >

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hospital 9am 	Hospital 10am 	 Doctors: Be honest and stay calm!	FOOD SHOP! Stop putting it off, it isn't going to do itself!!!! Peer Support at the Library - REMEMBER HOME WORK!!!!	 Voluntary work - G45 train to Norwich.	  	Day walk with Rufus and Charlie! 

< Previous Week Your Weekly Journal Next Week >

Celebrating achievements

 <p>Taxiing Went all the way to Norwich on the train, even felt brave enough this time to hop on an earlier</p> <p>♥ like (2) 💬 comments (2)</p> <p>wannabevet</p>	 <p>Made a short film I was able to create a short film whilst in Norwich, edit it and add music. I didn't think I would be able</p> <p>♥ like (2) 💬 comments (1)</p> <p>teorby</p>
 <p>1st BEAT self help group Although I was terrified and not sure if it really was what I wanted to do I went</p> <p>♥ like (4) 💬 comments (1)</p> <p>koz</p>	 <p>I swam 50 laps!</p> <p>♥ like (1) 💬 comments (1)</p> <p>armynds</p>
 <p>I read a whole play! I have dyslexia and i sometimes struggle to read, so i tend to avoid doing it. But today, i read a</p> <p>♥ like (4) 💬 comments (2)</p> <p>Hannah</p>	 <p>I spoke up! We have been having problems with a teacher at school, And I went to see the headmaster</p> <p>♥ like (4) 💬 comments (2)</p> <p>Hannah</p>
 <p>Volunteer work interview My volunteer work interview went well. The guy that deals with volunteers said</p> <p>♥ like (1) 💬 comments (0)</p> <p>tapacksame</p>	 <p>Presentation went well! Myself and Lucie did a presentation at a school for ED awareness week. It</p> <p>♥ like (2) 💬 comments (0)</p> <p>tapacksame</p>

Using Planner to build Resilience

Workshop exercise:

Set yourself a list of Top 10 things you want to do this year and record your journey - what would your challenges be?

Downloadable resources

<http://www.mypersonalbest.org.uk/get-support/staying-healthy/>



beat
beating eating disorders

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Benefits of volunteering online



beat
beating eating disorders

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Why volunteer?



Benefits of joining an e-community



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Helping people with mental health issues



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Building Resilience techniques

The Seven Learnable Techniques of Resilience

1. Emotion awareness or regulation
2. Impulse control
3. Optimism
4. Causal analysis
5. Empathy
6. Self-efficacy
7. Reaching out



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