

## Resilience Framework (Adult with Changing the Odds) (Adapted by Cameron, Brooker, Neale, Reardon and Servini, from Hart & Blincow 2007 - for Adult Mental Health 2017 Version)

| RESILIENT MOVES   |  |   |   |  |   |   |
|---|--|---|---|--|---|---|
| BASICS  | COPING   | CORE SELF   | BELONGING   | LEARNING & WORK  | CHANGING THE ODDS   |   |
| Good enough housing   | Understanding others expectations and deciding which to meet, challenge or negotiate | Instil a sense of hope  | Find somewhere to belong  | Map out career or life plan; find a job/study that fits your interests, or hobbies that provides meaning where work doesn't  | Challenge/change the source of our problems   |   |
| Enough money to live  | Being brave  | Promote understanding of others                                       | Help understand your place in the world and that others may face similar situations |  |   |   |
| Being /feeling safe   | Identifying & solving problems; reduce self-blame and guilt                          | Know yourself   | Tap into good influences (e.g. peer support)  | Engage mentors, and people who know about work and learning options to help. This includes peer support from other people facing similar challenges in work and learning | Get support to challenge stigma by education  |   |
|   | Putting on rose-tinted glasses; reframing/reappraising                               |   | Keep relationships going (e.g. educate/support partners/carers/family)              |  |   |   |
| Access and transport  | Fostering your interests   | Help to take responsibility for yourself; self-advocacy               | The more healthy relationships the better   | Find ways/support to educate colleagues/managers about mental health<br><br>Consider what to disclose about mental health problems and to who                            | Get support to challenge discrimination by education and advocacy (e.g. vocational advisors, unions, Citizens Advice, peers/colleagues) |   |
|   | Calming down & self-soothing; support reflection                                     |   | Take what you can from relationships where there is some hope                       |  |   |   |
| Healthy diet  | Not to feel overwhelmed by illness   | Foster talents  | Get together with people you can count on   | Help self-organisation   | Campaign/lobby for better and easier to access services   |   |
| Exercise and fresh air  | Remember tomorrow is another day   | There are tried and tested approaches for specific problems, use them | Responsibilities & obligations  | Make changes/adjustments to work/study tasks and roles   |   |   |
| Enough sleep  | Lean on others when necessary  |   | Focus on good times and places  | Recognise your strengths and achievements  | Raise mental health awareness amongst friends, in media, etc.<br>Write a letter to a local newspaper                                    |   |
|   | Have a laugh   |   | Make sense of where you have come from  |  |   |   |
| Leisure and work occupations                                      |  |   | Predict good experience of someone/ something new                                   | Develop life skills; consider your self-expectations   | Find allies   |   |
|   |  |   | Make friends and mix  |  |   |   |
| Foundations/Resilient Roots                                       |  |   |   |  |   |   |
| <b>ACCEPTING</b><br><i>Interpersonal skills</i><br><i>Empathy</i> |  | <b>CONSERVING</b><br><i>Interpersonal skills</i><br><i>Trust</i>      |   | <b>COMMITMENT</b><br><i>Ongoing support issues</i>   |   | <b>ENLISTING</b><br><i>Self (e.g. not passive), Family, Friends, MH profs, GP</i> |