



RESILIENCE PRACTICAL GUIDANCE

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First Published: May 2019, updated January 2026

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I KNOW HOW TO GET PHYSICALLY FIT... BUT WHAT ABOUT MENTAL FITNESS?

THE TWO KEY COMPONENTS OF MENTAL FITNESS
ARE RESILIENCE AND MENTAL WELLBEING...

RESILIENCE is the ability to adapt well in the face of adversity, challenges and stress. Resilience is having the capacity and resourcefulness to cope and bounce back. Everyone has different levels of resilience, but this is something that you can build on.

MENTAL WELLBEING is the state of feeling comfortable, safe, healthy and happy, with opportunities to live a fulfilled life, a key part of being mentally fit.



COMMON RESILIENCE FACTORS

Common factors associated with being resilient include...

MAINTAINING
A POSITIVE OUTLOOK
ON YOURSELF, THE WORLD
AROUND YOU AND YOUR
FUTURE

FEELING
MOTIVATED AND
ENERGISED TO ACHIEVE
YOUR GOALS

BEING ABLE
TO FOCUS ON YOUR NEEDS,
FEELING YOU HAVE A
PURPOSE IN LIFE

SELF CONFIDENCE,
LIKING YOURSELF
AND HAVING A SENSE
OF SELF-WORTH

Common factors associated with achieving resilience include...

ACCEPTING SUPPORT FROM
FRIENDS, FAMILY OR COLLEAGUES
AND APPRECIATING WHAT
OTHERS DO FOR YOU

BUILDING ACCEPTANCE SKILLS:
LEARN TO ACCEPT EVERYTHING
WON'T BE PERFECT ALL THE TIME,
AVOID BLAMING YOURSELF FOR
THINGS THAT ARE NOT YOUR FAULT

DO'S

HOW CAN I BUILD MY MENTAL WELLBEING AND RESILIENCE?

Some simple do's and don'ts you can follow...

KEEP LEARNING

DO keep your mind active, challenge yourself and learn something new. Is there something you've always wanted to do but keep putting off? There's no time like the present.

When was the last time you tried something new?

CONNECT

DO keep in touch and make contact with family or friends. Ring a mate, and arrange a meet up.

When was the last time you laughed until you cried?

BE ACTIVE

DO keep moving and exercise. This doesn't necessarily mean the gym - it can be a walk, dancing, playing in the park with friends, or just taking your dog for a walk.

When was the last time you got up and out?

TAKE NOTICE

DO take in your surroundings and acknowledge your abilities. Appreciate yourself and your surroundings.

When was the last time you noticed things around you?

GIVE

DO give to others. This could involve giving your time, volunteering, helping a stranger, lending a friendly ear, a smile or a helping hand.

When was the last time you made someone smile?

TRYING SOME OF THESE WILL HELP TO RESTORE YOUR MENTAL WELLBEING AND RESTORE RESILIENCE FOR THE FUTURE

BE ALONE

DON'T struggle on your own. Ask for help when you need it.

DRINK / DRUGS

DON'T use alcohol or drugs to cope with your feelings.

IGNORE IT

DON'T ignore suicidal ideas. You can be helped: family doctors, counsellors and other professionals are trained to listen without judging.

BE AFRAID

DON'T be afraid to open up.

WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

WHAT COULD STOP YOU

- You might be scared of being seen as different from others.
- Stigma is the single biggest barrier to seeking professional help.
- Not feeling a sense of safety and trust when you are accessing support.

REMEMBER.. YOU ARE NEVER ALONE

TALK TO A MATE - RING THE HELPLINE - CHECK OUT THESE LINKS

There are many organisations nationwide and locally that can help you professionally. These include:

Mind Information Line on 0300 123 3393 (9am-6pm weekdays). www.mind.org.uk Email info@mind.org.uk

Samaritans on 116 123 (UK and ROI) www.samaritans.org
Advice on coping with suicidal ideas and crises.

NHS Every Mind Matters www.nhs.uk/every-mind-matters

These services can help with approaches such as counselling, practical advice on how to improve your mental wellbeing and build your resilience, as well as ongoing support.



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**FIND YOURS
BUILD YOURS
GROW YOURS
EXPAND YOURS
OWN YOURS
NURTURE YOURS
SHARE YOURS**

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