

6 habits for developing resilience.

A handbook to help
see things differently
and learn practical
steps to overcome
some key challenges.

Let's get
started →



Patron: Her Majesty The Queen
Registered Charity 226686 (England & Wales).
SC037673 (Scotland).



Introduction.

The term mental wellbeing simply describes our mental state, in much the same way that physical health describes our physical state. The term is often misunderstood, but generally it is defined as our state of emotional, psychological and social wellbeing. Positive mental health is something we all strive for. We all want to live life to the best of our ability, and live a life which is fulfilling to ourselves and all of those around us.

We recognise that being part of the RAF family, as a veteran, family member or civilian has unique challenges, which can have an impact on our mental wellbeing.

This course will help you address the key stumbling blocks to achieving positive mental wellbeing. It will give you the tools to review, rethink and re-evaluate the habits we have all developed over time, which don't help us keep a positive mind set. Developing new habits will enable us and those around us, to achieve and sustain a happier way of living.



Let's start with change...

**“It is not the strongest
of the species that
survive, nor the most
intelligent, but the
species most responsive
to change.”**

Charles Darwin

↑
We are much
more resilient than
we give ourselves
credit for.

Being part of the RAF family, whatever our role or relationship, can mean change; transition, new job, new boss, new place to live, new colleagues, new experiences or, if leaving the service, a new life.

Sometimes the change is our choice. Sometimes it is not.

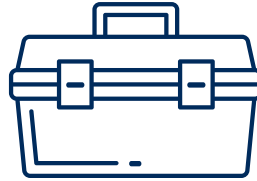
Research shows that it is the frequency and uncertainty of change that can increase distress and anxiety.

We can feel a loss of control. Like a spectator to the events of our life, rather than an active participant.

The strategies and techniques on the following pages will help us to take back control, understand ourselves (and those around us) and start to look at where we can direct our energies. Change is a constant in all our lives, so learning to deal with it is an essential requirement for building resilience.



Six habits for developing resilience.



There are a range of active and physical habits that we carry out in our daily lives, which to a large extent are embedded in the way we live.

However, alongside these there are mental habits that we are often unaware of because we're functioning on 'auto-pilot'. This handbook will focus on developing tools and strategies to build a resilient mindset, and increase your understanding of wellbeing.

Start here





What are your habits?

.....

.....

.....

.....

.....

.....

.....

.....



Six habits for developing resilience.

1. Focusing on control

Know what you can control and accept what you can't.

2. Knowing yourself

Have self awareness.

3. Thinking differently

Be flexible in your thinking.

4. Reaching out

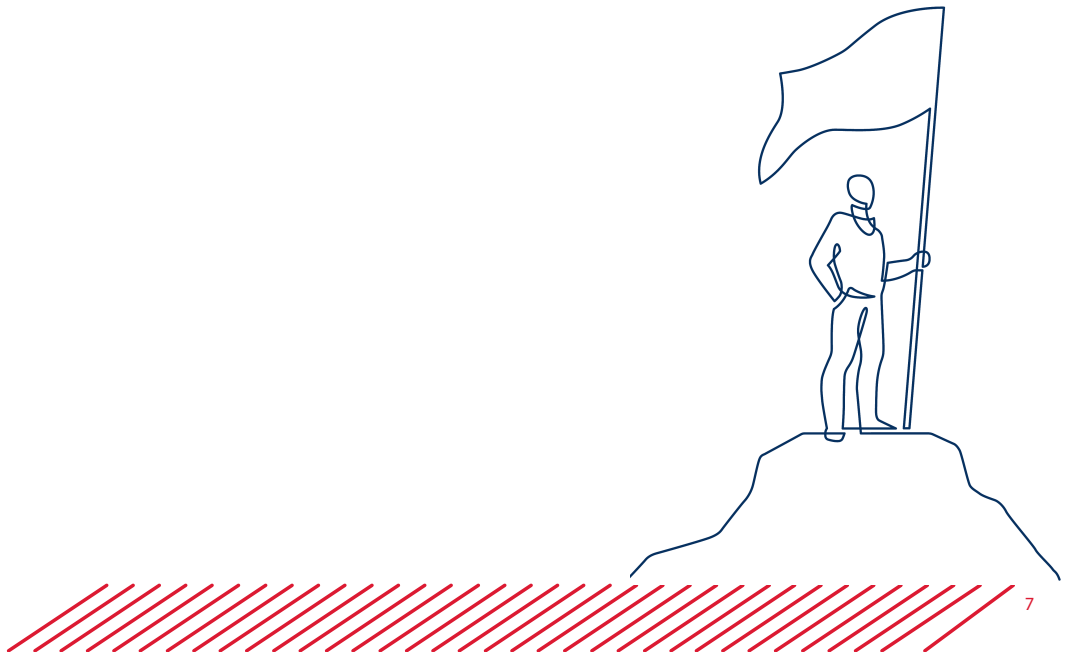
Make quality connections.

5. Finding purpose and focus

Understand what drives you.

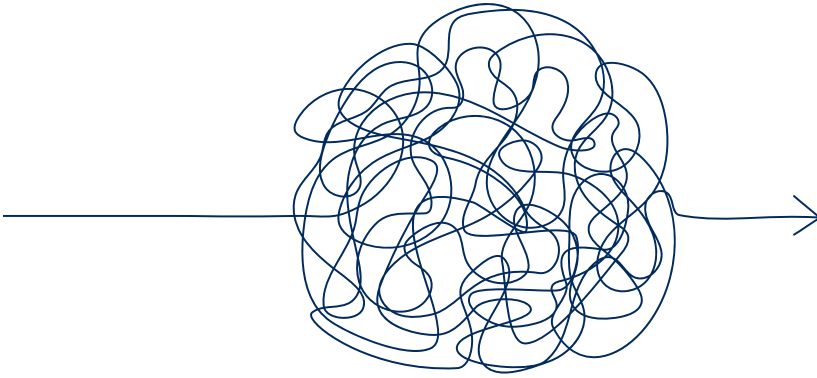
6. Connecting mind and body

Self care - looking after yourself.



The adaptable brain.

You can teach an old dog new tricks!



Did you know that the brain's neural connections constantly adapt to the changes that go on around it? This includes new environments, situations and behaviours. This is known as neuroplasticity, or more commonly called the adaptable brain. It happens continually as we learn, memorise and experience new things.

The brain can adjust after a brain injury; rewiring itself to maximise it's functions. This allows the uninjured parts of the brain to take over some of the damaged parts.

It's an incredible thing. Consider the changes in your life and how much you have already adapted. You **CAN** teach an old dog new tricks!

Habits and why we have them

Habits offer shortcuts to getting things done without using too much brain-power or energy. The routine actions have usually been established as they make us feel relaxed and secure, or they lessen the need to worry about something.

- *For example, checking you've locked the front door by testing the handle more than once. This stops you worrying about your house being broken into.*

Some habits come about because we have been taught or observed them.

- *For example, when someone bumps into you in the supermarket, you still say 'sorry'. This is a social habit which centres on being polite and inoffensive, even when something isn't your fault.*

Some habits are learnt and become unconscious. A physical or active example of this would be:

- *When brushing your teeth, you always start on the same side and follow a pattern around your mouth.*

↑
*Most of our
habits are run
on 'auto-pilot'!*



Thinking about wellbeing.

What does wellbeing mean to you?

Wellbeing means...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Are there any similarities in some of the items you've listed?
Could any of these be grouped together?

Our motivations and emotional needs.

Well-established research initiated in the 1940s by Abraham Maslow (and continuing into the present day) demonstrates that across all nations, cultures and ages, there exists a common set of drives and needs for all human beings. This is known as the Hierarchy of Needs. It describes the basic requirements for each individual to fully attain a sense of wellbeing.



Maslow's Hierarchy of Needs.



These needs do not necessarily follow a linear process. The combination and achievement of these needs gives us a fuller sense of wellbeing.

Factors which impact on wellbeing.

We may know what wellbeing means to us, but sometimes things can get in the way. What are they for you? What impacts on your wellbeing?

What's in your way?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

1. Focusing on control

Know what you can control and accept what you can't.

Life can sometimes feel as if it's out of control, as if we are playing no part in the direction it takes.

When we feel out of control we increase our stress levels by rigidly trying to maintain that control. When our stress levels are high our sense of wellbeing and resilience is reduced.

By looking at our current concerns and what is taking place around us, we can start to evaluate what actions we **CAN** take to establish more control and influence our life's direction, as well as focusing on, and accepting what is out of our hands.

Think about it: why waste energy on the things you can do nothing about?

**“What we resist,
persists.”**

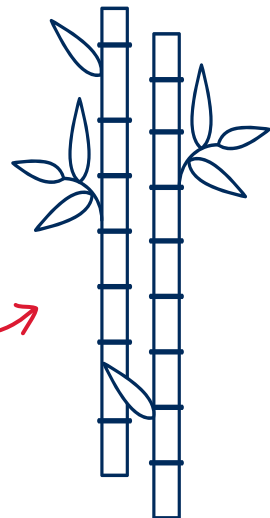
Carl Jung



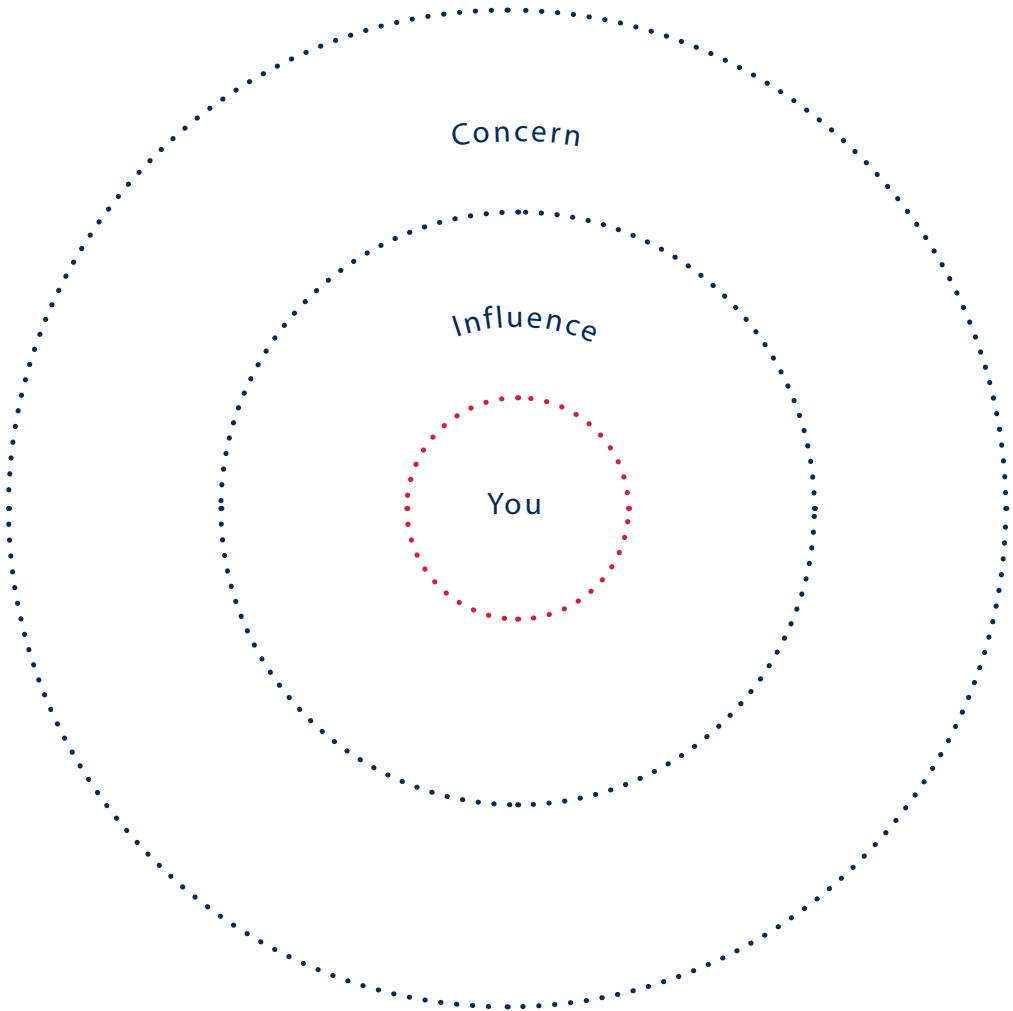
What is in your circle of concern and circle of influence?

In the previous exercise you identified the factors which impact on your wellbeing. This next exercise will assist you in thinking through how much influence you **DO** have over these factors. It will also help you to decide what you can change and what you can not.

Remember the bamboo? →



Don't worry,
there are
no wrong
answers



Acceptance.

Acceptance isn't resignation, approval, passivity or liking the outcome. Neither is it throwing your hands in the air and saying "I give up". It is the acknowledgment that things are what they are. It is a willingness to experience your thoughts and emotions, and choosing to let go what is beyond your control.

Someone once said, "Our lives are the sum total of the choices we have made." However, those choices are not always of our choosing. So it's what you do with the choices in front of you that matters. We can choose our responses.

**“Grant me the serenity
to accept the things
I cannot change;
courage to change
the things I can;
and wisdom to know
the difference.”**

Reinhold Niebuhr


(1892 - 1971)



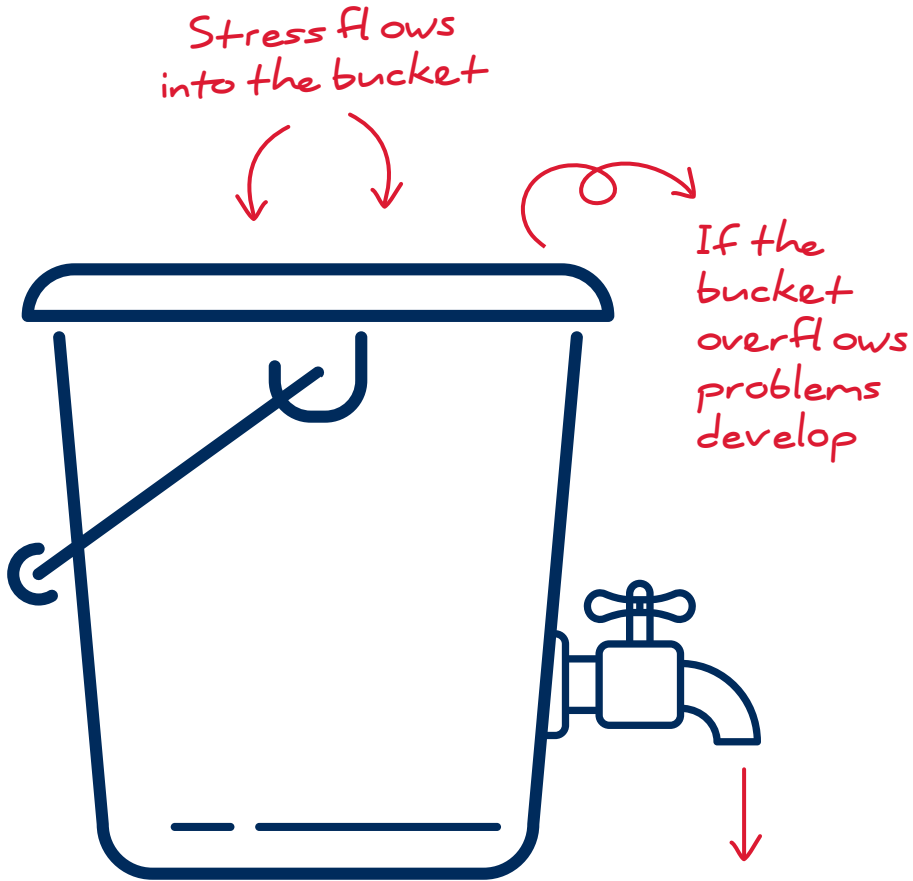
Understanding stress.

Stress is a physical reaction to the issues that confront us, including the people around us. When our brain continues to perceive particular situations as threats, it stimulates a range of biochemical reactions inside us. **But** we do have the ability to influence it.

The Health and Safety Executive definition of stress is:

“The **adverse reaction people have to excessive pressure or other types of demand placed upon them.”**

The stress bucket.



Good coping = tap working to let the stress out.

Bad coping = tap not working so the stress fills the bucket.

What is your stress signature? How do you spot stress in yourself and others?

.....

.....

.....

.....

.....

.....

What are your coping mechanisms?

.....

.....

.....

.....

Our chemical cocktail!



To feel well and maintain an optimum level of resilience, we need to understand the production and delicate balance of hormones within us.

While our hormones are ever present, our state of mind, feelings and behaviours can have a profound effect on their production levels. A poor state of mind will increase the number of hormones racing through our bloodstream and impact on our mental wellbeing.

These hormones shape our mood and our perception of the world around us.

The four key hormones for maintaining balance.

1.

.....

2.

.....

3.

.....

4.

.....



2. Knowing yourself

Have self-awareness.

The following three strategies will enable you to reflect on the mental habits we sometimes develop, which can become obstacles in improving our wellbeing. We need to know about them, to stop them tripping us up!

1. Your inner dialogue –

What you say to yourself.

- Imagine a situation which makes you feel extremely stressed. You've already heard about the hormones which will be flowing around your body.

Continued...



What were you
thinking/saying...?

- Remember there are the physical changes that can start to take place in you.
- Now consider what you might be saying to yourself when you are feeling stressed. This is your inner dialogue.
- If you feel comfortable and ok to do so, think of the last situation that made you feel worried and stressed. What were you saying/thinking to yourself?



It might seem like our inner dialogue is there to help us. From a survival point of view, it has the intention of keeping us safe.

But if we are stressed and our 'fight or flight' hormones have kicked in, we are replaying a habit which no longer serves its intended purpose and in fact, makes us feel **MORE** stressed.

My inner dialogue was saying...

.....

.....

.....

.....

.....

.....

Did this help you? Explain how.

.....

.....

.....

.....

.....

.....

.....

What's your story...?

Our inner dialogue links to how we think of and perceive ourselves.

What is your story?



For example,

"I haven't worked for years. I've just been bringing up children. I don't really have any other skills."

Or

"I've served in the military, I'm a strong capable person, I can cope with anything."

Or

"I'm quite shy. I'm not the type to go up to someone and just start talking."

Does your inner dialogue serve you well?

.....

.....

.....

.....

.....

.....

What are the implications of having a 'story'?

.....

.....

.....

.....

.....

.....

.....

2. The thought trap!

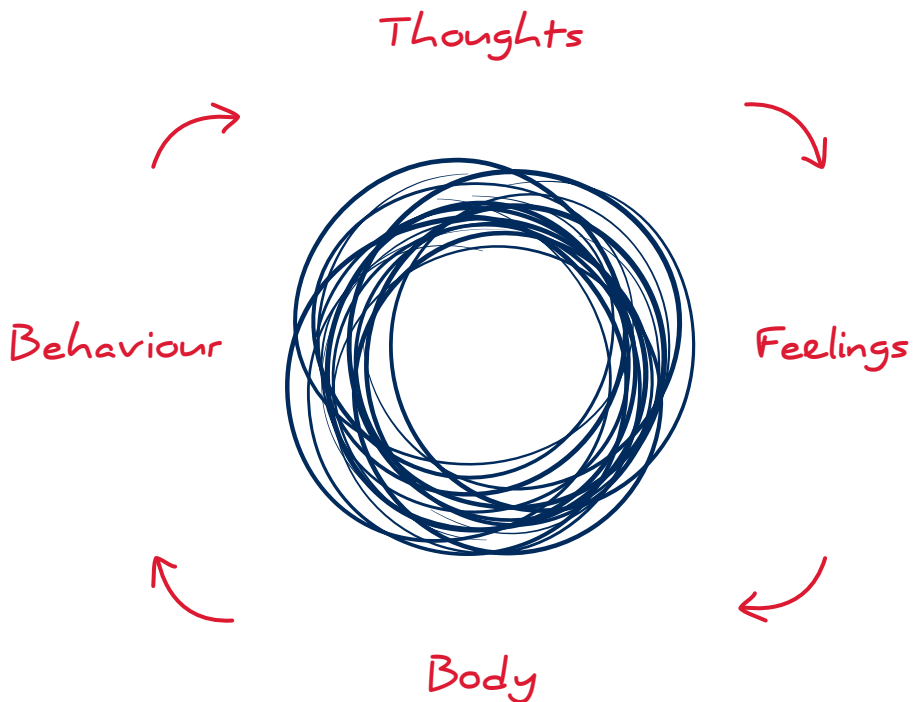
Thoughts affect our feelings, and our feelings inform our behaviours, which not only impact on us, but also on the reactions of those around us. Without knowing, we are unconsciously shaping the views and reactions of others.

This thought trap can become an unconscious habit which can spiral. It can increase our stress levels and decrease our sense of wellbeing. It can also culminate in our thoughts becoming self-fulfilling, as we unconsciously seek to prove what we've been thinking and feeling.

Another version of this is the placebo effect found in clinical medical trials. This is where a participant's belief in the treatment (thoughts) has a tangible outcome

on the symptoms they were experiencing (feelings/body).

Breaking the cycle will establish a new thinking habit, and is the starting point for managing stressful feelings and regaining control.



3. Our 'frame of reference' or 'perspective'!



Each of us has a unique perspective of the world and the people around us. We each bring our own life experiences to every interaction we have. It's natural (as well as a habit) to assume that everyone sees a situation in the same way as us. We also know how easy misunderstandings occur. This is often down to varying perceptions. There is always more than one way to view a situation. We may not like the alternative perspective, but it is an alternative none the less.

“What we focus on, we see.”

**Can you think of a situation where this
has happened? What gets in the way
of looking at something differently?**

.....

.....

.....

.....

.....

.....

.....

.....

3. Thinking differently

Be flexible in your thinking.

If our thinking is too rigid, inflexible or just habitual (in terms of thinking in only one or two limited ways), we fall into the trap of restricting our options (as well as other people's) and closing down alternatives to managing our mental wellbeing. We need to develop new ways of thinking, which allows us to view situations differently.

The traps we can fall into are:

- Mind-reading
- Black and white thinking
- Catastrophising
- Should, ought and must
- Labelling
- Personalising
- Overgeneralising
- Discounting the positive

Which three traps are most familiar to you?

.....

.....

.....

.....

.....

What could you do differently?

.....


.....

.....

.....

.....

Can you see the relationship
between your inner dialogue,
thinking traps and
perspectives?



4. Reaching out

Make quality connections.



Earlier we looked at a definition of wellbeing as well as the research based on Maslow's Hierarchy of Needs. These all illustrate the importance of making connections and having a network of supportive people around us.

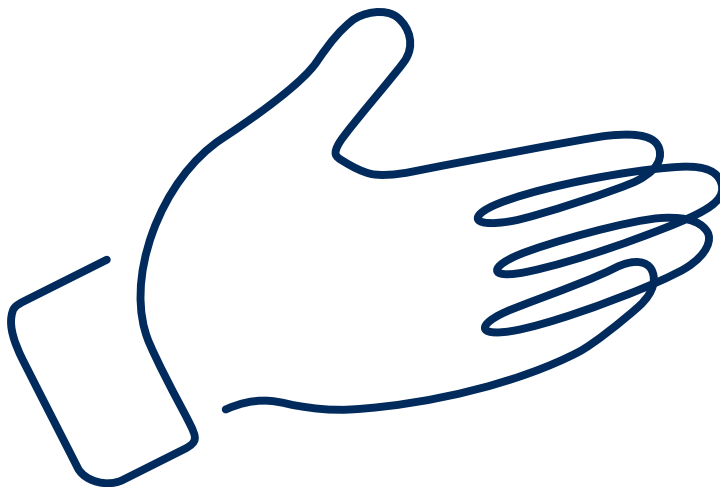
In the 17th Century, the poet John Donne famously argued for the interconnectedness of all people, writing that "No man is an island."

Our ability and need to be with others and to communicate with them, is a part of the human condition.

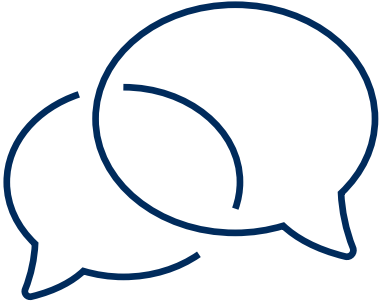
—

For example, look at how much we enjoy eating in a restaurant or drinking in a bar even though we could quite easily do the same at home. We need people around us and we need different people for different things, such as those who:

- Can share problems with us
- Can help us
- Can be our mentor or coach
- Can be fun and laugh with us
- Can give us acceptance and approval




Communicating effectively.



If you wanted to speak to someone about **how you were feeling**, who would you talk to?

If you were worried about **someone else's wellbeing**, how might you start the conversation?

Consider your inner dialogue and frame of reference. These have become your habit and will take time to alter. They will influence you and your communication style.



**What are your fears/concerns
about talking to someone who
appears distressed?**

**What are your fears/concerns about
someone approaching you when
you are distressed?**

Communicating effectively.

You don't need special training to show someone you care about them. You just need to tune-in to the music behind the words and acknowledge the feelings being expressed.

If you are offering support to someone else, you may be tempted to try and solve their problems. This isn't your role. Instead, show you are actively listening.

*Here's
some good
practice guidelines:*

Relax.



What's your inner dialogue saying?

**You have two ears
and one mouth.
Use them in those
proportions.**

**Ask
appropriate
questions.**

Be patient. Don't interrupt.

**Be aware of
your frame
of reference.**

**Listen without
judgement or
pre-conceived
ideas.**

Be comfortable with yourself.

Having an awareness of communication styles and questioning techniques will be helpful when communicating with others.

Types of questions:


- Closed
- Open
- Rhetorical
- Leading

Be aware of using 'why' questions. Think about what it feels like to be asked the question 'why'?

Consider this



"In the RAF, people needed me. They depended on me. I was the big man. Now I feel like the smallest man alive. So if you're telling me that just by talking, you can give me a sense of purpose, and make everyone proud of me again, then knock yourself out. I sure could use the help. But forgive me if I'm a bit sceptical. Sorry!"



Here are some examples of how you might respond:

- "There's no need to be sorry, it sounds like you're having a difficult time right now."
- "I'm wondering what's happened to make you feel like that?"
- "What makes you think people are not proud of you now?"
- "Yes, I know things can feel different when you leave the RAF."
- "Fancy grabbing a coffee?"

.....

.....

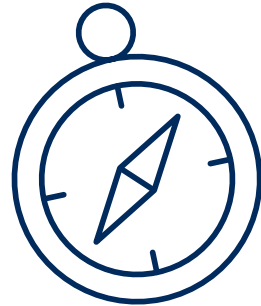
.....

.....

.....

5. Finding purpose and focus

Understand what drives you.



Having a sense of purpose is essential to your wellbeing.

What is your purpose and how does it change?

If life feels as if it has gone off course, imagine it as a sat-nav. Imagine you had a destination planned, but there have been some roadblocks along the way. The route now looks unfamiliar and there are new roads you don't recognise. You could just choose to turn around and go home,

or you could reset the sat-nav and find a different route. This is a really useful way of considering how to re-focus and find a new purpose.

The challenge is for you to decide what direction you want to go in.

A good starting point is to think about where and what you should focus on. Start with focusing on today. Looking backwards will take you to a place which can't be changed. Looking to the future is still an unknown. Start with the here and now. It's a great place to find purpose and set yourself some goals.

Who is driving your bus?



Setting clear goals.

We know that the brain is a finely-tuned, high-powered and responsive mechanism. When we decide on a clear goal, our brain provides us with the resources, direction and focus we need.



To explain this concept, imagine your brain as an online shopping app. This app has an infinite choice of books, electronic goods, clothes, furniture and anything else you want to choose from.

If you went to the online search and typed in: “I want a book and a TV” will you get what you really want? You might get a book and a TV, but you may not get the exact type you wanted.

In life, if we don't set ourselves clear goals, we're effectively letting someone else dictate which book we are going to read and which life we are going to live.



What's your destination?

Remember the bus?

The following set of questions are designed to help you to think about what you want to focus on and to find purpose.

What matters most to me?

Think of your values, beliefs, pastimes, hobbies, loves, desires etc.

*What is
important
to you?*



.....

.....

.....

.....

.....

What am I great at?

Think about your skills, qualities and how you are unique. Look through the eyes of your parent or best friend.

Embrace your inner brilliance.



Why do I want this?

Justify your desires to yourself. This is an important question. Understand yourself fully. You want to be rich, why? You want freedom, why? You want to help people, why?

↖ Ask yourself why.

.....

.....

.....

.....

.....

.....

.....

.....

.....

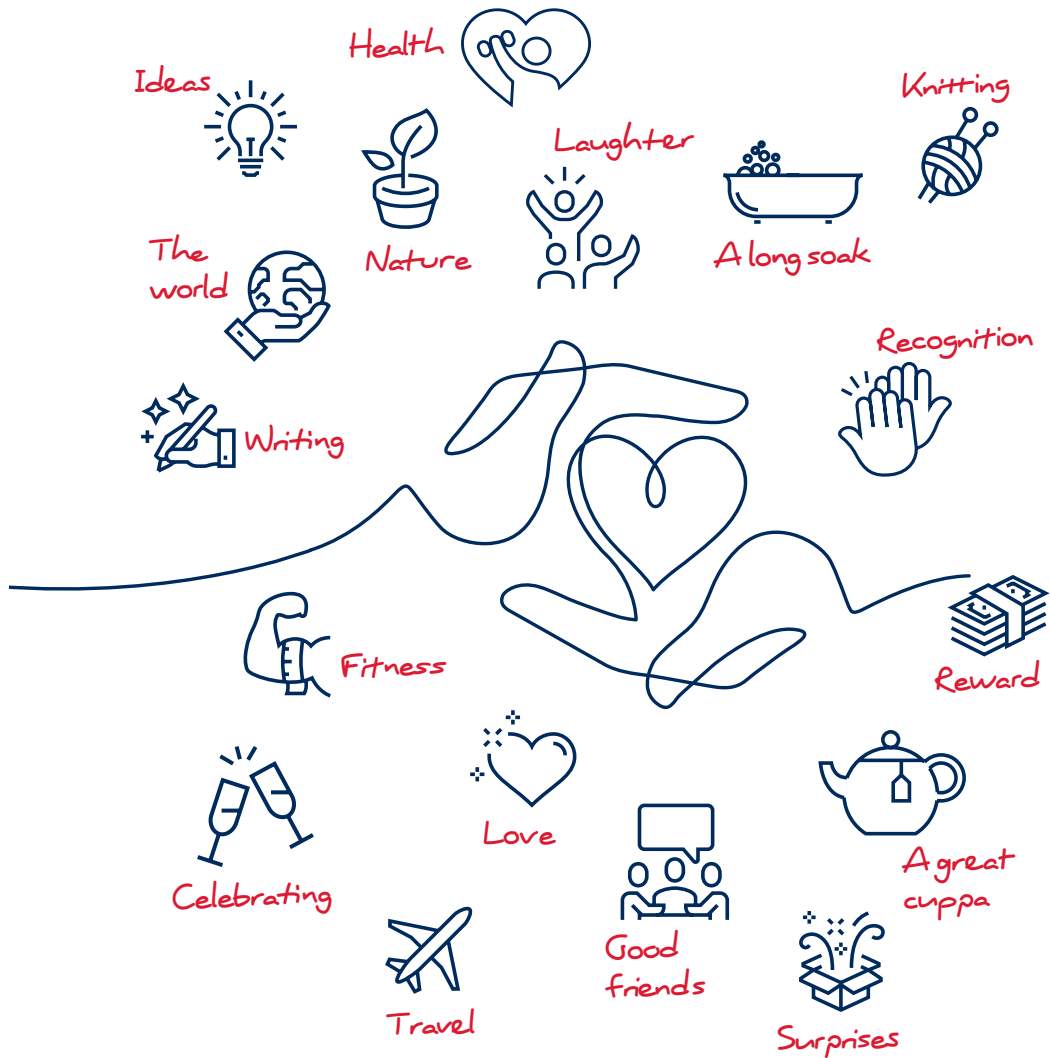
.....

What are my next steps?

Think about
your journey.

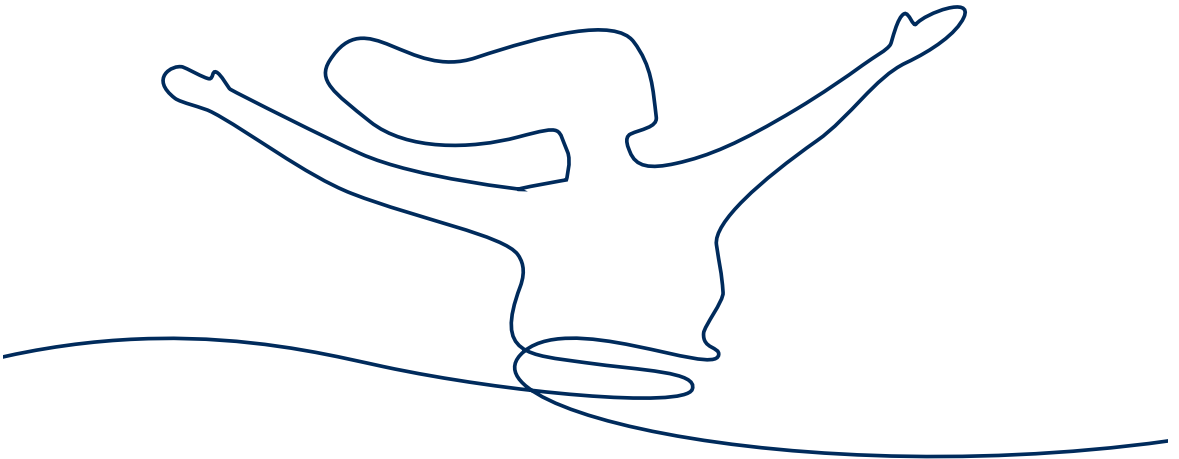
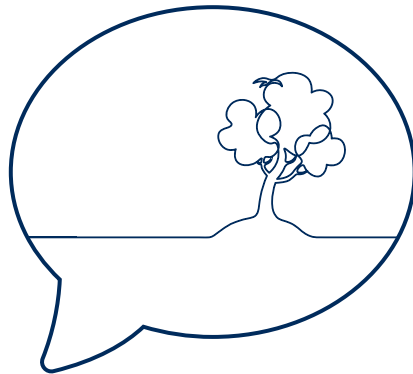
What steps could you take now, this week, next week, next month or next year? What could make this goal a reality? Don't worry about whether you feel you actually will do this. Imagine yourself setting out to achieve this goal. What would you have to do? Who could help you? What would you need to learn? How much time and money would you need? What is in your control and out of your control?

What are you grateful for?



**Do more of the things that
make you happy.**

“Mind-full or Mindful?”



6. Connecting mind and body

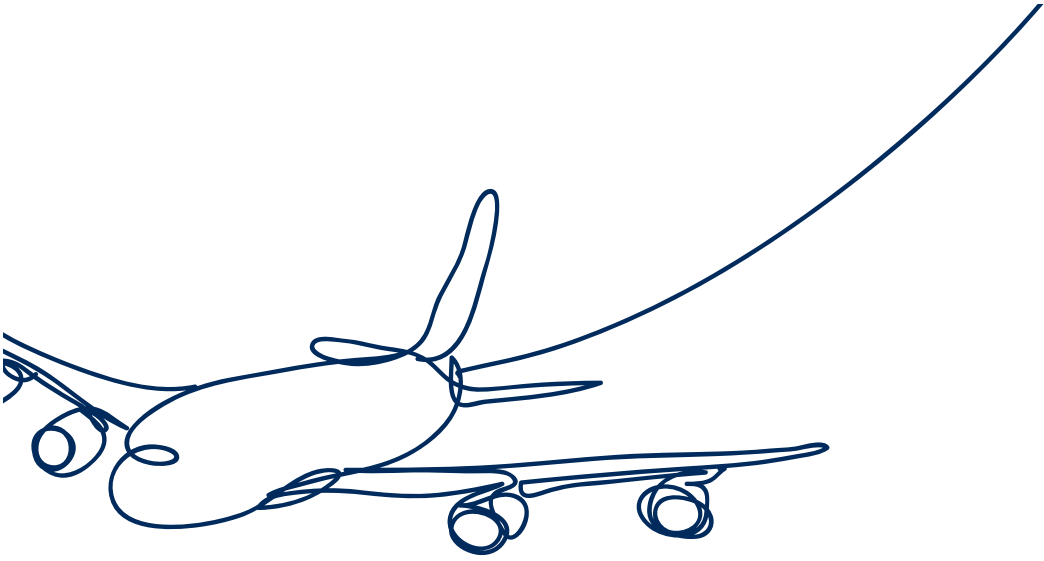
Self care – looking after yourself.



If you have ever flown on a commercial aircraft, you will remember the safety announcement at the start of the flight:

**In case of an emergency, please
put on your own mask before
helping others.**

This applies to our lives too. Self-care is an essential aspect of maintaining our wellbeing. It is easy to think that because we have people who rely on us, we should put them first.



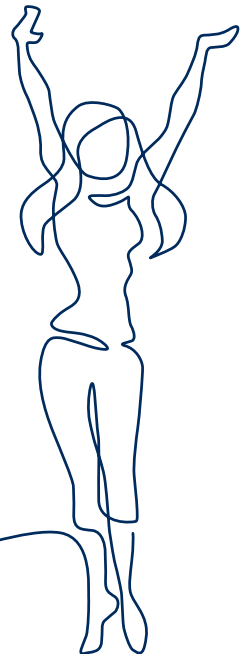
But if we are unwell or not functioning at our best, how can we then look after others?

Clearly the mind and body are interconnected. What we do to ourselves and what we put into our bodies will impact on how we are feeling.

Keep moving.

Physical activity stimulates good hormones. Finding an activity that you enjoy, such as walking, dancing, yoga or running can be good for your body and mind.

Start off small. Walk to the shops instead of taking the car, dance to your favourite music – it all helps your heart pump, your blood flow and the good hormones can start doing their stuff.



Your body is your temple.

The human body is an incredible, complex and self-healing machine. We need to look after it and treat ourselves well, just like a beautiful garden or an expensive car.

Would you put diesel in a petrol car?
Would you water your plants with orange juice?

Just like our garden or car, we need the right fuel and ingredients to function properly.

Your body really is a temple, look after it.



Adding chemicals to the mix!

Alcohol.

Guidelines state that we should not regularly exceed 14 units of alcohol per week.

One unit of alcohol is a 10ml or 8g measurement of pure alcohol. This translates as one 25ml single measure of whiskey or a third of a pint of ordinary beer.

Alcohol affects the brain's communication pathways. This makes it harder for us to think, speak clearly, remember things and make decisions. Heavy drinking is linked to a range of issues such as depression and dementia.

Pint of ordinary lager
2.3 units



(4%ABV / 568ML)

Bottle of alcopop
1.4 units



(5%ABV / 275ML)

Large glass of wine
3.5 units



(14%ABV / 250ML)

Double vodka
2.8 units



(40%ABV / 70ML)

Bottle of wine
10.5 units



(14%ABV / 750ML)

Drugs.

All drugs contain chemicals. Those that are prescribed for us will be checked to ensure they have no negative impact on any other medication we may be taking (although it's important to check if there are any side effects to be aware of).

However, any other non-prescribed or illegal drug could create unintended consequences as they combine with the chemical hormones already present in our blood stream.

At times of stress, it can be easy to fall back on something which feels like a quick fix to our problems – but could result in greater problems in the longer term.

Sleep.

On average an adult requires approximately 7–8 hours per night of sleep.

Sleep is not just a passive rest. Our bodies use this downtime to perform essential repair and growth, as well as memory consolidation and learning. Short-changing ourselves at night has serious consequences for our health. Without adequate sleep, we risk a range of physical and mental symptoms that will have an impact on our wellbeing. These include increased mood swings, food cravings, slower metabolism, a worsening of cardio-vascular health and a weakened immune system. These are surely enough reasons to encourage us to get to bed on time and treat ourselves to a really good night's sleep!



Actions for the future.

You should now be more aware of the tools you need to become more resilient and support those around you.

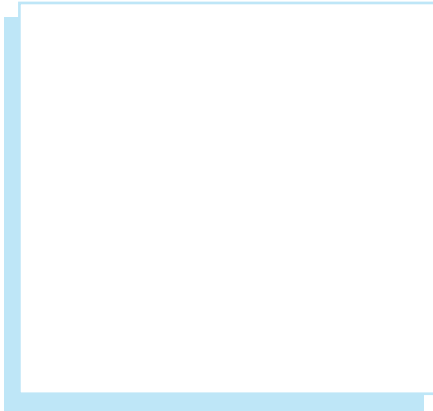
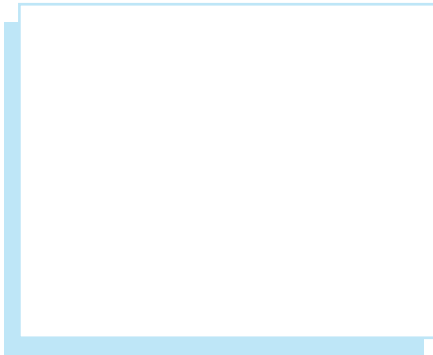
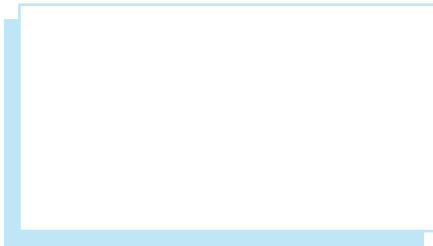
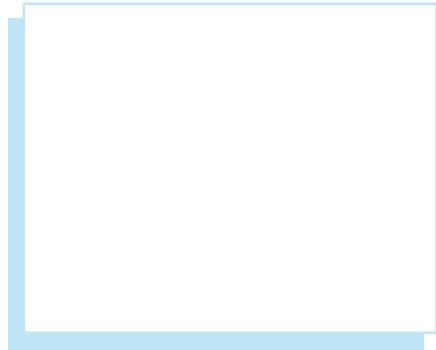
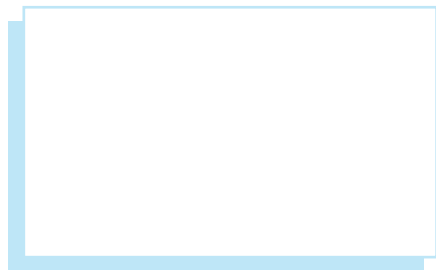
This new way of managing life's challenges will contribute to a more positive sense of emotional, mental and physical wellbeing.

Thank you 😊

Certificates

The '6 Habits for Developing Resilience' course is quality marked by the awarding body, AIM. If you would like a certificate please contact our coordinator by emailing FIT@rafa.org.uk with your full name, date of birth, the course location and date and your home address, within five working days of completing the training.

I will build my
resilience by...

A large, empty rectangular box with a light blue border, intended for writing a response to the prompt above.A large, empty rectangular box with a light blue border, intended for writing a response to the prompt above.A large, empty rectangular box with a light blue border, intended for writing a response to the prompt above.A large, empty rectangular box with a light blue border, intended for writing a response to the prompt above.A large, empty rectangular box with a light blue border, intended for writing a response to the prompt above.A large, empty rectangular box with a light blue border, intended for writing a response to the prompt above.

A - Z of information and support.

ADDACTION

0207251 5869

addaction.org.uk

Supports adults, children, young adults and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

AGE UK

0800 678 1602

ageuk.org.uk

Providing support, advice and activities for older people. Also provide free information and advice to help on topics as diverse as claiming benefits to care homes.

ALCOHOLICS ANONYMOUS

0800 9177 650

alcoholics-anonymous.org.uk

A fellowship of men and women to share their experience, strength and hope with each other to help solve a common problem and help others to recover from alcoholism.

ALZHEIMERS SOCIETY

0330 333 0804

alzheimers.org.uk

A care and research charity for people with dementia and their carers, providing help and support.

BEREAVEMENT ADVICE CENTRE

0800 634 9494

bereavementadvice.org.uk

Help with a wide range of practical issues that need to be managed after a bereavement as well as signposting to other support services.

BIG WHITE WALL

020 3405 6196

bigwhitewall.com

Online mental health community. People come to Big White Wall for help with a wide range of mental health and wellbeing issues – from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges.

BIPOLAR UK

0333 3233880

bipolaruk.org.uk

The national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers.

BLESMA

020 8590 1124

blesma.org

Dedicated to assisting serving and ex-service men and women who have suffered life-changing limb loss or the use of a limb, an eye or sight.

BLIND VETERANS UK

0800 389 7979

blindveterans.org.uk

Helping veterans overcome sight loss. Providing rehabilitation, training, practical advice and emotional support.

BRITISH RED CROSS

0344 871 1111

redcross.org.uk

Helps people in crisis, whoever and wherever they are.

CALM

0800 58 58 58

thecalmzone.net

A dedicated support line and online webchat for men who are experiencing emotional distress or are in crises.

CHASING THE STIGMA

chasingthestigma.co.uk

Mental health awareness and signposting service.

CITIZENS ADVICE

03444 111 444

citizensadvice.org.uk

Free advice to help find a way forward, whatever the problem.

COMBAT STRESS

0800 138 1619

combatstress.org.uk

Helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression.

CRUSE – THE BEREAVEMENT CHARITY

0808 808 1677

cruse.org.uk

Free confidential support, advice and information for adults, young people and children, when someone dies. They run a helpline as well as facilitated self-help groups across the country.

DEMENTIA UK

0800 888 6678

dementiauk.org

Provides specialist dementia support. They provide support for families through their Admiral Nurse service.

DEPARTMENT FOR WORK AND PENSIONS

gov.uk/government/organisations/department-for-work-pensions

Responsible for welfare, pensions and child maintenance.

EVERY MIND MATTERS

nhs.uk/oneyou/every-mind-matters

An online quiz to get a free plan, designed to help people feel more in control, deal with stress and anxiety, boost mood and improve sleep.

FAMILY ACTION

0207 2546251

family-action.org.uk

Providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England.

FRANK

0300 123 6600

talktofrank.com

Support and advice on drugs and alcohol. Everything you need to know about drugs, their effects and the law.

GOV.UK

gov.uk/guidance/support-for-war-veterans

Support for war veterans. Find out about legacy health, recognition, return to civilian life, support from the voluntary sector, commemoration and payment schemes.

HEADTALKS

headtalks.com

Aims to inform, inspire and engage those interested in mental health and wellbeing.

HEADS TOGETHER

headstogether.org.uk

A campaign to tackle stigma and change the conversation on mental health.

HEARING VOICES NETWORK

hearing-voices.org.uk

Helps people who hear voices, see visions and experience tactical sensations and those that support them.

HELP FOR HEROES

01980 844 820

helpforheroes.org.uk

Provides lifetime support to those wounded in the service of their country.

JOB CENTRES

0800 055 6688

gov.uk/contact-jobcentre-plus

Part of the Department for Work and Pensions delivering working-age support services in the UK. Your local job centre can administer Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.

NHS

nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing

Provides steps to improve your mental health and wellbeing, helping you to feel more positive.

NOT FORGOTTEN ASSOCIATION

0207 730 2400

thenotforgotten.org

The Not Forgotten combats isolation and loneliness amongst the Armed Forces community through social activities and challenge holidays.

MACMILLAN CANCER SUPPORT

0808 808 0000

macmillan.org.uk

Provides specialist health care, information and financial support to people affected by cancer.

MIND

0300 123 3393

mind.org.uk

Provides advice and support to empower anyone experiencing a mental health problem.

MUMS NET

mumsnet.com

Pools knowledge, advice and support on everything from conception to childbirth, from babies to teenagers.

POPPY FACTORY

0208 940 3305

poppyfactory.org

Support veterans with physical and mental health conditions to get back into employment across the UK.

PTSD RESOLUTION

0300 3020551

ptsdresolution.org.uk

Helps veterans, TA and reservists who are struggling to reintegrate into normal work and family life because of military trauma suffered during service in the Armed Forces.

OFFICERS' ASSOCIATION

0203 761 6343

officersassociation.org.uk

Helps former-officers and their dependants live with dignity and independence.

ROYAL AIR FORCES ASSOCIATION

0800 018 2361

rafa.org.uk

The leading and largest single service membership organisation and charity providing welfare support for Serving and ex-Serving RAF personnel and their families.

RAF FAMILIES FEDERATION

01780 781650

raf-ff.org.uk

Provides all serving RAF personnel and their families with timely professional support, assistance and an independent voice regarding issues or concerns they may have.

RELATE

0300 100 1234

relate.org.uk

Offers a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

RETHINK

0121 5227007

rethink.org.uk

Runs over 200 mental health services and 150 support groups across England.

RNIB

0303 123 9999

rnib.org.uk

Offers help and support for blind and partially sighted people – including practical and emotional support, reading services and products offered in their online shop.

ROYAL BRITISH LEGION

0808 8028080

britishlegion.org.uk

Helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

ROYAL AIR FORCE BENEVOLENT FUND

0300 102 1919

rafbf.org

Supports serving and former members of the RAF as well as their partners and dependant children.

SANE

0300 304 7000

sane.org.uk

Meeting the challenge of mental illness - Sane believe that no-one affected should face crisis, distress or despair alone.

SAMARITANS

116 123

samaritans.org.uk

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the UK and Ireland.

SCOPE

0808 800 3333

scope.org.uk

Scope is a national disability charity that campaigns to challenge and change negative attitudes about disability and provides direct services.

SOCIAL SERVICES

Contact details available through each local authority area. Known as Social Care, their role is the provision of social work, personal care, protection and social support services to children and adults in need or at risk.

SSAFA FORCES LINE

0800 7314880

ssafa.org.uk/get-help/forcesline

Trained welfare advisors and volunteers work with each person to find out exactly what they need. Once assessed, they will help the individual or family access the support required.

STEP CHANGE

0800 138 1111

stepchange.org

Provides expert advice and fee-free debt management.

STOLL

0207 385 2110

stoll.org.uk

Provides of supported housing to vulnerable veterans.

TIME TO CHANGE

time-to-change.org.uk

Campaigns to change the way people think and act about mental health problems.

THE CHARITY FOR CIVIL SERVANTS

0800 056 2424

foryoubyyou.org.uk

Supporting civil servants, past and present, when times are tough, listening without judgement and offering practical, financial and emotional support.

TURN 2 STARBOARD

01326 314262

turntostarboard.co.uk

Provides sailing trips to enable service families affected by operations to spend some time together.

TURN2US

turn2us.org.uk

Helps people in financial hardship to gain access to welfare benefits, charitable grants and support services.

U3A (UNIVERSITY OF THE THIRD AGE)

0208 466 6139

u3a.org.uk

A UK movement of retired and semi-retired people who come together to continue their educational, social and creative interests.

VETERANS GATEWAY

0808 802 1212

veteransgateway.org.uk

Provide support for veterans and ex-forces, helping them to find the information and advice they need for healthcare, housing, employment, finances and more.

VETERANS UK

0808 1914218

gov.uk/government/organisations/veterans-uk

Provide support to enable the seamless transition from service to civilian life, assist bereaved families or respond to life events that present welfare needs.

WALKING WITH THE WOUNDED

01263 863 900

walkingwiththewounded.org.uk

Provides vulnerable veterans with independence through employment.

X FORCES

0800 368 9533

x-forces.com

Offers a range of business support for those within the military community considering self-employment or business ownership.

.....

Please add any other ideas or organisations that you have heard about on the course today

.....

.....

.....

.....

.....

.....

Ideas for new connections and interests.

[gov.uk/government/get-involved/
take-part/volunteer](https://gov.uk/government/get-involved/take-part/volunteer)

do-it.org

Many organisations offer activities or volunteering opportunities. Local councils will often have a list of organisations as will the local library and many counties have volunteer organisations. Try something new, something interesting...

New opportunities await!



On the day learning.

Please add your details:

First name: **Surname:**

Date of birth:

Please indicate where you feel you were before the course and now are after the course by filling in each box with a number (1 is the lowest and 10 is the highest).

	BEFORE	AFTER
Your understanding of the terms 'wellbeing' and 'positive mental health.'	<input type="text"/>	<input type="text"/>
Your knowledge of what factors affect your wellbeing.	<input type="text"/>	<input type="text"/>
Your knowledge of the signs and symptoms of stress.	<input type="text"/>	<input type="text"/>
Your confidence in talking about mental wellbeing.	<input type="text"/>	<input type="text"/>
Your knowledge of where to go for help if you or someone you know needed support.	<input type="text"/>	<input type="text"/>

Please tell us about the most significant learning point for you today?

.....

.....

What did you enjoy most about the course?

.....

.....

What could we do differently to make the course even better?

.....

.....

