

Resilience

This week the Drop In would have been exploring Resilience.

Resilience is often described as the capacity to recover from difficulties, to bounce back.

In our experience, we find that individuals can be more resilient in some areas of their life/or times in their lives than others.

Please see below some prompts and spend a little time giving them some consideration, particularly thinking about how you feel currently.

What does resilience mean to you?

How would you rate your resilience currently?

Has this changed?

How do you feel about change?

How well do you care for yourself?

Do you feel in control of your life?

Has your loss enabled you to become stronger in anyway? Or more independent?

Have the current losses attached to Covid-19; social distancing, isolation, lack of freedom affected the way you feel and your outlook?

There is no right or wrong answer.

Finally we would like to share this quote from Crusecare

‘The Irony is that we are all grieving in isolation, together’

Please remember we are still here for you at this time, and can be contacted on 01924 331400 or via the website contact page <https://www.wakefieldhospice.org/Contact-Us>