

Supporting young people's resilience: Bouncing back? Or moving forward!

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About us

Charlie Waller was a dynamic, funny, kind and successful young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie died by suicide. He was suffering from depression.

In response to this tragedy, his family founded the Charlie Waller Trust, to open up the conversation around depression initially, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.

Let us introduce ourselves...



Julie Castleman

BACP Accredited Therapist

Charlie Waller: Mental
Health Trainer

MHFA England: National
Trainer

Junah Ltd: Director
Specialist Suicide Prevention
Training

Georgia Taylor

Mental Health Advocate and
Campaigner

Youth Ambassador at CWT

Mental Health and Community
Project Coordinator at Skills
and Volunteering Cymru

Before we begin

- This webinar is being recorded. Links to the recording and slides will be sent to everyone who registered for today's session.
- Personal experiences and contributions should be treated confidentially.
- Respect different perspectives and experiences.
- Sensitive issues may be discussed. Please take care of your own wellbeing and participate in a way that feels right for you.
- Be aware of where to access support.



Objectives for the session



Define

What is
resilience



Discuss

Proactive steps
for building
resilience



Do

Consider personal
resilience



What is **resilience**?



Resilience

- Resilience is the ability to return to the original form or position after being bent, compressed or stretched (Windle, 2011).
- From the Latin word meaning to **'jump back'**.
- To bounce back when we encounter setbacks



Resilience

- Resilience is the ability to bounce back from difficult or challenging situations. It's like having a psychological toolkit that helps you handle stress, adversity, and trauma without being overwhelmed or giving up.
- Resilience isn't about avoiding stress or difficult situations but learning how to handle them effectively and recover.
- It's a skill that can be developed over time, leading to a more balanced and fulfilling life.



Why is resilience so important?

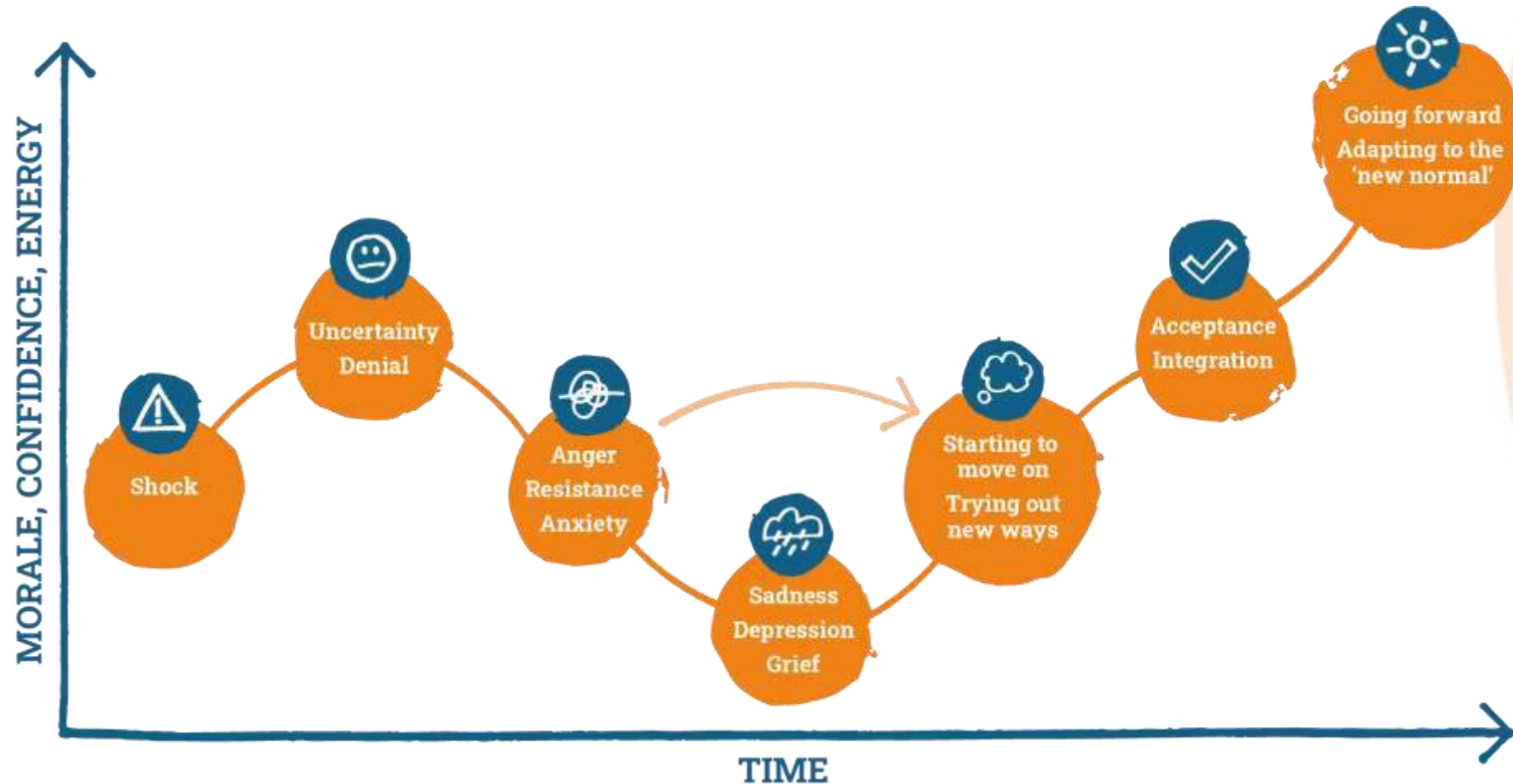


- **Mental Health:**
 - Resilience helps protect against mental health issues like anxiety and depression ([Hu et al., 2015](#)).
- **Physical Health:**
 - It can improve physical health by reducing stress and its negative effects on the body.
- **Performance:**
 - Resilient individuals tend to perform and cope more effectively with stress.
- **Life Satisfaction:**
 - Overall, resilience is linked to greater life satisfaction and well-being ([Sagone & De Caroli, 2014](#)).

Going back? Moving forward...



Moving along the change curve (Kübler-Ross, 1969)





Building resilience and skills for growth

Factors which affect resilience:



- **Internal factors such as:**
 - State of health and wellbeing
 - How we interpret events
 - How we regulate our emotions and behaviour
- **External factors such as:**
 - Positive relationships with others
 - The environment we live in
- **A history of adverse childhood experiences (ACEs; such as racism, poverty, bullying, abuse) BUT** note we should be wary of screening people for ACEs as a way of identifying those at risk – it is more nuanced than that (Danese et al., 2024)

Components to resilience



Emotional awareness and regulation

- Personal self-care
- Learning to cope when feeling frustrated/anxious

Problem solving

- Facing challenges, rather than avoiding them

Adaptability

- Being able to accept and adapt to change and uncertainty

Social support network

- Friends, family, others
- Finding ways of building meaningful relationships

Positive outlook/future orientation

- Future goal setting

Building resilience

- Take a few moments to reflect on a time when things didn't quite go to plan... **what helped?**
- **Strengths:** identify three personal strengths that help you cope with challenges. For example, adaptability, patience, problem solving
- **Coping mechanisms:** think about a recent challenge you have faced. What strategies did you use to manage it? For example, breaking the task into smaller steps, taking a walk, talking to a friend
- **Growth:** What did you learn from that experience? For example, I learned that I am more reliant than I thought, staying calm and focused helps, asking for help when needed is OK!



6 domains of resilience

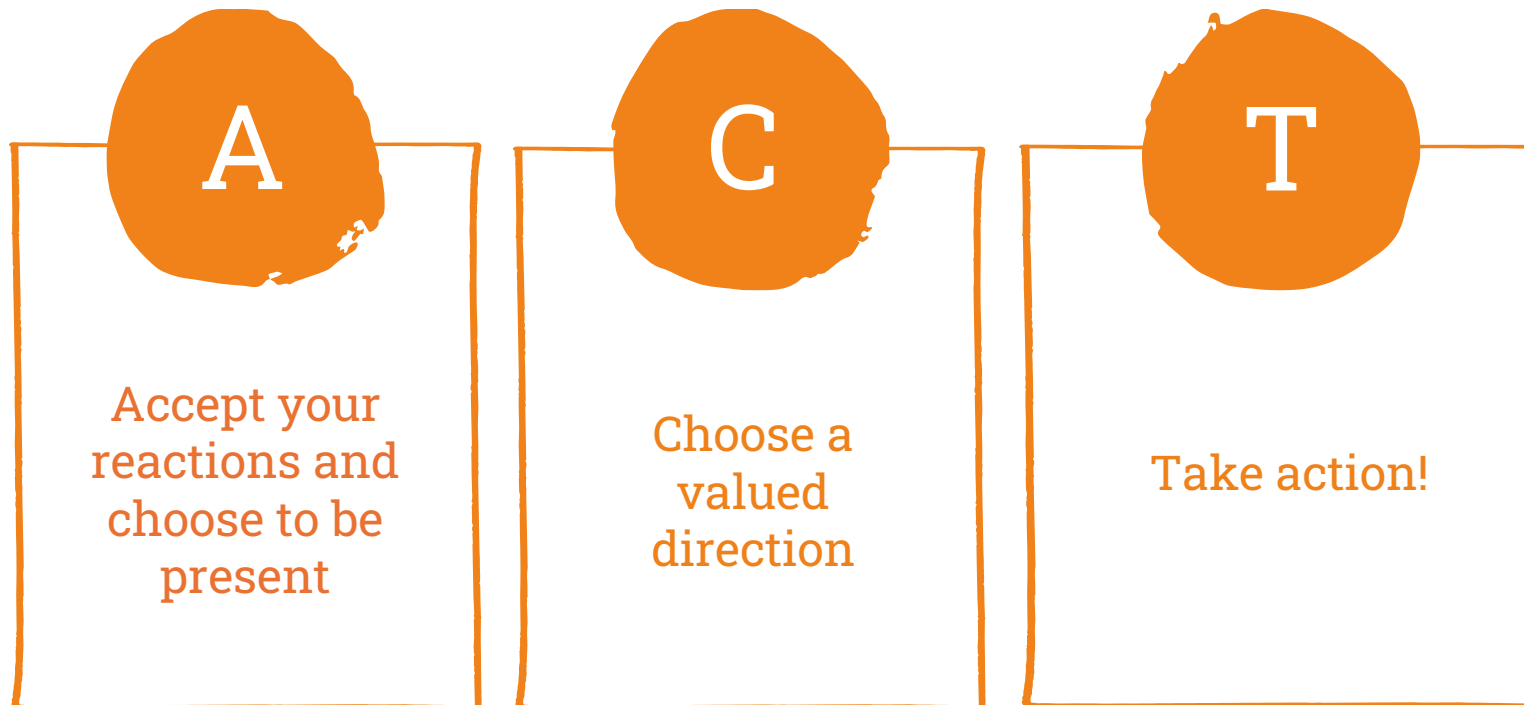
- Secure base
- Education
- Friendships
- Talents and interests
- Positive values
- Social competencies

(Daniel and Wassell, 2002)

■ Daniel, B. & Wassell, S. (2002) *The Early Years: Assessing and Promoting Resilience in Vulnerable Children. Assessing and Promoting Resilience in Vulnerable Children*. London: Jessica Kingsley Publishers.



Acceptance and Commitment (Büyüköksüz, 2025)



Acceptance

Encourage the young person to:

- Be aware of their personal reactions to situations; notice:
 - How do they feel? Happy, sad, angry, frustrated, scared, anxious?
 - What are they thinking?
 - How is it affecting the way they behave?

Ask themselves:

- What do they need right now?
- Are the thoughts they are having helpful/unhelpful?
- Can they change the situation? If not, how can they adjust their thinking/behaviour toward the situation?

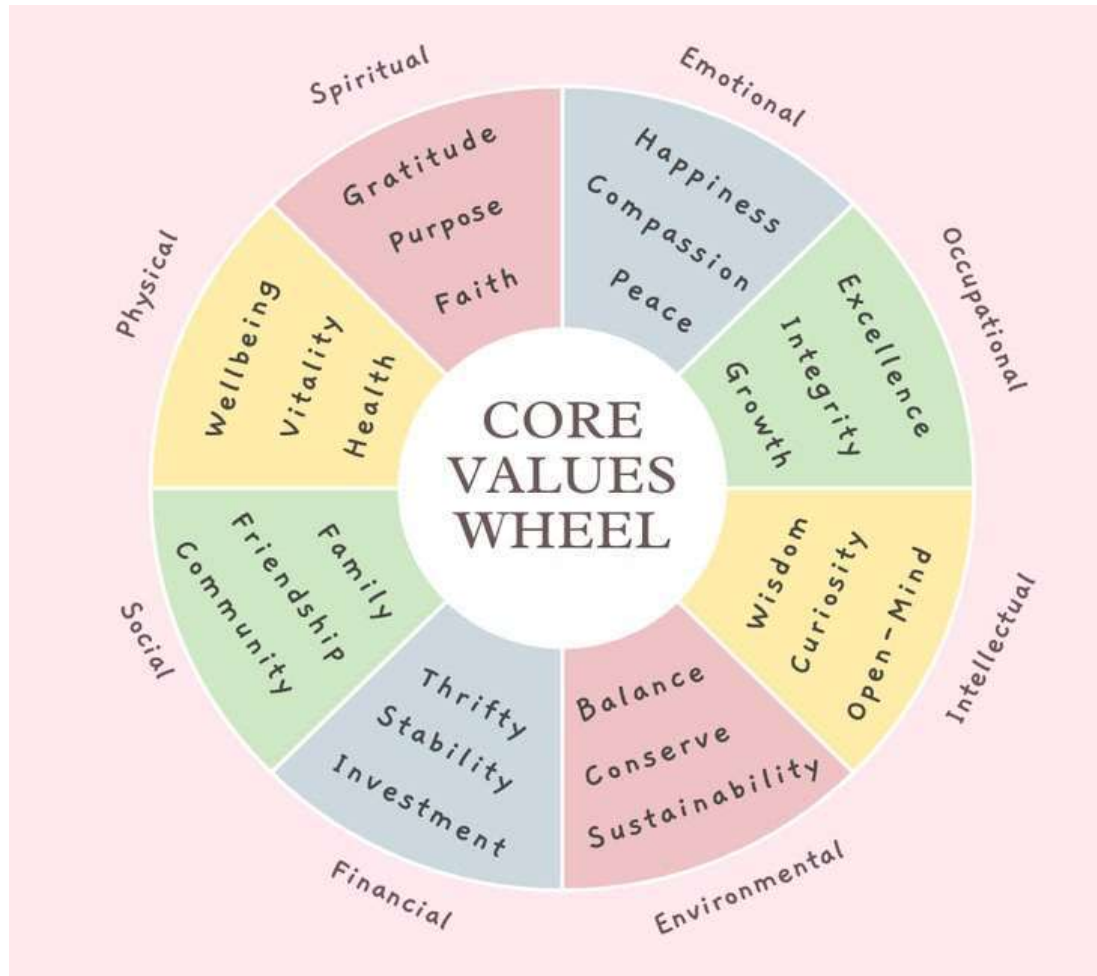


Choose valued direction

- Understanding what influences our emotions in a positive way can help you to identify our core values. Core values are fundamental values and beliefs that guide our behaviour and decision making.
- Help the young person to develop moral reasoning, understanding emotions of self and others:
 - What is important to them
 - What is important to you? How might this influence the development of a young person's core values



What are your core values?



Take action

Based on your self-awareness and core values, when facing challenging situations, decisions, life events, consider what your next steps will be:

Trust your personal intuition;

- how am I feeling?
- Challenge negative thinking
- Does this align with my core values?

What can I do to manage this?

- What is my goal/what do I want to achieve from this?
- Do I need the help and support of someone else?

Take committed action; taking action that aligns with your values, even in the face of discomfort or uncertainty helps build reliance and that growth helps us to move forward.



My lived experience



Benefits of ACT for resilience

- Stronger sense of self and purpose
- Enhanced coping skills
- Greater psychological flexibility
- Improved mental and physical health

Not all young people will respond to one way of building resilience. It is important for young people to find their own voice and a way forward that works for them.



You matter, too!

Helping a young person navigate challenging and sometimes disappointing experiences in life can be demanding. What will help you to guide them on this journey of self discovery and resilience building?

- All of the steps above can be applied to **ourselves**
- What do **you** do to stay true to you?
- What do you do for **self-care, relaxation, reflection?**
- We **don't** need to do this alone!



Support

GP/111 option 2

Hub of Hope

<https://hubofhope.co.uk>

YoungMinds

Text: YM to 85258

Online: youngminds.org

Samaritans

Call: 116 123

jo@samaritans.org

www.samaritans.org

The Mix

Call: 0808 808 4994

Text: THEMIX to 85258

CALM

www.thecalmzone.net

Anxiety UK

www.anxietyuk.org.uk

Beat

www.beateatingdisorders.org.uk

Childline

Call: 0800 1111

Online: childline.org.uk

Self-help resources





Webinar feedback

Please let us know how we did and help us to plan future webinars by completing [this short survey](#)



Give us your
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Our work with parents and carers

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Eating Disorder Carer Skills Workshops

If you're a parent or carer of a loved one with an eating disorder, come to our free workshops to learn vital support skills.

[Find out more](#)



Free Online webinars

We run live webinars for parents and carers

[Book your place](#)



Want to use your parenting skills to help others?

Train to become a parent and carer peer support (PCPS) worker with us!

[Find out more](#)



The PLACE network

Our network of parent and carer peer support support groups

[Find a parent/carers support group near you](#)



Parent Carer Peer Support

Want to know more about parent and carer peer support?

[Learn more](#)

The Charlie Waller Trust

We provide training and mental health resources for:



Schools



Colleges



Universities



Parents and Carers



Workplace

Learn more at charliewaller.org

Help us continue supporting young people



To donate £10 text
CWT to 70085



To donate online visit
charliewaller.org/donate



Make an
impact!





Help us continue supporting young people

Fundraising for us not only brings in money to help us continue our work – it also raises mental health awareness and what people can do to take care of their wellbeing.

Find out more:

charliewaller.org/get-involved



Get involved!



More webinars

Supporting young people's wellbeing online:

Social media and technology

Thursday 8 October 12.30pm - 1.30pm

Supporting young people with perfectionism:

Practical strategies to build self-compassion, self-worth and wellbeing

Monday 19 October, 12.30pm - 1.30pm

Find out more at:

<https://charliewaller.org/mental-health-training-support/mental-health-webinars>

Watch previous webinars:

Sleep and mental health in young people

Supporting children's emotional wellbeing

Understanding and managing anxiety in children under 12





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