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RESOURCES  
People, Information and Business Improvement

## Moving Towards Community Resilience

Relationship Underpinning Knowledge

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**Session Purpose**

- What do we mean by Resilience?
- Why we need Resilience?
- How do we get Resilient?

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 **What is Resilience?** 

*It's about*

***“bouncing back”***

*The capacity to handle the challenges and opportunities of work and life.*

- v Recognising the signs and symptoms for you that indicate your resilience is slipping*
- v Knowing the best way to ride life's ups and downs so you stay well, feeling energised and in control*

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 **Why Resilience?** 

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## Did you know?

Each year 1 in 5 Australians will experience a mental illness

In 2004, 1661 males, 437 females died by suicide = 2098 deaths or 1.6% of all deaths – that's nearly 6 a day

For every 'successful' suicide, there are seven 'unsuccessful' suicide attempts



Australians made almost 10 million visits to their GP's for mental health problems last financial year

Since visits to psychiatrists and psychologists were allowed under Medicare in December 2006, system innundated with people new to Mental Health system

[http://www.mindframe-media.info/suicide/stats\\_qr.php](http://www.mindframe-media.info/suicide/stats_qr.php)




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## Some Information for You

- According to the Australian Bureau of Statistics, rural and remote communities have the highest rate of suicide in Australia
- Young males are most at risk, but farm managers and farm workers in older age groups are also susceptible. A contributing factor is the high level of gun ownership in rural areas, which makes suicide attempts more likely to be successful.



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**Stuff You Already Know**

- According to the Royal Flying Doctor Service, people in rural and remote areas suffer psychiatric disorders 28 per cent more than their urban counterparts.
- In general, incomes are lower in parts of Australia which are dependent on traditional agricultural industries than in metropolitan areas.
- Falling world prices for bulk commodities like sugar, wool and wheat mean that increasingly, small family farms are becoming unprofitable. Incomes are static or falling, and levels of debt are rising.

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**When farmers fall on hard times...**

It impacts on the town that serves surrounding farms.

- Unemployment rises
- Levels of alcohol and drug use rise
- Violence increases
- Depression and anxiety become entrenched

When there's a major crisis – a bushfire, drought, or a collapse in commodity prices, the effect can be devastating.

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 **What makes matters worse...** 

- Reluctance of country people – especially men – to seek help
- Anglo Saxon heritage, with traditional values
- Proud of their self-sufficiency and independence
- Often unwilling to admit they need help – especially when it comes to mental illness
- They see a mental illness as a stigma, an admission of 'failure'
- The prevailing attitude is, you get on with it, and 'pull your socks up'
- If people do need help, they go to family and friends rather than people who are trained in dealing with mental illness.

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 **Signs that Your Resilience May be Slipping?** 

- decline in productivity, quality of work
- increased tardiness, lateness
- missed deadlines, incomplete tasks, carelessness, mistakes
- lack of co-operation
- withdrawal from activities
- increased irritability & frustration with minor events
- increased sensitivity to criticism
- absenteeism, presenteeism
- increased alcohol and or alcohol use
- complaints of aches & pains
- constant lethargy
- person seems ill at ease, not themselves

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 **What Causes it – Different Strokes for Different Folks?!** 

- environment: home – life
- genetic/family history, traumatic/abusive childhood
- life changing event: birth, death, marriage, separation, divorce, job loss, unemployment, financial burden
- interpersonal relationships, conflict
- physical health condition
- traumatic event
- work – life eg: expectations, workload, tasks, lack of appropriate training, support, workplace environment, wrong job fit, increased work pressure.

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 **A Flag for You** 

**14 day “rule”**

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**What can you do?**

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**Look after yourself**

**Develop your own resilience**

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## The Five Planks of Resilience

Plank	Component	Y/N	Action Plan
Medical	<ul style="list-style-type: none"> <li>•Physical</li> <li>•Relationship</li> </ul>		
Connections	<ul style="list-style-type: none"> <li>•Family</li> <li>•Work</li> <li>•Community</li> </ul>		
Physical			
Mental	<ul style="list-style-type: none"> <li>•Type of data</li> <li>•Variety</li> </ul>		
Spiritual	<ul style="list-style-type: none"> <li>•Values</li> <li>•What do you believe</li> <li>•Belief gives hope</li> </ul>		



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## The Medical Plank means....

Having a relationship with your doctor

**BLOKES I AM TALKING TO YOU**

Regular Check ups

Be pro-active – its usually isn't better to await to find out and NO – No news is not good news

**BLOKES I AM TALKING TO YOU**



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## The Connectivity Planks means...



**With your family**     Remember – You can pick your mates but not your family  
 Remember "National Lampoon's Christmas vacation" – that's what it's like for many families  
 Remember how we were brought up – Attendance at dinner was mandatory, limited TV, stay in the confines of the family

**With your workplace**     The importance of effective teams, proper human resources processes, the most appropriate selection, training and development, appropriate policies etc

**With your community**     The importance of broader connections  
 Look for involvement in community groups



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## The Physical Plank means...



Keeping active

Nutrition

Alcohol

Drugs – No such thing as recreational drugs

Don't smoke

Sleep patterns

DID I SAY "DON'T SMOKE"?



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**Mental Plank means....**

- Use it or lose it
- Variety of data input
- Cross words or other mental challenges

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**The Spiritual Plank means..**

- Doesn't matter what you believe in
- But you have to believe in something
- Faith brings hope – hope brings something to live for
- Remember Beaconsfield

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**Remember...**

Life is brief and irreplaceable  
 Community is where we can find belonging  
 We can all make a difference!  
 But we need to take responsibility  
 Remember that a long journey starts with a few short steps.....

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**More Resources.....**

- beyondblue
- The Mental Health Council of Australia
- Sane Australia
- The Mental Illness Fellowship of Australia
- Lifeline
- Moodgym
- Australian Psychological Society 1800 333 497
- Centrelink Farmer Assistance Line 1800 050 585
- Lifeline's Just Ask 1300 131 114
- Rural Women's Telephone Counseling Service 1800 182 098
- Relationships Australia

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**EIVA**

**AFSA**

**Questions**

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