• What is Resilience?
• Metaphors of Resilience
• Opening the Window
• Resilience & Integrity
• Your Support Network
Resilience means different things to different people.

It means adapting, reshaping, evolving - not just to survive, but to thrive and flourish in your environment - whatever experiences, challenges, or pressure you might encounter.
In groups: identify a time when you experienced resilience.

How do you know when you are ‘being resilient’?

How does it feel?

What happens for you when you remember ‘being resilient’?
Resilience as...

... a bouncing ball - bouncing back or bouncing forward?

... a resource - how do you keep your bucket full?

... riding the waves - staying afloat or going with the flow?

... environmental - bending in the wind or weathering the storm?

'I bend so I don't break' - Anon.
In groups: return to a time you experienced resilience.

Then complete the following statement:

When I am resilient... that's like --------.

Be as creative as you want.
The Window of Tolerance is one of many models informing our understanding of resilience.

The 'window', as described by psychiatrist Dan Siegel and psychotherapist Pat Ogden, sets out our 'zone of arousal' in which we can function.

If we experience hyperarousal/overwhelm/fight-flight (too much stimulation) or hypoarousal/underwhelm/freeze (too little stimulation) then we cannot integrate our experiences, and we cannot function effectively.
This model helps us to understand why our levels of resilience might vary at different times and in different contexts. It also encourages us to identify how we can 'self-regulate' and 'resource' ourselves.

In groups: what helps you to open your Window of Tolerance? There are no right or wrong answers. Consider mindfulness, meditation, movement...
When your resilience is low - you might feel you are at breaking point, or snowed under, or sinking - then you are more likely to deviate from good research practice.

You might be tempted to cut corners, or take short cuts, that you would not normally consider.

Your research practice is like a spectrum, with good research practice at one end and misconduct at the other.

What does it take for you to slide down into the grey area of questionable/poor research practice?
How might your research practice be compromised?

In groups: identify potential challenges or pressures you might encounter in the research environment.

These often revolve around (lack of) time and funding.

Then identify how this could lead to a compromise in research practice.
Resilience supports integrity: when you are resilient, and rise to the challenges of the research environment, you are unlikely to consider compromising your research.

Integrity supports resilience: when you have a strong sense of integrity, your principles and values are a valuable resource on which you can draw to strengthen your resilience.
You're not alone

Make the most of your support network: supervisor(s), friends and colleagues, University Counselling Service, University Chaplaincy (all faiths and none), and the Student Advice & Support team.
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What one thing are you going to do to strengthen your resilience?

Make a note: having completed this session, what one thing are you going to do, for yourself, to strengthen your resilience?
Questions?

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