

## Red Cross Stories of Resilience

Throughout history people have adapted to difficult, changing situations when unexpected things happen and disrupt people's lives. Being resilient means being able to adapt to these changes, being able to cope and keep going and support others to do the same through kindness. These activities explore resilience and what it means to be adaptable to change.

1. What do you think makes a person resilient? Draw an outline of a person and write all the things that you think make a person resilient inside the outline. [Done](#)
2. On the outside of the outline of the person write any changes that are happening that they might need to be resilient to. [Done](#)

One way to consider resilience is to talk about what you need in order to be resilient. The New Zealand Red Cross believe there are four things you need to be resilient that they call 'the pillars of resilience':

1. You need connections with other people who can help and support you
2. You need some stability, like support from friends and family and certain things you do regularly.
3. You need resources like food and shelter, and access to medical care.
4. You need the ability to be adaptable and flexible.

Why do you think these things are important? [I think that these things are important because, at least 3 of them, are factors that form our everyday lives, which make us who we are and keep us feeling positive, so, even if something else changes, it's crucial that some things stay the same and that you don't feel alone.](#)

Now think about your own resilience, do you have things from the four pillars in place? [Yes, I have elements from all 4 pillars.](#)

If not, what could you do to ensure you have what you need to be resilient? [If I didn't, however, I would attempt to build some sort of routine: stability, which is something that everyone can control to an extent.](#)

Read the 3 stories below.

Think about the different types of challenges they had.

What did these include? Think about what each person said. All of them were coronavirus-caused: a university student, who was struggling with the sudden restriction of her independence, a nurse that feared for herself and her patients and a teacher, who was juggling his job and his family-life. This sudden sense of everything going up in the air and the realisation that you have to make something of it all is the overwhelming challenge that each of them faced.

How have they adapted to the situation? They've made their own routines, distracted themselves (e.g. playing an instrument) and have maintained the communication between themselves and their students, colleagues, families and friends.

Think about the different challenges you have overcome in everyday life. How did you overcome them, keep going and looking after yourself?

Basically, I just built up a 'support network': routine (stability), communication with my friends/family (connection) and played a (small) role in checking up on how much food there is etc (resources). I also attempted to distract myself: hence the extra work, although I do the history anyway but it still distracts me and keeps something the same, and the vast amount of times playing either on the piano or the drums (again, I used to do that anyway), which is brilliant (to have something familiar) in a world full of chaos and uncertainty.

After that, the 4<sup>th</sup> pillar just did itself. Well, sort of, but, perhaps, it depends on how much motivation and 'strength' each person has to start off with...

### Katelyn

I am a university student in the UK. When coronavirus struck, I was in the middle of my first year at university. I had just settled in and started when I suddenly had to come home again. Moving back home to my parent's house just when I had moved out for the first time was a little difficult. I was excited to start university and now I feel I have lost some of my time there. My friends are far away but we stay in contact on social media. We chat regularly. Staying in contact with them really helps me feel less lonely and bored. I also keep busy by exercising, grooming my dogs and baking cakes. My older sister moved in with us because she didn't want to be in isolation on her own, my mum has stayed busy by painting the house and my dad's factory is has reopened again so he can make parts for delivery vehicles. So, we are all getting used to our new routine.



### Christina

I am a nurse in Chengdu, a city in the west of China. My job is more complicated than it was before the outbreak. I now have to take every patient's temperature and ask them a lot of questions about where they have been and who they have been with. When the virus first started to spread, I was worried that it would get out of hand. We didn't know that much about it at first. We didn't know what would happen. But, when we started to learn more about it, and learnt what we needed to do to stop it spreading we felt better. Whenever I felt worried, I tried to stay positive whilst I wasn't working. I exercised at home and focused on my hobby: learning how to play a traditional Chinese instrument. I even had online classes with my music teachers. Working together also helped me. Staying home is important. The more people stayed at home the easier our job was and the better we could take care of people.



### Russell

I am a teacher in the UK. Being in lockdown has changed the way that I work because alongside teaching my lessons I now have to home school my own children. There are a lot of plates to spin. I have had to find new ways to work. Alongside having to make new working routines at home and at work, I have had to get used to setting work for students through computers instead of standing in front of them. I found this very strange; I miss directly teaching my students. I have been emailing and telephoning students to keep in contact to make sure that some of the normal routine stays in place. The contact with students has helped with my own routine and let me feel a bit more normal. I still miss the spark, and the humour, that is created within the classroom and hope to get back to school soon.



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Health Scares (includes chickenpox, flu, cancer, cardiovascular diseases etc and contagious, dangerous pandemics)

WAR!

Remaining positive

Trouble at work/school e.g. bullying, work-overload

Family issues e.g. divorce etc

Supporting others/maintaining friendships

Considerate

Communicating with others

Taking advantage of what you/your friends CAN control

