Supporting yourself during challenge

by Mentoring Scheme Trainer
Alexis Hutson

Whether we are participating in mentoring or not, the chances are we will have been involved in conversations about well-being, resilience or self-care – especially when facing significant change or challenge. In fact, it is one of the subjects most often discussed in mentoring; but is rarely referenced as a goal or objective.

This resource is therefore intended to support you in reflecting on this subject of self-care; whether for yourself, a mentoring relationship, those around you or a wider network.

The three questions here are a guide in exploring self-care aspects that we all need to invest in, but acknowledge that as individuals, we will need to create our own version of ‘supporting self’.

Q1: What thoughts do you have about how you look after yourself?

Self regard has a significant impact on how people invest time in themselves.

Q2: How purposeful and focused are you feeling?

Confidence is related to activities that strengthen your purposefulness.

Q3: How do you bounce back from setbacks?

Failure is a pathway to success, so knowing how you pick yourself up is vital.

Q1: Follow on

Do any of your self-beliefs hinder your self care?
Do you prioritise other things before self care?
Are you paying equal attention to physical and psychological self care?
What do you need to invest in more?

Q2: Follow on

Which emotion is affecting you now?
Are you noticing anxiety, grief, worry etc?
Are you being hijacked by any feelings?
Are any feelings helping or hindering you?
What do you need to acknowledge and accept?

Q3: Follow on

What challenges have you bounced back from and how?
Who or what supported you through that?
Are there specific changes you need to make for the future?
With perspective, what do you need to do now?

Q1: Further resources

Ted Talk – Emotional First Aid
www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid

Action for Happiness
www.actionforhappiness.org/take-action/find-three-good-things-each-day

Q2: Further resources

Character strengths
www.viacharacter.org/survey/surveys/finished/13767294

Ted Talk - Power of vulnerability
www.ted.com/talks/brene_brown_the_power_of_vulnerability

Q3: Further resources

Resilience Report
www.robertsoncooper.com/iresilience/

There is always a Plan B
www.theschooloflife.com/thebookoflife/there-is-always-a-plan-b/

NB Mentoring can be therapeutic; but it is not therapy.