



# Supporting yourself during challenge

by Mentoring Scheme Trainer  
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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.**

**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?**

**Q1: Further resources**

[Ted Talk – Emotional First Aid](https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid)  
www.ted.com/talks/guy\_winch\_why\_we\_all\_need\_to\_practice\_emotional\_first\_aid

[Action for Happiness](http://www.actionforhappiness.org/take-action/find-three-good-things-each-day)  
www.actionforhappiness.org/take-action/find-three-good-things-each-day

**Q2: How purposeful and focused are you feeling?**

**Confidence is related to activities that strengthen your purposefulness.**

**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?**

**Q2: Further resources**

[Character strengths](http://www.viacharacter.org/survey/surveys/finished/13767294)  
www.viacharacter.org/survey/surveys/finished/13767294

[Ted Talk - Power of vulnerability](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability)  
www.ted.com/talks/brene\_brown\_the\_power\_of\_vulnerability

**Q3: How do you bounce back from setbacks?**

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

**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?**

**Q3: Further resources**

[Resilience Report](http://www.robertsoncooper.com/iresilience/)  
www.robertsoncooper.com/iresilience/

[There is always a Plan B](http://www.theschooloflife.com/thebookoflife/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.*