

Here I Stand

- cultivating personal resilience in the face of chaos

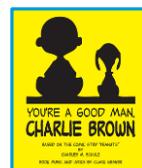
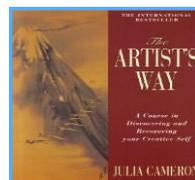


Alison Robb
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Who Am I?

A tale of many hats



Who Am I? Second Hat

The Clinical Lens:

“...**understand**, predict, and alleviate **maladjustment, disability, and discomfort** as well as to **promote human adaptation, adjustment, and personal development**.”

<http://www.apa.org/divisions/div12/aboutcp.html>

WHO Mental Health:

“Health is a state of **complete** physical, mental and social **well-being** and not merely the absence of disease or infirmity.”

http://www.who.int/features/factfiles/mental_health/en/



Who Am I? Final Hat

The PhD (imagine horror movie music)

- Actors' psychological wellbeing
- Professional and students in elite training
- Qualitative
- Publication





Outline

- Chronic uncertainty & wellbeing
- What is resilience?
- Tips for cultivating personal resilience
- A caveat – when resilience isn't resilience
- A provocation – saying NO
- When should I seek help?
- What can psychologists offer and how?
- Self-care exercise



Chronic Uncertainty

- Employment, money, social connection, worthiness, artistic identity
- The brain: threat assessment system
- The effects of chronic stress



What is resilience?

- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress
- Being resilient does not mean that a person doesn't experience difficulty or distress. In fact, the road to resilience is likely to involve considerable emotional distress.
- Resilience is not a trait that people either have or do not have. It involves thoughts and actions that can be learned and developed in anyone

- American Psychological Association



Cultivating Personal Resilience

Dealing with uncertainty
 Connectedness
 Practical self-care
 Play
 Meaning-making



When resilience isn't resilience

The show must go on – and other tales of relentlessness



- Perfectionism & striving
- Burnout



Provocation – saying NO



Should I seek help?

- You're struggling with symptoms of burnout
- Anxiety or low mood is changing your behaviour (avoidance)
- Your experiences are impacting on your ability to work or be in relationship
- You or someone close to you is worried about your substance use
- You're having thoughts about suicide or self-harm

Lifeline: 13 11 14



What can psychologists offer?

- Treatment of mental health issues, eg: anxiety and depression
- Skills training, eg: emotion regulation, stress management, mindfulness
- Prevention, eg: building resilience, fostering a rich identity

Working as part of a multi-disciplinary team



How do I access a psychologist?

Public system

- Vic Health – access via 1300 657 259
<http://www.health.vic.gov.au/mentalhealthservices/adult/index.htm>

Private system

- Mental health care plan
- Find your own provider

<https://www.psychology.org.au/FindaPsychologist/>
<http://www.beyondblue.org.au/get-support/find-a-professional>



Self-care exercise



Performing Arts Health Resources:

Australian Society for Performing Arts Healthcare

<http://www.aspah.org.au/web/>

Entertainment Assist

<http://entertainmentassist.org.au/>



Thank You



alison.robb@adelaide.edu.au

<http://www.adelaide.edu.au/directory/alison.robb>

Questions?