

Social Care Ireland | Annual Conference 2023

Beyond Resilience

How to Use Adversity as Fuel for Growth

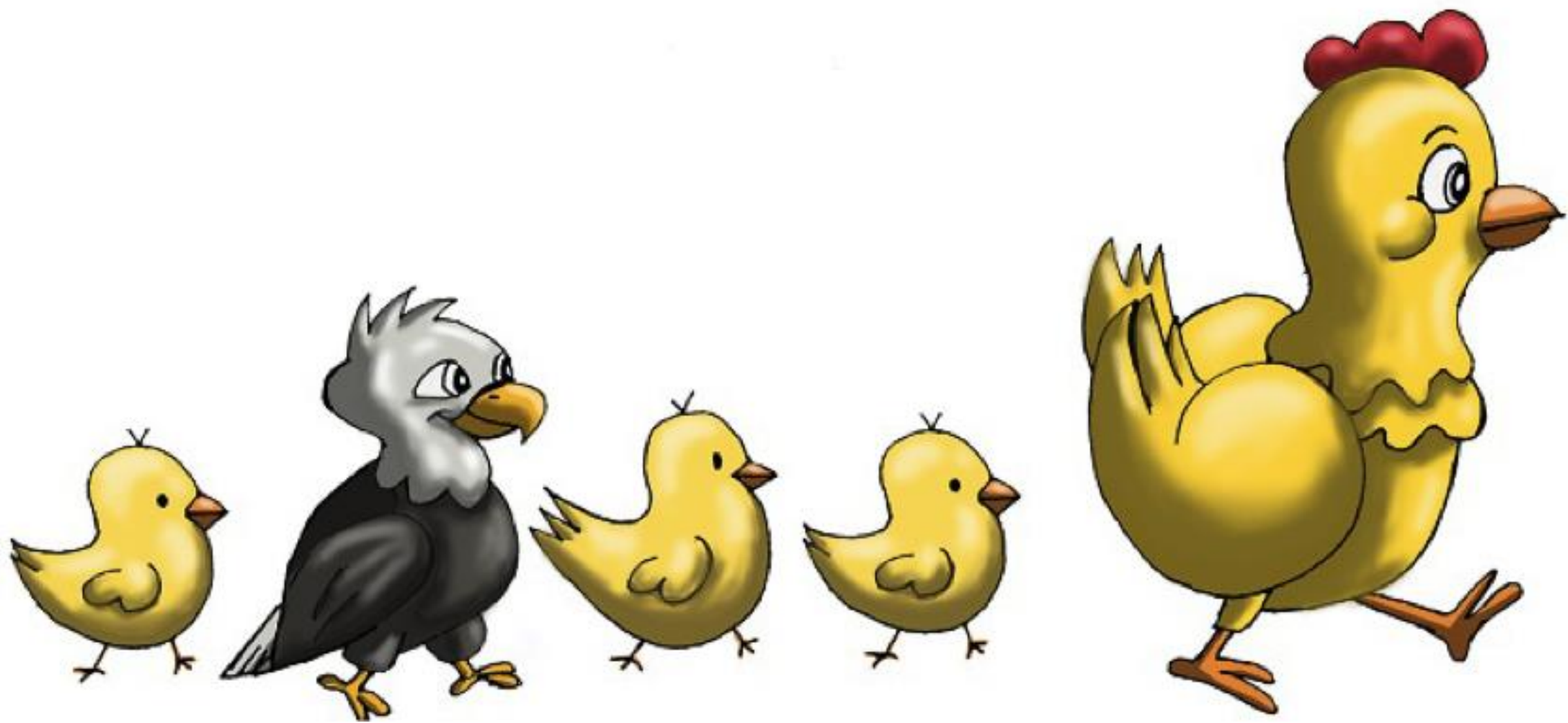


Dr Brian Pennie

On a mission to show people that change is possible



BRIAN PENNIE
CHANGE IS POSSIBLE

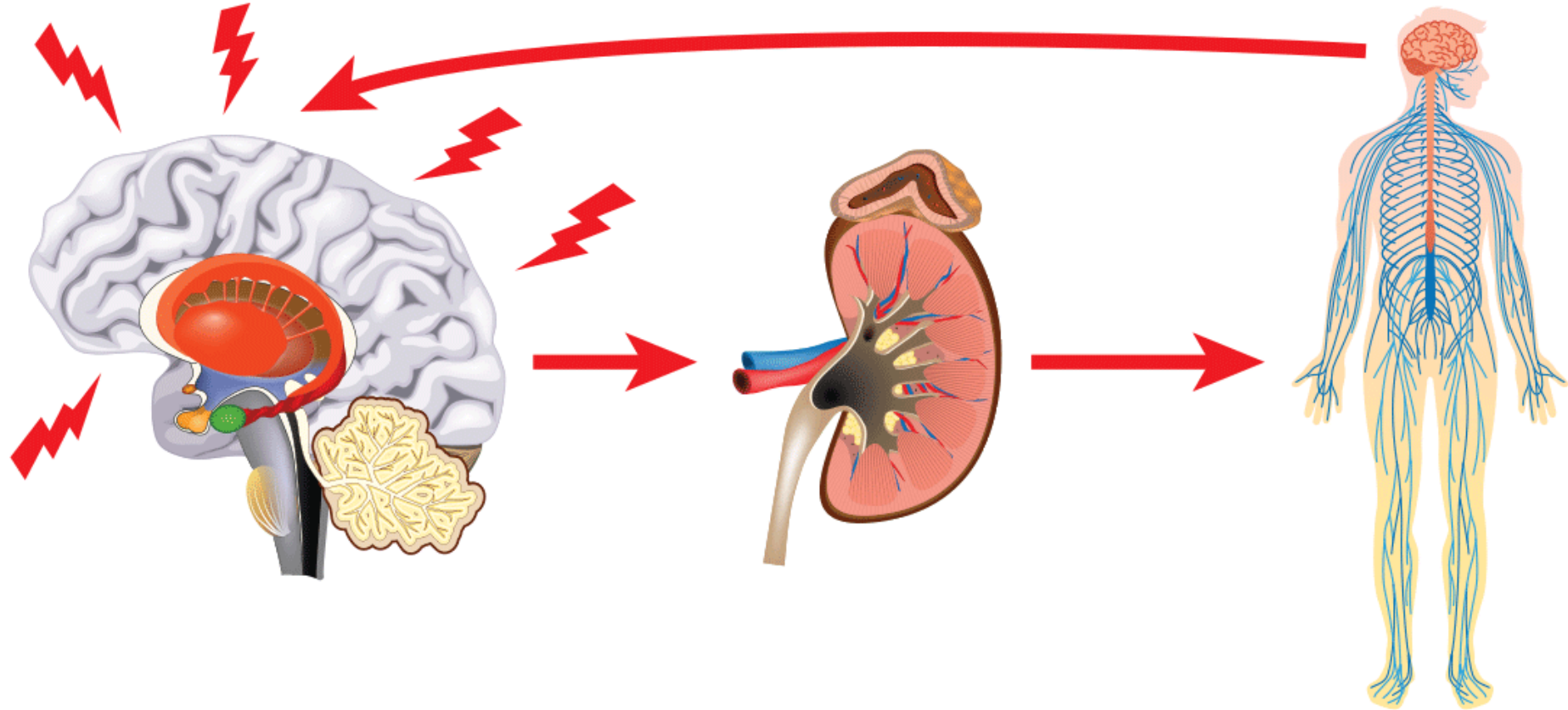




Group Discussion

Discuss a time when you used a behaviour (e.g. phone, food) or a substance to avoid thoughts and/or feelings?

How our brains can work against us



Alarm!


anxietycentre.com

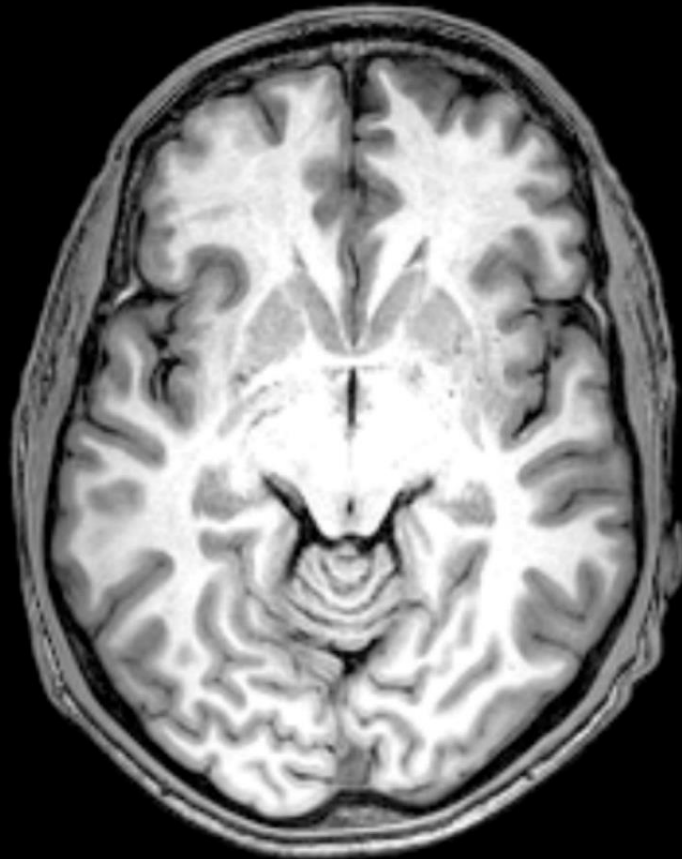
**Stress
hormones**

**Body-wide
changes**

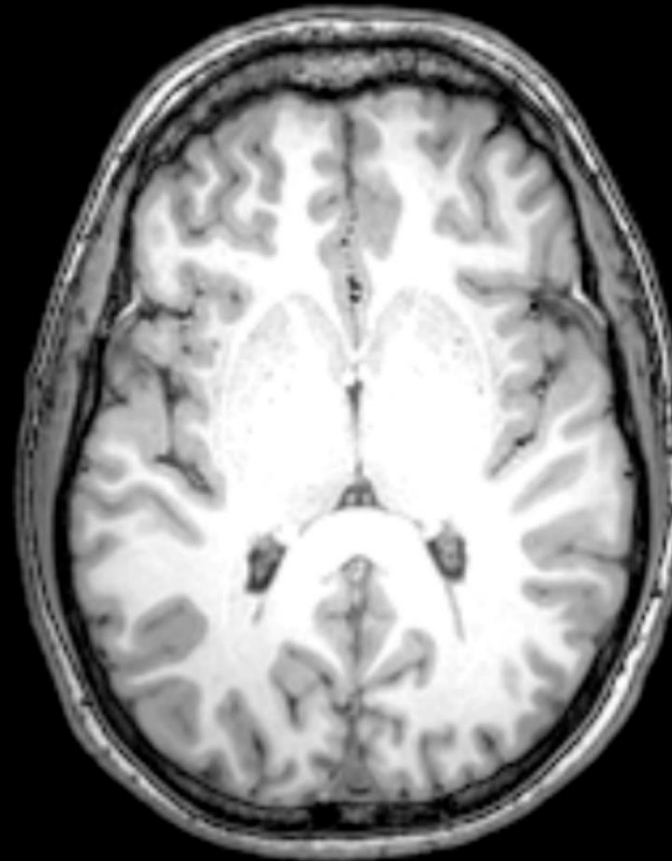


Fragile Vs Resilient

2013



2018











Group Discussion

Discuss a time when you reacted emotionally to a problem.

Was there a better way to react?







How our brains can work for us

Breathe





Takeaways

1. Move
2. Breathe
3. Connect