



## Film 2: Val and James – “How are you James?”

In this film James shares that he feels overwhelmed by the relentlessness of work. Val tries to focus on his well-being and how to support him.



### Questions for reflection:

1. What do you notice that Val does to support James' well-being?
2. What strengths does Val show? What strengths does James show?
3. What other ways might there be to support James?
4. How do you encourage resilience and self-care – in yourself and in people you supervise?



### Some useful resources:

- TTSDP Tool 14: Resilience skills
- TTSDP Tool 15: Seven learnable skills of resilience
- TTSDP Tool 16: Self-help audit plan
- TTSDP Tool 17: Wagnild and Young resilience scale
- TTSDP Tool 18: Emotional Resilience postcards