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Emotional Resilience – how to help more cats and dogs by helping yourself.

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- Why is building emotional resilience so important?
- Your areas of risk
- What can you do to minimize the threats to your resilience
- Next steps.....

To help others you must first prioritise yourself



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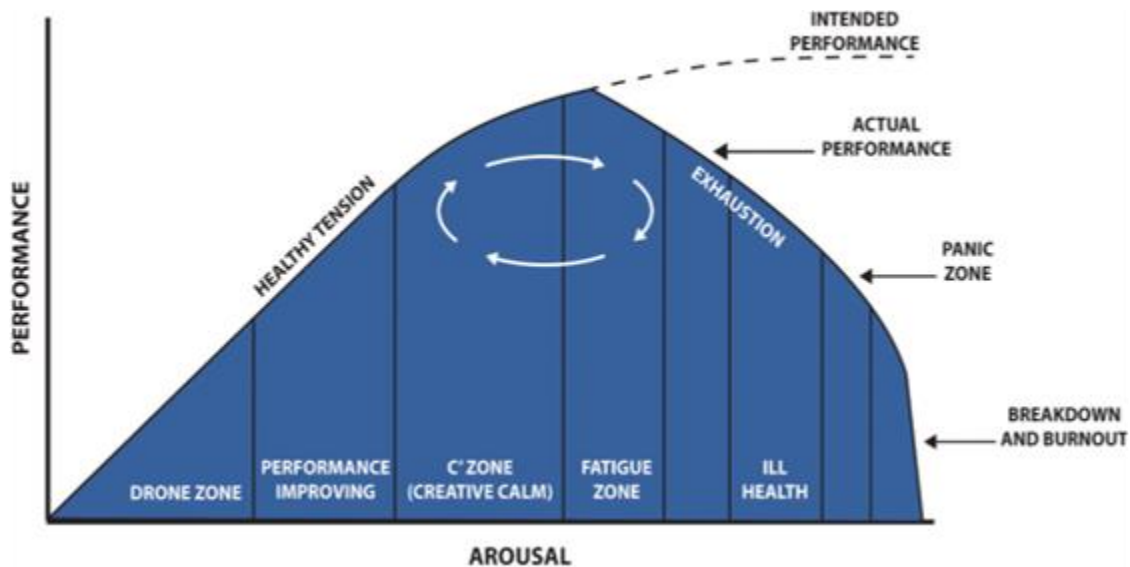
When an animal comes into your care, what are the first things you ask or observe?



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- Are they functioning normally – eating, drinking, exercising, interacting etc
- Are they stressed?
- Are they behaving 'normally'?
- Why do we ask these questions of owners or make these observations ourselves?

Human Performance Curve

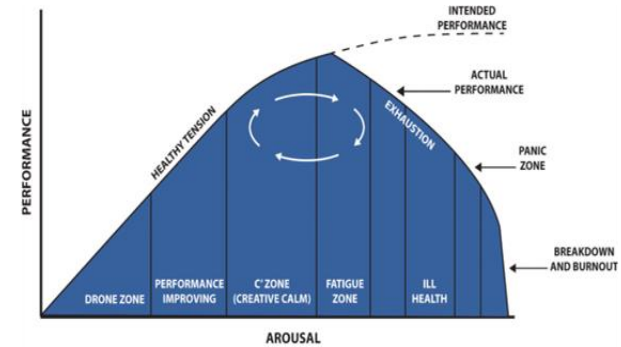


What are the risks to you?



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Safety
Sustainability
Focus
Performance



Stay Standing if.....



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You have had the right amount of sleep for at least 10 out of the last 14 nights

You have sought and received developmental feedback at work in the last 2 weeks and acted upon it

You have discussed a work related stressor with at least one family member in the last 2 weeks

You have exercised for at least 30 minutes, 3 or more times per week in the last 2 weeks

You have discussed a work related stressor with at least one work colleague in the last 2 weeks

You have eaten junk food on less than 2 occasions in the last 2 weeks

What if you do not look after yourself?



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Increased risk of making mistakes

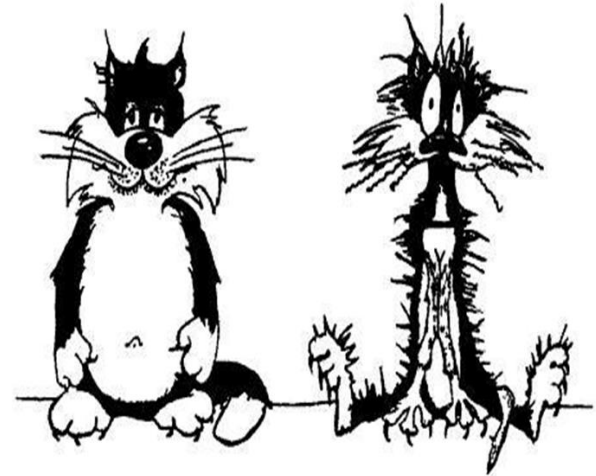
Resent or not enjoy your job

Colleagues, family and friends may suffer

No time or energy for the things that re-boot you

Your physical and mental health may suffer

More likely to end days like this 



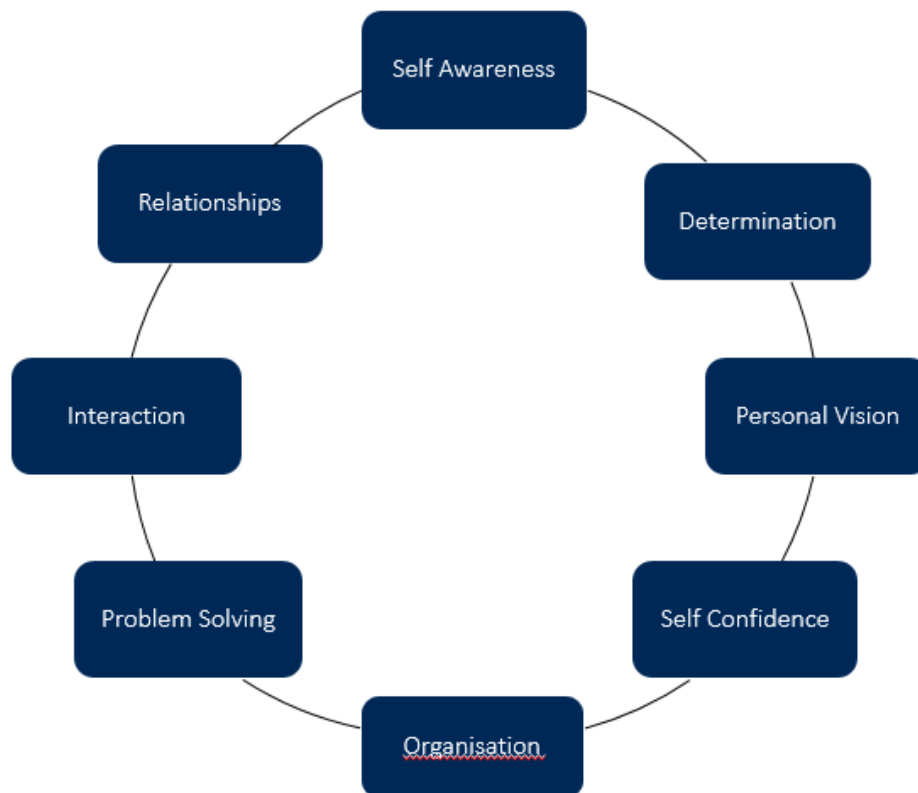
Before Work

After Work

Factors affecting our resilience



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Living life by design rather than default



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“ Either you run the day
or the day runs you ”

Jim Rohn



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BREATHE

You can always choose your response



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LOCUS OF CONTROL

In your control



Problem-focused strategy

e.g. create a plan of action,
make constructive changes
to a situation, be assertive

Not in your control



Emotion-focused strategy

e.g. reframe in terms of long term
importance, confide in someone,
do something you enjoy

Rest, Recover and Recharge



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Habits



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What do you need to **continue** doing?

What do you need to **start** doing?

What do you need to **stop** doing?





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Thank you

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