

#OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, May 11th 2021, 7:00PM – Thu, May 13th 2021, 9:15PM (Europe/London).

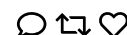
See #OTalk Influencers/Analytics.

#OTalk @OTalk_

10 days ago



#OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July you can apply here: <https://t.co/AaduFJnAwg> This handy guide maybe useful, <https://t.co/XbTMv0nS7b> Any questions give us a tweet! <https://t.co/OHabEREmxW>

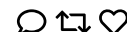


Helen OTUK @Helen_OTUK

10 days ago



RT @OTalk_: #OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July y...

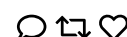


Lauren @Lauren_OT

10 days ago



RT @OTalk_: #OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July y...

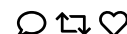


Clarissa #BlackLivesMatter @GeekyOT

10 days ago



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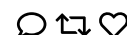


The MOHO OT @themoho_ot

10 days ago



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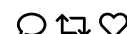


Sherri @ot_withsherri

10 days ago



With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking for approx. 20 OT students or practitioners to volunteer for our study. Even if you're not eligible please Comment/Retweet/Like to help spread the word ❤️ #OT



**Sarah Fletcher-Shaw** @sarahjoOT

10 days ago

RT @OTalk_: #OTalk – 11th May 2021 – “Resilience” – helpful or a hindrance?
<https://t.co/uNfos8y5rK>

**Hannah Spencer** @hspenceruk

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Hannah Spencer** @hspenceruk

10 days ago

RT @OTalk_: #OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July y...

**Rachael (she/her)** 🏳️‍🌈 @RachaelD_OT

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Sarah Fletcher-Shaw** @sarahjoOT

10 days ago

Really excited to be co-hosting an #OTalk in June. If you have ideas for a session there are slots free in July!

**#OTalk** @OTalk_

10 days ago

RT @sarahjoOT: Really excited to be co-hosting an #OTalk in June. If you have ideas for a session there are slots free in July! <https://t.c...>

**#OTalk** @OTalk_

10 days ago

RT @RachaelD_OT: So, it's just over 24 hours until I host my first ever #OTalk - “Resilience” - helpful or a hindrance? On reflection, I gu...

**Ed Sum Occupational Therapist** 🏳️‍🌈❤️🇬🇧 @musedNeuroOT

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**#OTalk** @OTalk_

10 days ago

Who's planning to join us for tonight's #OTalk chat? <https://t.co/jkc00B4L1v>

**Carolyn** @CeeCeeOT

10 days ago

RT @OTalk_: Who's planning to join us for tonight's #OTalk chat? <https://t.co/jkc00B4L1v>





OfficialCAHPR @OfficialCAHPR
Get involved with [#OTalk](#) this evening...

10 days ago



Physical Activity 40T @OT4PA

10 days ago

RT [@OTalk_](#): Who's planning to join us for tonight's [#OTalk](#) chat? <https://t.co/jkc00B4L1v>



Rachael (she/her) @RachaelD_OT
[@OTalk_](#) I think I will probably attend 😊 [#OTalk](#)

10 days ago



Lucy Chambers she/her #blm @luckyot

10 days ago

RT [@ot_withsherri_](#): With tonight's [#OTalk](#) being about [#resilience](#), OT twitterverse please help us to combat racism 🙏 We are still looking f...



BAMEOTUK @BAMEOTUK

10 days ago

RT [@ot_withsherri_](#): With tonight's [#OTalk](#) being about [#resilience](#), OT twitterverse please help us to combat racism 🙏 We are still looking f...



Rachael (she/her) @RachaelD_OT

10 days ago

Hey everyone! My name is Rachael & I will be hosting tonight's [#OTalk](#). I currently work in an Urgent Care & Reablement team & am based in the Midlands. Who's out there this evening?



The MOHO OT @themoho_ot

10 days ago

[@OTalk_](#) I'm here 😊 [#otalk](#)



The MOHO OT @themoho_ot

10 days ago

RT [@OTalk_](#): Who's planning to join us for tonight's [#OTalk](#) chat? <https://t.co/jkc00B4L1v>



The MOHO OT @themoho_ot

10 days ago

RT [@ot_withsherri_](#): With tonight's [#OTalk](#) being about [#resilience](#), OT twitterverse please help us to combat racism 🙏 We are still looking f...



Em @DobboEm

10 days ago

[@OTalk_](#) Here to learn [#OTalk](#)



Maria U @Mur5e11

10 days ago

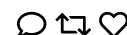
[@RachaelD_OT](#) Hi, I'll probably lurk...no Twitter skills yet, it Maria [#OTalk](#)





Ed Sum Occupational Therapist 🇬🇧❤️🇬🇧 [@musedNeuroOT](#)
[@RachaelD_OT](#) Hey up! [#OTalk](#)

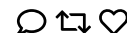
10 days ago



Tori OT [@Tori_Doll](#)

10 days ago

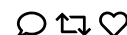
[@RachaelD_OT](#) Hello! Tori here from Secure & SPLD Services in the North West. Thanks for hosting such an interesting topic. [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

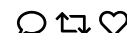
[#OTalk](#) chats are easy to participate in; just search for the hashtag to see what people are saying, and include it in your responses so that everyone else can see what you've said!
<https://t.co/IHRqjqQaQ0>



#OTalk [@OTalk](#)

10 days ago

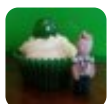
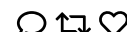
Remember that professional standards and workplace policies apply online, too e.g. privacy/confidentiality, respect for the people we work with, and so on! [#OTalk](#)



Rachael (she/her) 🇬🇧 [@RachaelD_OT](#)

10 days ago

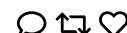
I'd like to say that the timing of this [#OTalk](#) was planned, so to purposely coincide with [#MentalHealthAwarenessWeek](#), but I am just not that organised 😊



Hannah Spencer [@hspenceruk](#)

10 days ago

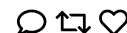
[@RachaelD_OT](#) Evening! Hope it's a good one for you [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

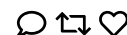
RT [@RachaelD_OT](#): Hey everyone! My name is Rachael & I will be hosting tonight's [#OTalk](#). I currently work in an Urgent Care & Reablement tea...



Hannah Spencer [@hspenceruk](#)

10 days ago

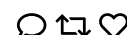
RT [@OTalk](#): [#OTalk](#) chats are easy to participate in; just search for the hashtag to see what people are saying, and include it in your resp...



Katie Moffat [@Katie_Moffat](#)

10 days ago

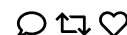
[@RachaelD_OT](#) Hello everyone! I'm Katie and currently a 3rd year (soon to be 4th!) OT student at Glasgow Caledonian Uni 😊 [#OTalk](#)



Deborah murphy [@Murphlemurph](#)

10 days ago

[@OTalk](#) [#OTalk](#)





Sarah Innes @SarahInnesOT
@RachaelD_OT Hi #OTalk

10 days ago



AHPs & Occupational Therapists In Retirement 🌈🧑🏻🎓💙 @Ret_AHPs

10 days ago

@RachaelD_OT #OTalk hi, it's Sue. Curious to listen to opinion as to whether #Resilience helps the individual or the organisation, particularly with the pressure on staff to do #ResilienceTraining?



Tasha Laming @TashaLaming

10 days ago

@OTalk_ @RachelOTstudent @RachaelD_OT If only you got a quid for every time you tweet that... #otalk



Tori OT @Tori_Doll

10 days ago

@RachaelD_OT Q1) Resilience is a persons ability to rise strong following "facedown" moments. I love the work of @BreneBrown & would recommend exploring the principles & practices of psychoemotional resilience in her research findings (particularly Rising Strong & Dare to Lead) #OTalk



Rachael (she/her) 🌈 @RachaelD_OT

10 days ago

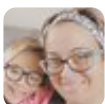
@Ret_AHPs That's certainly a hot topic... #OTalk



murphy @Murphlemurph

10 days ago

@RachaelD_OT Having sufficient resources to respond to the situation faced with #OTalk



👤 **Rachel** 👤 @RachelOTstudent

10 days ago

@RachaelD_OT #OTalk to me it means getting through things when the going gets tough. Facing problems head on, not buckling when it would be perfectly acceptable given the circumstances



Susan Madigan OT @SusanMadigan3

10 days ago

RT @RachaelD_OT: Hey everyone! My name is Rachael & I will be hosting tonight's #OTalk. I currently work in an Urgent Care & Reablement tea...



Helen @HelenArnfieldOT

10 days ago

@RachaelD_OT @OTalk_ Hi all, in COT now but not long left reablement #otalk



Anya de longh @anyadei

10 days ago

@RachaelD_OT There is more to it than this, but in particular, I think it is about knowing who/when you need to ask for help, what help you need and being to bounce back when things aren't easy... #OTalk

**Sarah Innes** @SarahInnesOT

10 days ago

@RachaelD_OT For me, resilience is about bouncing back, facing adversity and finding ways of coping #OTalk

**Anya de longh** @anyadei

10 days ago

@Tori_Doll_ @RachaelD_OT @BreneBrown I love that phrase 'rise strong!' ❤️ #OTalk

**Rachael (she/her)** 🌈 @RachaelD_OT

10 days ago

@Tori_Doll_ @BreneBrown Do you think an individual is born with such an ability? #OTalk



#OTalk @OTalk_

10 days ago

@TashaLaming @RachelOTstudent @RachaelD_OT 🤔 #OTalk <https://t.co/wultmrCbrV>

**The MOHO OT** @themoho_ot

10 days ago

@RachaelD_OT #otalk trying to continue to provide safe and effective patient centred even though the environment that you are working in cannot facilitate this either in the short term / long term

**Toks O** @TokunboTweetz

10 days ago

@RachaelD_OT The ability endure, deal with and manage self during and/or after challenging event(s). And have such experiences contribute to growth and development #OTalk

**Susan Griffiths** @SusanGriffiths5

10 days ago

@RachaelD_OT Being self-aware, flexible and adaptable in situations that challenges me #OTalk

**OT Nix** 💙 @thisisnix

10 days ago

@RachaelD_OT Q1. Our ability to get back up, dust ourself off & keep moving forward, now matter how many times you're stressed/knocked back/lost. Even if you're only taking tiny steps or crawling, our ability to keep going.. #OTalk #Resilience #DontGiveUp



#OTalk @OTalk_

10 days ago

RT @SusanGriffiths5: @RachaelD_OT Being self-aware, flexible and adaptable in situations that challenges me #OTalk



#OTalk @OTalk_

10 days ago

RT @TokunboTweetz: @RachaelD_OT The ability endure, deal with and manage self during and/or after challenging event(s). And have such exper...



#OTalk @OTalk_

10 days ago

RT @themoho_ot: @RachaelD_OT #otalk trying to continue to provide safe and effective patient centred even though the environment that you a...



#OTalk @OTalk_

10 days ago

RT @Tori_Doll_ : @RachaelD_OT Q1) Resilience is a persons ability to rise strong following "f--ed up" moments. I love the words of @BreneBrown

face down moments. I love the work of [@BreneBrown](#)...



#OTalk [@OTalk](#)

10 days ago

RT [@SarahInnesOT](#): [@RachaelD_OT](#) For me, resilience is about bouncing back, facing adversity and finding ways of coping [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

RT [@anyadei](#): [@RachaelD_OT](#) There is more to it than this, but in particular, I think it is about knowing who/when you need to ask for help,...



#OTalk [@OTalk](#)

10 days ago

RT [@RachelOTstudent](#): [@RachaelD_OT](#) [#OTalk](#) to me it means getting through things when the going gets tough. Facing problems head on, not buck...



#OTalk [@OTalk](#)

10 days ago

RT [@Murphlemurph](#): [@RachaelD_OT](#) Having sufficient resources to respond to the situation faced with [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

RT [@Ret_AHPs](#): [@RachaelD_OT](#) [#OTalk](#) hi, it's Sue. Curious to listen to opinion as to whether [#Resilience](#) helps the individual or the organisa...



Rachael (she/her) 🏳️‍🌈 [@RachaelD_OT](#)

10 days ago

[@RachelOTstudent](#) Do you think that this is something that can be taught? [#OTalk](#)



👤 **Rachel** 👤 [@RachelOTstudent](#)

10 days ago

[@OTalk](#) [@TashaLaming](#) [@RachaelD_OT](#) Figured no one would miss me saying hello 😊😊
[#OTalk](#)



Sophie Maynard [@SophieMaynard8](#)

10 days ago

[@RachaelD_OT](#) [@OTalk](#) [#otalk](#) many components making up your own personal toolkit of resources to get through things



Tori OT [@Tori_Doll](#)

10 days ago

[@RachaelD_OT](#) [@BreneBrown](#) In some respects yes, but it is also a mindset and is contextual [#OTalk](#)



Katie Moffat [@Katie_Moffat](#)

10 days ago

[@RachaelD_OT](#) For me it's learning about myself and what I need in difficult situations. It's sometimes learning that the hard way and knowing differently the next time or being able to identify that I'm struggling at a sooner moment. And it's advocating for myself where I have to.
[#OTalk](#)



LecturerMish 🇬🇧🇪🇺🇬🇧💙🌸 **She/Her** [@LecturerMish](#)

10 days ago

Q1 [#OTalk](#) Resilience means [#selfcare](#), having coping strategies that work for me, knowing when to say no, supported by resources in place to help me do the job while maintaining my wellbeing, supported by strategies and policies an on



Anya de longh @anyadei

10 days ago

@SarahInnesOT @RachaelD_OT What I like about the 'bounce back' bit of these definitions, is the fact that it is implicit you fall and normalises that, just shifts the focus to the recovery, rather than not ever falling in the first place! #OTalk



#OTalk @OTalk_

10 days ago

@RachelOTstudent @TashaLaming @RachaelD_OT Just wanted to get the warning in early so that we didn't miss your thoughts later! 😊 #OTalk



#OTalk @OTalk_

10 days ago

RT @thisisnix: @RachaelD_OT Q1. Our ability to get back up, dust ourself off & keep moving forward, now matter how many times you're stress...



#OTalk @OTalk_

10 days ago

RT @SophieMaynard8: @RachaelD_OT @OTalk_ #otalk many components making up your own personal toolkit of resources to get through things



LecturerMish 🇬🇧 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

10 days ago

@RachaelD_OT Q1 #OTalk Resilience means #selfcare, having coping strategies that work for me, knowing when to say no, supported by resources in place to help me do the job while maintaining my wellbeing, supported by strategies and policies and on



#OTalk @OTalk_

10 days ago

RT @Katie_Moffat: @RachaelD_OT For me it's learning about myself and what I need in difficult situations. It's sometimes learning that the...



#OTalk @OTalk_

10 days ago

RT @LecturerMish: @RachaelD_OT Q1 #OTalk Resilience means #selfcare, having coping strategies that work for me, knowing when to say no, sup...



#OTalk @OTalk_

10 days ago

RT @anyadei: @SarahInnesOT @RachaelD_OT What I like about the 'bounce back' bit of these definitions, is the fact that it is implicit you f...



Anya de longh @anyadei

10 days ago

@RachaelD_OT @Tori_Doll @BreneBrown Partly, but it is also like a muscle that you can train and develop (but like with training, you need periods of rest where you don't have to use that muscle!) #OTalk



Kate @OTkate1984

10 days ago

@RachaelD_OT I'd back what others have already said about having the combination of internal and external resources, and the knowledge and will to use them to adapt in the face of change #OTalk



Katie Moffat @Katie_Moffat

10 days ago

@anyadei @RachaelD_OT Absolutely agree with you on who/when to ask for help! That has been a personal learning curve! 🤔 #OTalk

**💙 Jade Atcheler (she/her) #BLM 🌈 #Pride @JadeAtch**

10 days ago

@RachaelD_OT @OTalk_ Q1. Ability to take on what you know you can + whilst acknowledging your limitations Having the "tool box" to manage different situations + not just cope Knowing your levels of resilience changes throughout #OTalk

**#OTalk @OTalk_**

10 days ago

RT @JadeAtch: @RachaelD_OT @OTalk_ Q1. Ability to take on what you know you can + whilst acknowledging your limitations Having the "tool b...

**👩 Rachel 👩 @RachelOTstudent**

10 days ago

@RachaelD_OT #OTalk Not entirely sure on that. Strategies and best practice can be taught. Maybe it comes down to personality and previous experience 🤔

**Tori OT @Tori_Doll**

10 days ago

@RachaelD_OT Q1) For me resilience is a process, as opposed to a tangible outcome. The world will not be managed and life is curly, so we are never going to be able to straighten it out (Scott, 2017) - however, through our resilience we can negotiate the twists & turns a little better. #OTalk

**Suzy Wilkinson OT 💚💙 @suzyjwilkinson**

10 days ago

@RachaelD_OT The ability to carry on when things get hard, pick yourself up again after something gets you down and working through issues even when they seem to hard at the time. #OTalk

**Ros French @RosFrench1**

10 days ago

@RachaelD_OT @OTalk_ #OTalk, the ability to "bounce back", being able to acknowledge what has happened and why, ask for help and move forwards

**AHPs & Occupational Therapists In Retirement 🌈💙 @Ret_AHPs**

10 days ago

@RachaelD_OT #OTalk. Having personal reserves, sufficient & appropriate individual resources, opportunities for reflection, and to participate in restorative practice.

**#OTalk @OTalk_**

10 days ago

RT @Tori_Doll: @RachaelD_OT Q1) For me resilience is a process, as opposed to a tangible outcome. The world will not be managed and life i...

**Katie Moffat @Katie_Moffat**

10 days ago

@Tori_Doll @RachaelD_OT @BreneBrown Adding them to my summer reading! #OTalk

**Rachael (she/her) 🌈 @RachaelD_OT**

10 days ago

Some really interesting responses there. So, do we think that resilience can be taught? Is it something that we are born with? Or perhaps something that we develop over time, in relation to our lived experiences? #OTalk

**Sarah Innes @SarahInnesOT**

10 days ago

@RachaelD_OT I think even when you know what to do to stay well you have to work hard to bring yourself back to those strategies again and again. Resilience is hard #Otalk

**Bryony Kirkpatrick** @BryonyOTStudent

10 days ago

@RachaelD_OT @OTalk_ #OTalk Hi! 🧑‍🎓 2nd year @TherapyUos student 🍌💚

**OT Time Out** @OTTimeOut1

10 days ago

@RachaelD_OT @OTalk_ For me, resilience is about being strong. Not just about getting back from being knocked down but weathering a storm so that you might not even get knocked down to begin with #otalk

**Tori OT** @Tori_Doll_

10 days ago

@Katie_Moffat @RachaelD_OT @BreneBrown Definitely! You won't regret it, got me through this challenging year that's for sure #OTalk

**The MOHO OT** @themoho_ot

10 days ago

RT @RachaelD_OT: Some really interesting responses there. So, do we think that resilience can be taught? Is it something that we are born w...

**Lauren** @Lauren_OT

10 days ago

RT @Tori_Doll_: @RachaelD_OT Q1) For me resilience is a process, as opposed to a tangible outcome. The world will not be managed and life i...

**LecturerMish** 🇬🇧🇪🇺💙🌸 She/Her @LecturerMish

10 days ago

@RachaelD_OT Q1 #OTalk Resilience is never about me staying upright or still standing no matter what is thrown at me Because that is a recipe for burnout and possibly worse health and wellbeing issues

**Anya de longh** @anyadei

10 days ago

@OTkate1984 @RachaelD_OT Good educators are a fantastic external resource for students resilience! 🤔 #OTalk

**Lauren** @Lauren_OT

10 days ago

Love this definition!

**Hannah Spencer** @hspenceruk

10 days ago

@RachaelD_OT So I keep typing and deleting and that means I'm really thinking critically and that's why I love #OTalk. I would have said something about capacity bounce back, growth through challenge and adversity, comeback through setback... but I'm thinking on it! Great question!

**Katie Moffat** @Katie_Moffat

10 days ago

@RachaelD_OT I think resilience for me also means knowing when I cant 'push through' and accepting that in a moment what I might be able to do is limited. #OTalk

**Susan Griffiths** @SusanGriffiths5

10 days ago

@RachaelD_OT Personally I don't think it is something we are born with but it is something we develop and to a certain extent it can be taught this but it depends on so many factors. We

can't teach resilience in isolation [#OTalk](#)



#OTalk [@OTalk_](#)

10 days ago

RT [@LecturerMish](#): [@RachaelD_OT](#) Q1 [#OTalk](#) Resilience is never about me staying upright or still standing no matter what is thrown at me Beca...



Anya de longh [@anyadei](#)

10 days ago

[@Katie_Moffat](#) [@RachaelD_OT](#) Same here! What helps you work that out? I've still got more learning to do on this! [#OTalk](#)



Laura [@LauraARossiter](#)

10 days ago

[@RachaelD_OT](#) [@OTalk_](#) For me, resilience is about being strong. Not just about getting back from being knocked down but weathering a storm so that you might not even get knocked down to begin with [#otalk](#)



AHPs & Occupational Therapists In Retirement 🌈💙 [@Ret_AHPs](#)

10 days ago

[@RachaelD_OT](#) Could also apply to Team, Department or Organisation [#OTalk](#).



#OTalk [@OTalk_](#)

10 days ago

RT [@RachaelD_OT](#): Some really interesting responses there. So, do we think that resilience can be taught? Is it something that we are born w...



Deborah murphy [@Murphlemurph](#)

10 days ago

[@LecturerMish](#) [@RachaelD_OT](#) I feel this needs underlining strongly [#OTalk](#)



The MOHO OT [@themoho_ot](#)

10 days ago

[@RachaelD_OT](#) [#otalk](#) i think that coping strategies to manage the stress as a result of the need for resilience can be learnt



Sarah Innes [@SarahInnesOT](#)

10 days ago

[@anyadei](#) [@RachaelD_OT](#) Yes 🙌 having a support system and resources that allow resilience [#Otalk](#)



Anya de longh [@anyadei](#)

10 days ago

[@Katie_Moffat](#) [@Tori_Doll](#) [@RachaelD_OT](#) [@BreneBrown](#) Ditto! 🧐📖 [#OTalk](#)



👁️ **Rachel** 👁️ [@RachelOTstudent](#)

10 days ago

[@RachaelD_OT](#) [#OTalk](#) I think a combination of all of those produces resilience



Maria U [@Mur5e11](#)

10 days ago

Probably different aspects of it, sometimes its relationships or routines that make better resilience... some can be learned [#otalk](#)



Bryony Kirkpatrick [@BryonyOTStudent](#)

10 days ago

[@RachaelD_OT](#) [@OTalk_](#) [#OTalk](#) for me it's all about self-awareness, and that includes



awareness of when to ask for help, take a break etc. Using those tools in order to cope, endure, be adaptable, take on feedback for professional development.



Rachael (she/her) 🌈 [@RachaelD_OT](#)

10 days ago

Okay, time for question 2. Would you be happy to be referred to as resilient? Please explain your answer. [#OTalk](#)



Katie Moffat [@Katie_Moffat](#)

10 days ago

[@thisisnix](#) [@RachaelD_OT](#) Tiny step or crawling days are sometimes the greatest show of resilience i think! [#OTalk](#) I've certainly had a share of them myself!



Tori OT [@Tori_Doll](#)

10 days ago

[@RachaelD_OT](#) Q2) Yes, I am happy to be referred to as resilient depending on the context. However, sometimes people who are perceived as resilient can be overlooked because there is this perception that they will cope or be ok with pressure because they are "resilient". [#OTalk](#)



Suzy Wilkinson OT 💚💙 [@suzyjwilkinson](#)

10 days ago

[@RachaelD_OT](#) [@themoho_ot](#) I believe its a bit of everything, lived experiences or watching others go through lived experiences and observing how they respond. I think we can always be taught how to be better/or think kinder (to ourselves)[#OTalk](#)



Anya de longh [@anyadei](#)

10 days ago

[@RachaelD_OT](#) Yes, but probably not by mandatory online e-learning... if I am allowed to say that! [#OTalk](#)



Laura [@LauraARossiter](#)

10 days ago

[@RachaelD_OT](#) I believe that we can be taught strategies that when practiced in real life can help us become more resilient [#otalk](#)



Tori OT [@Tori_Doll](#)

10 days ago

[@RachaelD_OT](#) Q2) Cont ... at the end of the day, we are all human & all have a "cut off" point & need support [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

The idea of external resources is coming up in a lot of answers to Q1 as a really important aspect of resilience - clearly it's not just about what's going on inside a person but the supports they have as well [#OTalk](#)



Sophie Maynard [@SophieMaynard8](#)

10 days ago

[@RachaelD_OT](#) [@Tori_Doll](#) [@BreneBrown](#) [#otalk](#) Not sure about born with but I think it's something that starts very young. It could be argued that those who face adversity from very young and survive become the most resilient but may have tools that are less accepted by society like the dark side of occupation



Bryony Kirkpatrick [@BryonyOTStudent](#)

10 days ago

Amen, sista!

**#OTalk @OTalk_**

10 days ago

RT @BryonyOTStudent: @RachaelD_OT @OTalk_ #OTalk for me it's all about self-awareness, and that includes awareness of when to ask for help,...

**#OTalk @OTalk_**

10 days ago

#OTalk

**Rachael (she/her) 🌈 @RachaelD_OT**

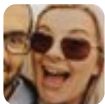
10 days ago

@LecturerMish I couldn't agree more! There's a very fine line that is so easily crossed #OTalk

**Toks O @TokunboTweetz**

10 days ago

@RachaelD_OT I think it's something we develop and continue to develop. After each experience I think there is potential to unlock new aspects of resilience. And maybe they'll be times when we don't think we've cracked it, but that's another opportunity to add to our resilience as a whole #OTalk

**Kate @OTkate1984**

10 days ago

@RachaelD_OT @RachelOTstudent I think over time a mindset can be changed through coaching and through challenging existing behaviours, but only really if the goal has sufficient meaning to inspire buy-in. External resources and knowledge are important factors and these aspects can be taught #OTalk

**#OTalk @OTalk_**

10 days ago

RT @RachaelD_OT: Okay, time for question 2. Would you be happy to be referred to as resilient? Please explain your answer. #OTalk

**#OTalk @OTalk_**

10 days ago

RT @Tori_Doll : @RachaelD_OT Q2) Yes, I am happy to be referred to as resilient depending on the context. However, sometimes people who are...

**#OTalk @OTalk_**

10 days ago

RT @Tori_Doll : @RachaelD_OT Q2) Cont ... at the end of the day, we are all human & all have a "cut off" point & need support #OTalk

**Katie Moffat @Katie_Moffat**

10 days ago

@anyadei @RachaelD_OT Sometimes I try and think of myself in the person's position (friend, PE, lecturer) and think, if that was me, would I want to know that someone was struggling and would I be willing to help. Other times I just know I can't get myself out of the pickle on my own! #OTalk

**OT Nix 💙 @thisisnix**

10 days ago

@RachaelD_OT I feel like we each will have different levels of 'natural resilience'. My own resilience strength has been mostly self-taught over years; through my own experiences & doing my best to realise that "if I overcame that then I can overcome this". #OTalk

**Dr Anita Atwal @anita_atwal**

10 days ago

It's complicated as we need to look at factors that trigger burn out such as staffing levels



it's complicated as we need to look at factors that trigger burn out such as staffing levels , racism , bullying case loads . It's about organisations learning to become resistant so that we don't carry the burden [#ottalk](#)



Melissa chieza [@melissa_chieza](#)

10 days ago

RT [@SusanGriffiths5](#): [@RachaelD_OT](#) Personally I don't think it is something we are born with but it is something we develop and to a certain...



Deborah murphy [@Murphlemurph](#)

10 days ago

[@RachaelD_OT](#) I feel that it is not a linear journey, but that it fluctuates. It isn't a linear journey & I'm not convinced its always desirable or 'appropriate' [#Otalk](#)



Toks O [@TokunboTweetz](#)

10 days ago

[@RachaelD_OT](#) I think so... depending on the circumstance. If a strength was recognised after a considerably trying event, I think that'd be quite validating to know that it wasn't entirely in vein [#OTalk](#)



The MOHO OT [@themoho_ot](#)

10 days ago

[@RachaelD_OT](#) Q2) [#otalk](#) i think it's a shame that we even have to consider this question as it implies that there is a need for us to be resilient. I also think that there is a danger for those who are considered to be resilient to be over looked. I'd rather be known as reliable/dependable.



Rachael (she/her) [@RachaelD_OT](#)

10 days ago

[@Tori_Doll](#) This is certainly something that I have felt previously... "Oh, you're so resilient. You will be fine." My concerns have not been taken seriously due to my perceived resilience [#OTalk](#)



LecturerMish [@LecturerMish](#)

10 days ago

[@RachaelD_OT](#) Q2. [#OTalk](#) It depends on context, if it is about what I said before, still standing whatever is thrown at me, then no. If it is about innovative ways or strategies to enable me and others to [#selfcare](#) then ok.



Anya de longh [@anyadei](#)

10 days ago

[@RachaelD_OT](#) Yes, but not if it means people think that gives them implicit permission to give me more work & challenges or less support! [#OTalk](#)



Bryony Kirkpatrick [@BryonyOTStudent](#)

10 days ago

[@LecturerMish](#) [@RachaelD_OT](#) [#OTalk](#) Agreed! It's not just about bouncing back dusting yourself off or even 'rising strong'...you can't (or won't be able to eventually) do those things without self-awareness, care and everything you mention [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

RT [@anyadei](#): [@RachaelD_OT](#) Yes, but not if it means people think that gives them implicit permission to give me more work & challenges or le...



Tori OT [@Tori_Doll](#)

10 days ago

[@RachaelD_OT](#) Up until giving it some thought based on this chat, I perceived "resilient" to be a positive, but actually now I've thought about the term through a more critical lens, it could

a positive, but actually now I've thought about the term through a more critical lens, it could actually be viewed in line with perfectionism ... [#OTalk](#)

#OTalk @OTalk

10 days ago

RT @LecturerMish: @RachaelD_OT Q2. #OTalk It depends on context, if it is about what I said before, still standing whatever is thrown at me...

#OTalk @OTalk_

10 days ago

RT @RachaelD_OT: @Tori_Doll This is certainly something that I have felt previously... "Oh, you're so resilient. You will be fine." My con...

#OTalk @OTalk_

10 days ago

RT @themoho_ot: @RachaelD_OT Q2) #otalk i think it's a shame that we even have to consider this question as it implies that there is a need...

#OTalk @OTalk

10 days ago

RT [@TokunboTweetz](#): [@RachaelD_OT](#) I think so... depending on the circumstance. If a strength was recognised after a considerably trying event...

Tori OT @Tori Doll

10 days ago

@RachaelD_OT ... burn out, exhaustion as a status symbol & productivity being attached to self-worth. Which can actually quite unhealthy. #OTalk

#OTalk @OTalk

10 days ago

RT @Tori_Doll : @RachaelD_OT Up until giving it some thought based on this chat, I perceived “resilient” to be a positive, but actually now...

Sarah Innes @SarahInnesOT

10 days ago

@RachaelD_OT I think we all have a survival instinct and we do the best with what we have. I think it's a combination of nature vs nurture. I think resilience can be learned but will always be easier for some people than others for various reasons #OTalk

Susan Griffiths [@SusanGriffiths5](#)

10 days ago

@RachaelD_OT Resilience has different meaning for everyone so I would be wary of someone making this assumption about me without asking me in that moment how I feel
#OTalk

Anyadei Longh @anyadei

10 days ago

@Katie_Moffat @RachaelD_OT Thats a really helpful strategy - thank you for sharing! #OTalk

Rachael (she/her) 🏳️‍🌈 @RachaelD OT

10 days ago

@anita_atwal I agree. There is always the worry that organisations are using resilience and the so-called resilience of staff as a means of justifying the extra pressure being placed on individuals... #OTalk

LecturerMish 🕷️ 🇬🇧 🇪🇺 🇬🇧 💙 🌸 **She/Her** @LecturerMish

10 days ago

@RachaelD_OT Q2. #OTalk Black feminist writer #AudreLorde's rallying cry: "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."



AHPs & Occupational Therapists In Retirement 🌈💙 @Ret_AHPs

10 days ago

@RachaelD_OT @OTalk #OTalk we are more/less resilient depending upon so many factors! Smtms we don't know how resilient we are until we are faced with a situ, work/live through it, and pop out the other end. Not sure there is a formula to explain it?



Suzy Wilkinson OT 💚💙 @suzyjwilkinson

10 days ago

@RachaelD_OT @OTalk I would be be happy as long as it was in context. And not straight after an issue, I think it is something that you show you are not something you should be told to be #OTalk



Deborah murphy @Murphlemurph

10 days ago

@RachaelD_OT I have frequently witnessed resilience diminish in people in later life, as peoples energy decreases & people are confronted with declining bodies & the reality of our impermanence. Ive seen many people become more sensitive & sentimental #OTalk



💙 Jade Atcheler (she/her) #BLM 🌈 #Pride @JadeAtch

10 days ago

@RachaelD_OT Apart from fight or flight I think modern day resilience is learnt. With personality traits + type being part of it. Strategies can be taught + learnt. Use of life exp. Support networks personal + professional. Learning what works for yourself. #OTalk



Katie Moffat @Katie_Moffat

10 days ago

@RachaelD_OT I don't, for me it has more negative than positive connotations when its used to describe me. I appreciate what people might mean by it I am able to change the context in my head, but for me hearing I'm resilient means i shouldn't find X thing difficult #OTalk



Kate Tudor @OT_KateT

10 days ago

@RachaelD_OT And on the flip side, being told you 'need to build resilience' is pretty offensive, but the same idea put as 'let's explore ways of making the situation more manageable' where that includes internal and expenal factors, would be amazing #OTalk



#OTalk @OTalk

10 days ago

RT @OT_KateT: @RachaelD_OT And on the flip side, being told you 'need to build resilience' is pretty offensive, but the same idea put as 'I...



Rachael (she/her) 🌈 @RachaelD_OT

10 days ago

@Tori_Doll I used to think it was a compliment when I was referred to as resilient, but on reflection, I'm not so sure it was... #OTalk



👁️ Rachel 👁️ @RachelOTstudent

10 days ago

@RachaelD_OT #OTalk yes, I have been. On placement, a patient I'd worked closely died by suicide shortly after discharge. It was rough. I worked through it with my educator and went back to placement in a mentally ok place.



#OTalk @OTalk

10 days ago

RT @Katie_Moffat: @RachaelD_OT I don't, for me it has more negative than positive connotations when its used to describe me. I appreciate w...

**#OTalk** @OTalk_

10 days ago

RT @suzyjwilkinson: @RachaelD_OT @OTalk_ I would be happy as long as it was in context. And not straight after an issue, I think it is s...

**Sarah Innes** @SarahInnesOT

10 days ago

@Murphlemurph @RachaelD_OT I agree. People can be resilient in ways which may not always be considered 'health promoting' but is helpful to the person at that time #Otalk

**#OTalk** @OTalk_

10 days ago

RT @RachaelD_OT: @anita_atwal I agree. There is always the worry that organisations are using resilience and the so-called resilience of st...

**#OTalk** @OTalk_

10 days ago

RT @SusanGriffiths5: @RachaelD_OT Resilience has different meaning for everyone so I would be wary of someone making this assumption about...

**Deborah murphy** @Murphlemurph

10 days ago

@LecturerMish @RachaelD_OT Now that's a quote! #OTalk

**Deborah murphy** @Murphlemurph

10 days ago

RT @LecturerMish: @RachaelD_OT Q2. #OTalk Black feminist writer #AudreLorde's rallying cry: "Caring for myself is not self-indulgence, it i..."

**OT~whatsyourfocus** @farrah_money

10 days ago

@RachaelD_OT #otalk Q2.) interesting concept... can resilience be a learnt behaviour from previous trauma? Does it need to be defined as either positive or negative dependent on the context? Definitely one to reflect on 🧠

**Anya de longh** @anyadei

10 days ago

@SusanGriffiths5 @RachaelD_OT Yes, how resilient we feel can really fluctuate, and how we appear might not reflect how we feel on the inside! #OTalk

**Rachael (she/her)** 🏳️‍🌈 @RachaelD_OT

10 days ago

So, we've had some time to think about our response to being called resilient, which links nicely to the next question. Question 3. Have you ever referred to somebody as resilient? If so, what was their response? #OTalk

**OT Nix** 💙 @thisisnix

10 days ago

@RachaelD_OT Q2. Not really, for someone else to tell me or assume that I am (unless it's myself acknowledging to myself that I'm resilient 😊) Dependent on context, because others can also take for granted/abuse that you're the person who can take on anything difficult. #OTalk #Resilience

**Hannah Spencer** @hspenceruk

10 days ago

@RachaelD_OT Yes in terms of past acknowledgement, not in terms of future expectation... #Human #OTalk

**Dexter Troy** @dexphysio

10 days ago

SIGNAL BOOST 📶📶📶📶

**Bryony Kirkpatrick** @BryonyOTStudent

10 days ago

@RachaelD_OT @OTalk_ #OTalk I also think it comes with being Brave. Bravery to face hard truths. Bravery to ask for help. Bravery to be self compassionate. Bravery to stand and weather the storm.

**Tori OT** @Tori_Doll

10 days ago

@RachaelD_OT I think it could be complimentary ... but it depends on the context and who the comment is from ... do they know you, or is it an assumption that you are resilient based on their own definition of resilience? 🤔 #OTalk #Foodforthought

**Deborah murphy** @Murphlemurph

10 days ago

@RachaelD_OT It feels slightly immaterial as it's not a constant. I am becoming increasingly uncomfortable with the term as it feels slightly reductionist #Otalk

**Ros French** @RosFrench1

10 days ago

@RachaelD_OT @OTalk_ #OTalk, I would say it would depend on the context - the situation, environment and the person who is saying it! Yes I would like to think that I am resilient to keep moving forward and reflecting on my practice and self but not that I have to be resilient to succeed

**Laura** @LauraARossiter

10 days ago

@RachaelD_OT I would be very happy to be called resilient as I think that it is a trait/ skill that I definitely try to work on. I think over time I have got more resilient and I am really proud of that 😊 #otalk

**#OTalk** @OTalk_

10 days ago

RT @hspenceruk: @RachaelD_OT Yes in terms of past acknowledgement, not in terms of future expectation... #Human #OTalk

**#OTalk** @OTalk_

10 days ago

RT @thisisnix: @RachaelD_OT Q2. Not really, for someone else to tell me or assume that I am (unless it's myself acknowledging to myself tha...

**#OTalk** @OTalk_

10 days ago

RT @RachaelD_OT: So, we've had some time to think about our response to being called resilient, which links nicely to the next question. Q...

**#OTalk** @OTalk_

10 days ago

RT @LauraARossiter: @RachaelD_OT I would be very happy to be called resilient as I think that it is a trait/ skill that I definitely try to...

**Susan Griffiths** @SusanGriffiths5

10 days ago

@anyadei @RachaelD_OT Definitely, I see this all the time with the autistic children I work with #OTalk

**Kathryn She/her** @Kat_OTstudent

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...


♥ Jade Atcheler (she/her) #BLM 🌈 #Pride @JadeAtch

10 days ago

@RachaelD_OT Q2) Personally, no. There should be emphasis on finding strategies to manage stressful situations. Resilience implies "you can deal with anything". It avoids the problem that leads to resilience. We should be looking at the root cause. 1/2 #OTalk

**Kate Tudor** @OT_KateT

10 days ago

@RachaelD_OT We're quite naturally talking about ourselves so far here, but in MH resilience is over used as something we suggest building within people we see. Think about all of these reactions within a MH crisis 😊 #OTalk

**Tori OT** @Tori_Doll

10 days ago

@RachaelD_OT Q3) I don't think we can assume someone is resilient. Again, it is contextual & subjective. Essentially we are potentially measuring a person's resilience against what we perceive to be our own "level" which isn't helpful for anyone ... #OTalk


Dawn Scull ♥ 🕷️ 🇪🇺 🌻 🌈 (she/her) @DawnScull

10 days ago

@RachaelD_OT #OTalk hi..Dawn here, late as always. From in-patient team in rural Herefordshire <https://t.co/Xw6THF4YpL>

**Tori OT** @Tori_Doll

10 days ago

@RachaelD_OT Q3) Cont ... Then we can fall into the trap of assumptions or placing expectations based on our own values, circumstances, experiences or views ... #OTalk

**Bryony Kirkpatrick** @BryonyOTStudent

10 days ago

@RachaelD_OT @OTalk #OTalk As a @WidowedAndYoung I feel strongly about this. You need tools in order TO bounce back (or forward!) And at some point you have to make the decision to use them. Which takes bravery in the 1st instance, resilience during. Resilience is the pattern.

**Kate Tudor** @OT_KateT

10 days ago

@RachaelD_OT I just deleted that tweet to correct a missing #OTalk on another one 🤔 Low levels of resilience round here tonight 🙏


Rachael (she/her) 🌈 @RachaelD_OT

10 days ago

@hspenceruk So, you don't want assumptions to be made based upon your previous actions/capacity? Because resilience can fluctuate? #OTalk

**Sarah Innes** @SarahInnesOT

10 days ago

@RachaelD_OT I'm not sure if I'd want to be referred to as resilient?? 🤔 It implies a constant characteristic. Maybe suggests that you've got it all together and don't need support or held in mind #OTalk


Kirsty Stanley Occupation4Life ♥ @Occ4LifeLtd

10 days ago

RT @hspenceruk: @RachaelD_OT Yes in terms of past acknowledgement, not in terms of



RT [@hspenceruk](#). [@RachaelD_OT](#) Yes in terms of past acknowledgement, not in terms of future expectation... [#Human](#) [#OTalk](#)



[#OTalk](#) [@OTalk](#)

10 days ago

RT [@Tori_Doll](#): [@RachaelD_OT](#) Q3) I don't think we can assume someone is resilient. Again, it is contextual & subjective. Essentially we are...



Ed Sum Occupational Therapist 🌈❤️🇬🇧 [@musedNeuroOT](#)

10 days ago

[@RachaelD_OT](#) Just thinking about Eckhart Tolle's ideas of being 'conscious' - that being resilient is a response to the noise of life, but being 'conscious' there is no resilience but appears to be to others??? 🤔 [#OTalk](#)



[#OTalk](#) [@OTalk](#)

10 days ago

RT [@OT_KateT](#): [@RachaelD_OT](#) We're quite naturally talking about ourselves so far here, but in MH resilience is over used as something we sug...



Kate [@OTkate1984](#)

10 days ago

[@jaynethill](#) [@anyadei](#) [@SarahInnesOT](#) [@RachaelD_OT](#) I really like this Jayne. I think there's much to be said for adopting a 'new normal' and a resilience in acceptance of change that it's possible to dismiss as clinicians. I guess that's where patient lead goal setting comes in, and the importance of really listening [#OTalk](#)



Rachael (she/her) 🌈 [@RachaelD_OT](#)
[@DawnScull](#) I love Herefordshire [#OTalk](#)

10 days ago



Anya de longh [@anyadei](#)

10 days ago

[@RachaelD_OT](#) [@hspenceruk](#) And being resilient for a day or two is very different to sustaining it for weeks or months... [#OTalk](#)



💙 **Jade Atcheler (she/her)** [#BLM](#) 🌈 [#Pride](#) [@JadeAtch](#)

10 days ago

[@RachaelD_OT](#) If someone is seen to be resilient they may be less likely to ask for support or access help. Or, not be offered the support at the right time. We endanger people burning out. With long term effects on physical and mental health. 2/2 [#OTalk](#)



Kate Tudor [@OT_KateT](#)

10 days ago

[@hspenceruk](#) [@RachaelD_OT](#) So succinctly put and spot on [#OTalk](#)



Sarah Innes [@SarahInnesOT](#)

10 days ago

[@hspenceruk](#) [@OTalk](#) [@RachaelD_OT](#) Yeah once your known as resilient it creates an expectation perhaps [#OTalk](#)



Dawn Scull 💙🕷️🇪🇺🌻🌈 (she/her) [@DawnScull](#)

10 days ago

[@RachaelD_OT](#) [@OTalk](#) [#OTalk](#) Q3. I have referred to jobs in the past as requiring resilience but less so now. Definitely don't refer to individuals as resilient any more.



[#OTalk](#) [@OTalk](#)

10 days ago

RT [@DawnScull](#): [@RachaelD_OT](#) [@OTalk](#) [#OTalk](#) Q3. I have referred to jobs in the past as

requiring resilience but less so now. Definitely don't...

Katie Moffat @Katie_Moffat

10 days ago

@RachaelD_OT @hspenceruk I absolutely agree with this- just because I've coped with something once doesn't mean I can again. So many impacting factors, build up of stress, burn out etc. #OTalk

Suzy Wilkinson OT 🌟💙 @suzyjwilkinson

10 days ago

@RachaelD_OT I don't believe I have, but I have discussed it with them and whether they thought that they showed resilience or not #OTalk

Tori OT @Tori_Doll

10 days ago

@anyadei @RachaelD_OT @hspenceruk ... Or over a year 🙄 haha! I think this last year has tested all of our resilience #OTinCOVID19 #OTalk

#OTalk @OTalk

10 days ago

RT @suzyjwilkinson: @RachaelD_OT I don't believe I have, but I have discussed it with them and whether they thought that they showed resili...

Bryony Kirkpatrick @BryonyOTStudent

10 days ago

Yes! Part of living life as an #ActuallyAutistic and #WidowedVeryYoung and super important for me to develop as an OT...! 💪💚

Amelia Powell @ameliapowellOT

10 days ago

@RachaelD_OT @OTalk Perhaps everything you mentioned could apply? Self-esteem must be an important resilience factor, too? #OTalk

Rachael (she/her) 🏳️‍🌈 @RachaelD_OT

10 days ago

@SarahInnesOT That's certainly how I have felt previously... As if I shouldn't ask for help, because I am the resilient one. Yet, it's a label I have never given myself #OTalk

Dawn Scull 💙🕷️🇪🇺🌻🏳️‍🌈 (she/her) @DawnScull

10 days ago

@RachaelD_OT @OTalk @anita_atwal totally agree Rachel. I favour kindness and integrity over resilience every time #OTalk

Tori OT @Tori_Doll

10 days ago

Q3) ... it's always worth having those proactive conversations re "what does it look like when you are under pressure etc" & then identifying how you can work together more effectively. It's about knowing your team/ourselves/pt & normalising those kind of conversations. #OTalk

Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

@RachaelD_OT I forgot this was on. The loaded word. Resilient #OTalk. I think we can use it to distance ourselves from someone's experience tbh. As in 'wow. how have they got through that'. I also think we forget how much we can adapt to circumstances but that also we shouldn't always have to

#OTalk @OTalk

10 days ago

RT @Tori_Doll: Q3) ... it's always worth having those proactive conversations re "what does it

10/10



Page 23 of 44



in considering what we apply to others 😊 Absolutely, own feelings/responses should always inform what we inflict on those we work with [#OTalk](#)



Rachael (she/her) 🌈 [@RachaelD_OT](#)

10 days ago

[@SarahInnesOT](#) [@hspenceruk](#) [@OTalk](#) For sure, in my experience [#OTalk](#)



Sue Parkinson [@MOHOspark](#)

10 days ago

RT [@ot_withsherri](#): With tonight's [#OTalk](#) being about [#resilience](#), OT twitterverse please help us to combat racism 🙏 We are still looking f...



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

RT [@anyadei](#): [@RachaelD_OT](#) [@hspenceruk](#) And being resilient for a day or two is very different to sustaining it for weeks or months... [#OTalk](#)



AHPs & Occupational Therapists In Retirement 🌈💙 [@Ret_AHPs](#)

10 days ago

[@RachaelD_OT](#) [@anita_atwal](#) [#OTalk](#). Moving on responsibility to more people whilst not understanding the implications for the organisation, nor the ramifications for the individual?



Katie Moffat [@Katie_Moffat](#)

10 days ago

[@melissa_chieza](#) [@thisisnix](#) [@RachaelD_OT](#) Yes! Needing a lot of support one day and the next time maybe not so much because you know what is there if you need it. [#OTalk](#)



LecturerMish 🇬🇧🇮🇪🇬🇪💙🌸 **She/Her** [@LecturerMish](#)

10 days ago

[@RachaelD_OT](#) [#OTalk](#) got to go now time to break my fast for the day for [#Ramadan](#) Have a good chat everybody 💚



Jenny Rolfe [@JennyRolfe4](#)

10 days ago

[@RachaelD_OT](#) saw this today from BBC which made me think about what resilience really means. really interesting [#OTalk](#) <https://t.co/il4551twpS>



Sarah Innes [@SarahInnesOT](#)

10 days ago

[@RachaelD_OT](#) I haven't really referred to someone as resilient before. It had sort of made me cringe in the past but I had never reflected on why until now. I think it's because it does sound quite reductionist [#OTalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

[@hspenceruk](#) [@RachaelD_OT](#) Definitely Hannah. Resilience should never be an expectation put on someone by others. We need to support each other to experience resilience. It's a process rather than an attribute (or should be) [#OTalk](#)



#OTalk [@OTalk](#)

10 days ago

[@LecturerMish](#) [@RachaelD_OT](#) Thanks for joining us! Enjoy your food 😊 [#OTalk](#)



Sophie Maynard [@SophieMaynard8](#)

10 days ago

[@RachaelD_OT](#) No, I think resilience is something you can judge of yourself only [#otalk](#)

**Susan Griffiths** @SusanGriffiths5

10 days ago

@RachaelD_OT No. I have in supervision talked with OT colleagues about what strategies they have and what support they need to get through a challenging time but without using the word resilient #OTalk



#OTalk @OTalk

10 days ago

RT @TokunboTweetz: @RachaelD_OT Yes.. or maybe implied it. Recently, when helping a client realise how self directed they've been in succes...

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @LecturerMish: @RachaelD_OT Q2. #OTalk Black feminist writer #AudreLorde's rallying cry: "Caring for myself is not self-indulgence, it i..."

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @LecturerMish: @RachaelD_OT Q2. #OTalk It depends on context, if it is about what I said before, still standing whatever is thrown at me...

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @LecturerMish: @RachaelD_OT Q1 #OTalk Resilience means #selfcare, having coping strategies that work for me, knowing when to say no, sup...

**Kate Tudor** @OT_KateT

10 days ago

@Murphlemurph @RachaelD_OT I'm trying to multitask and don't have brain power to read the questions 🙄 - jumped ahead into q3 territory 😂 #OTalk



#OTalk @OTalk

10 days ago

RT @Occ4LifeLtd: @hspenceruk @RachaelD_OT Definitely Hannah. Resilience should never be an expectation put on someone by others. We need to...

**Rachael (she/her)** 🌈 @RachaelD_OT

10 days ago

Personally, when I have been referred to as resilient previously, I have found it a little patronising. More recently, I have felt as though it is a way of others making themselves feel better about the pressure they place on you... #OTalk



#OTalk @OTalk

10 days ago

RT @JennyRolfe4: @RachaelD_OT saw this today from BBC which made me think about what resilience really means. really interesting #OTalk htt...

**Dawn Scull** ❤️🕷️🇪🇺🌻🌈 (she/her) @DawnScull

10 days ago

@RachaelD_OT #OTalk I think of resilience transitory, our ability to respond rather than react ...and dependent on so many internal and external factors

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

Yes you are!! #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @Murphlemurph: @RachaelD_OT I feel that it is not a linear journey, but that it fluctuates.



It isn't a linear journey & I'm not convinc...



Bryony Kirkpatrick @BryonyOTStudent

10 days ago

@RachaelD_OT @OTalk #OTalk I think it's progressive in relation to individual situations, rather than a constant. So it would depend on the context - if in relation to a particular situation I was handling well, by someone I know to not just think 'resilient = tough 24/7', yes



AHPs & Occupational Therapists In Retirement 🌈💙 @Ret_AHPs

10 days ago

@OT_KateT @RachaelD_OT #OTalk.. "you NEED to be more resilient", the phrase can be seen to abdicate collective or hierarchical responsibility, perhaps?



Rachael (she/her) 🌈 @RachaelD_OT

10 days ago

Time for the last official question. Question 4. Do you feel that the term resilient could demean the conscious efforts of individuals to overcome adversity? #OTalk



Deborah murphy @Murphlemurph

10 days ago

@dmay_ot @RachaelD_OT Not mutually exclusive, but I think crying more readily, being moved to emotion is not something people generally equate with resilience. No I'm not convinced that putting in more effort to achieve something is necessarily a sign of resilience. It can be exhausting #OTalk



Katie Moffat @Katie_Moffat

10 days ago

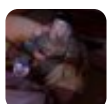
@RachaelD_OT I have been called resilient and it has truly been meant as a compliment, possibly being used as a synonym for determined. But its on opening it up further we realise the negative impact even positive words can have! #OTalk



Steve Ford @SteveGFord

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...



wheredoyougetyourprOTEin? @clarsyarveyunt

10 days ago

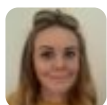
@RachaelD_OT On reflection, no. I would rather development and strengthening through difficulties be acknowledged, rather than being perceived to cope and maintain. I think it can defer attention from what is actually determination and conscious effort to overcome barriers #OTalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

Agree. The concept has been co-opted to mean an individual is expected to just deal with difficult situations without a wider sense of responsibility to support them #OTalk



Tori OT @Tori_Doll

10 days ago

@RachaelD_OT Q4) I think everyone is unique & will probably have their own definition of what it means to be 'resilient'. I think resilience is largely contextual & various different factors can influence a persons resilience ... #OTalk



Deborah murphy @Murphlemurph

10 days ago

@OT_KateT @RachaelD_OT I sympathise. I'm trying to write and eat vegetable Korma whilst fighting off my cat who loves curry!!! #OTalk

**Tori OT** [@Tori_Doll](#)

10 days ago

[@RachaelD_OT](#) Q4) Cont ... Just because a person is resilient in one area, doesn't necessarily mean they are in a different situation. It's about knowing and really understanding the person & knowing what the term 'resilience' means to them [#OTalk](#)

**Bryony Kirkpatrick** [@BryonyOTStudent](#)

10 days ago

[@RachaelD_OT](#) [@hspenceruk](#) [#OTalk](#) Yes, 100% nothing in life is permanent, especially our mental and emotional states

**Anya de longh** [@anyadei](#)

10 days ago

[@RachaelD_OT](#) Oh good question! It also places the emphasis on the person to change/cope, rather than recognise that sometimes it is the situation itself needs to change... so could inadvertently result in blame. [#OTalk](#)

**Dawn Scull**      (she/her) [@DawnScull](#)

10 days ago

[@RachaelD_OT](#) [#OTalk](#) agree 100% - it legitimises unreasonable demands

**Kirsty Stanley Occupation4Life**  [@Occ4LifeLtd](#)

10 days ago

I like [@LecturerMish](#) links back to self-care. But also with the word of caution that what is self-care for one might not be self-care for all. And let's not forget the [#boringselfcare](#) - I love [@HannahtheOT](#) resource on this [#OTalk](#)

**Rachael (she/her)**  [@RachaelD_OT](#)

10 days ago

[@Murphlemurph](#) [@OT_KateT](#) I was foolish for thinking I'd be able to sneak a doughnut in during this [#OTalk](#) - it's going dry as I type 😞

**#OTalk** [@OTalk_](#)

10 days ago

RT [@Occ4LifeLtd](#): Agree. The concept has been co-opted to mean an individual is expected to just deal with difficult situations without a wi...

**Deborah murphy** [@Murphlemurph](#)

10 days ago

RT [@ot_withsherri](#): With tonight's [#OTalk](#) being about [#resilience](#), OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Sarah Innes** [@SarahInnesOT](#)

10 days ago

[@Katie_Moffat](#) [@RachaelD_OT](#) Yeah I think a 'positive' word can undermine the intent if used in the wrong way [#Otalk](#)

**#OTalk** [@OTalk_](#)

10 days ago

RT [@RachaelD_OT](#): Time for the last official question. Question 4. Do you feel that the term resilient could demean the conscious efforts of...

**Kirsty Stanley Occupation4Life**  [@Occ4LifeLtd](#)

10 days ago

RT [@RachaelD_OT](#): Personally, when I have been referred to as resilient previously, I have found it a little patronising. More recently, I h...

**Bryony Kirkpatrick** @BryonyOIStudent

10 days ago

Love this quote shared in #OTalk! Couldn't be more timely than in #MentalHealthAwarenessWeek too 🍀 @TherapyUos @SotonOTSoc

**Kate** @OTkate1984

10 days ago

@RachaelD_OT @SarahInnesOT There's almost an implication of hardness in a resilient person's character... that things that might rock a more 'open' person won't affect a resilient person #OTalk

**Sophie Maynard** @SophieMaynard8

10 days ago

@anyadei @RachaelD_OT Yes I agree with this #otalk

**Rachael (she/her)** 🌈 @RachaelD_OT

10 days ago

Interestingly, I do not recall having ever worked with anybody that has referred to themselves as resilient #OTalk

**Kirsty Stanley Occupation4Life** 💙 @Occ4LifeLtd

10 days ago

@DawnScull @RachaelD_OT We need to reclaim the word for the good #OTalk

**Katie Moffat** @Katie_Moffat

10 days ago

@Tori_Doll @RachaelD_OT I agree its about knowing the person. If you think someone is showing resilience it might actually be that they are at a breaking point and need support rather than being applauded. #OTalk

**Toks O** @TokunboTweetz

10 days ago

@RachaelD_OT Possibly, as with all my replies context dependent. It could have the unintended result of the person feeling invalidated. So I guess we need to use it with caution, as in, support the person to recognise their strength and perhaps label it as resilience if felt appropriate #OTalk

**Suzy Wilkinson OT** 💚💙 @suzyjwilkinson

10 days ago

@RachaelD_OT Yes, anything is possible, but we just have to ensure we term it right and at the right time i.e. to say I think you are resilient and can do this might make them feel they don't need to make as much effort, where as saying you are showing resilience so far is better #OTalk

**#OTalk** @OTalk_

10 days ago

RT @TokunboTweetz: @RachaelD_OT Possibly, as with all my replies context dependent. It could have the unintended result of the person feeli...

**AHPs & Occupational Therapists In Retirement** 🌈💙 @Ret_AHPs

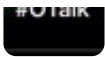
10 days ago

@RachaelD_OT #OTalk. A very personal thing. Will depend on respect for person who perceives lvl of resilience; on the respective frames of reference; on the circumstances; it's an abstract concept: how can it be quantified?

**#OTalk** @OTalk_

10 days ago

RT @Ret_AHPs: @RachaelD_OT #OTalk. A very personal thing. Will depend on respect for



RT @Net_Affs: @RachaelID_OT #OTalk. A very personal thing. Will depend on respect for person who perceives lvl of resilience; on the respec...



Sophie Maynard @SophieMaynard8

10 days ago

@RachaelID_OT I can see areas in which I've managed to become more resilient but saying it would show my hand and I'd fear people would expect more or put more on me I think #otalk



Deborah Murphy @Murphlemurph

10 days ago

@RachaelID_OT I honestly can't recall, but I will certainly think about it if I do so now! :) #OTalk



👁️ **Rachel** 👁️ @RachelOTstudent

10 days ago

@RachaelID_OT #OTalk I think it's possible it could be taken as demeaning. It's all subjective. It could also be taken as complimentary.



Anya de longh @anyadei

10 days ago

@RachaelID_OT Is that because of the risk it gives everyone else a green light to give them more work or less support!? Says more about how we respond to resilience, than taking pride in it? #OTalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

RT @TokunboTweetz: @RachaelID_OT Possibly, as with all my replies context dependent. It could have the unintended result of the person feeli...



Bryony Kirkpatrick @BryonyOTStudent

10 days ago

@RachaelID_OT @OTalk_ #OTalk yes. I think can leave people unheard and their experiences invalidated.



Tori OT @Tori_Doll_

10 days ago

@Katie_Moffat @RachaelID_OT I do think that resilient is a current "buzz word" ... the term could be perceived as undermining to those who try, but don't 'succeed' or don't have full self awareness ... maybe the global pandemic has something to do with this & the term being more prevalent #OTalk



Kirsty Stanley Occupation4Life ❤️ @Occ4LifeLtd

10 days ago

RT @Katie_Moffat: @Tori_Doll_ @RachaelID_OT I agree its about knowing the person. If you think someone is showing resilience it might actual...



#OTalk @OTalk_

10 days ago

RT @BryonyOTStudent: @RachaelID_OT @OTalk_ #OTalk yes. I think can leave people unheard and their experiences invalidated.



OT Nix ❤️ @thisisnix

10 days ago

@RachaelID_OT I think resilience is a great thing for anyone to build on, but perhaps not as meaningful for someone to use term to tell us we are. Resilience can really only be measured by the individual going through and overcoming their unique trials & tribulations; in life & in work. #OTalk



#OTalk @OTalk

10 days ago



RT [@Tori_Doll](#) : [@Katie_Moffat](#) [@RachaelD_OT](#) I do think that resilient is a current “buzz word” ... the term could be perceived as underminin...



#HelloMyNamels Sadie [@ot_sadie](#)

10 days ago

[@RachaelD_OT](#) Depends on a few factors but I think mainly on what the word “resilient” means to the individual? Definitely hadn’t thought about what a double edge it had prior to tonight’s [#OTalk](#) <https://t.co/WifGNe9pdU>



The MOHO OT [@themoho_ot](#)

10 days ago

[@RachaelD_OT](#) Q4) [#otalk](#) definitely. It’s overuse in healthcare and adoption into our everyday language also sets a dangerous norm.



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

Now this is very telling [#OTalk](#).



Anya de longh [@anyadei](#)

10 days ago

[@thisisnix](#) [@RachaelD_OT](#) So important to remember this in the context of patients/service users too, as much as with our colleagues. [#OTalk](#)



wheredoyougetyourprOTein? [@clarsyarveyunt](#)

10 days ago

[@RachaelD_OT](#) Yes and suggests that they are in a set state/position and will always ‘bounce back,’ therefore don’t need to progress further [#OTalk](#)



Kate [@OTkate1984](#)

10 days ago

[@SusanGriffiths5](#) [@anyadei](#) [@RachaelD_OT](#) Although I'd imagine 'resilient' is a label with good intent I guess any label makes everything very black and white and overlooks all the shades of grey in between. We all have our individual resiliences and vulnerabilities [#OTalk](#)



Dawn Scull ❤️🕷️🇪🇺🌻🌈 (she/her) [@DawnScull](#)

10 days ago

[@RachaelD_OT](#) [#OTalk](#) It is a coping strategy to overcome adversity that may be helpful to some people, I would prefer to remain authentic and curious and look to understand rather than rebuff



Katie Moffat [@Katie_Moffat](#)

10 days ago

[@RachaelD_OT](#) Yes. Calling someone resilient at a point when they are still struggling under the surface and fighting so hard to present as they are could potentially make it seem so far out of reach to ever get to true resilience. "If this is resilient then what else do I have to do?" [#OTalk](#)



Rachael (she/her) 🌈 [@RachaelD_OT](#)

10 days ago

[@Tori_Doll](#) [@Katie_Moffat](#) It almost seemed to appear out of nowhere... Then suddenly everywhere began offering resilience training sessions... [#OTalk](#)



Kirsty Stanley Occupation4Life ❤️ [@Occ4LifeLtd](#)

10 days ago

I think I have needed support to see where I have been resilient (and not so resilient) but it is so variable - everyone has a breaking point and it isn’t always where they or outsiders think it will be. [#OTalk](#)

**OT Nix** ❤️ [@thisisnix](#)

10 days ago

RT [@thisisnix](#): [@RachaelD_OT](#) I think resilience is a great thing for anyone to build on, but perhaps not as meaningful for someone to use te...

**Deborah murphy** [@Murphlemurph](#)

10 days ago

[@Tori_Doll](#) [@Katie_Moffat](#) [@RachaelD_OT](#) Yes, I am unconvinced its a word/concept that will stand the test of time [#OTalk](#)

**#OTalk** [@OTalk_](#)

10 days ago

RT [@Katie_Moffat](#): [@RachaelD_OT](#) Yes. Calling someone resilient at a point when they are still struggling under the surface and fighting so h...

**Bryony Kirkpatrick** [@BryonyOTStudent](#)

10 days ago

[@RachaelD_OT](#) [@OTalk](#) [#OTalk](#) I might say 'I am becoming more resilient' re my own journey in self-awareness and coping strategies. So I might ask a PT/SU if they feel they are building resilience in an area as I see it as progressive and individual

**Anya de longh** [@anyadei](#)

10 days ago

[@Murphlemurph](#) [@Tori_Doll](#) [@Katie_Moffat](#) [@RachaelD_OT](#) What do you think will be the next iteration of it? ie the new (buzz) word? [#OTalk](#)

**Sophie Maynard** [@SophieMaynard8](#)

10 days ago

[@RachaelD_OT](#) [@Tori_Doll](#) [@Katie_Moffat](#) 30 min session and you're good to go! 🙌 [#otalk](#)

**The MOHO OT** [@themoho_ot](#)

10 days ago

RT [@RachaelD_OT](#): Time for the last official question. Question 4. Do you feel that the term resilient could demean the conscious efforts of...

**Rachael (she/her)** 🌈 [@RachaelD_OT](#)

10 days ago

[@Murphlemurph](#) [@Tori_Doll](#) [@Katie_Moffat](#) We can only hope... [#OTalk](#)

**Katie Moffat** [@Katie_Moffat](#)

10 days ago

[@RachaelD_OT](#) [@Tori_Doll](#) I did go to a resilience training and it was useful to learn about and reflect on. But i wouldn't exactly say I graduated the workshop as a resilient person 😊 [#OTalk](#)

**Kirsty Stanley Occupation4Life** ❤️ [@Occ4LifeLtd](#)

10 days ago

[#OTalk](#) in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession. Come and reflect on what we've achieved but more importantly what we still need to achieve and how we will get there. I hope [@SteveGFord](#) can join us.

**Susan Griffiths** [@SusanGriffiths5](#)

10 days ago

[@RachaelD_OT](#) Like any other labels we may use, it can be abused where people impose their own understanding or definition of 'resilient' onto others. [#OTalk](#)



#OTalk @OTalk_

10 days ago

RT @Katie_Moffat: @RachaelD_OT @Tori_Doll I did go to a resilience training and it was useful to learn about and reflect on. But i wouldn't...



Rachael (she/her) 🌈 @RachaelD_OT

10 days ago

@SophieMaynard8 @Tori_Doll @Katie_Moffat Who knew, hey? Just like that, we can withstand almost anything #OTalk



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

RT @SusanGriffiths5: @RachaelD_OT Like any other labels we may use, it can be abused where people impose their own understanding or definit...



#OTalk @OTalk_

10 days ago

RT @SusanGriffiths5: @RachaelD_OT Like any other labels we may use, it can be abused where people impose their own understanding or definit...



Bryony Kirkpatrick @BryonyOTStudent

10 days ago

Exactly! 💚 @TherapyUos @SotonOTSoc let's all support each other this #MentalHealthAwarenessWeek and every week 💚



Kirsty Stanley Occupation4Life 💙 @Occ4LifeLtd

10 days ago

Yes sadly. But it doesn't have to #OTalk



Sarah Innes @SarahInnesOT

10 days ago

@RachaelD_OT I think the concept of resilience is important to reflect on, but defining a person as resilient might be invalidating and possibly undermining in some circumstances. I'd agree it should be used cautiously but be guided by the person #OTalk



Rachael (she/her) 🌈 @RachaelD_OT

10 days ago

@themoho_ot I agree #OTalk



Tori OT @Tori_Doll

10 days ago

@anyadei @Murphlemurph @Katie_Moffat @RachaelD_OT We will see over the next few months or so ... 🤔 #OTalk



#OTalk @OTalk_

10 days ago

#OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdtRolX>



Sophie Maynard @SophieMaynard8

10 days ago

@RachaelD_OT thanks for the #otalk 😊 logging off 🌙



Toks O @TokunboTweetz

10 days ago

@RachaelD_OT @Tori_Doll @Katie_Moffat So true! I do question whether resilience can be taught or the focus of training?! 🤔 for sure resources or tools can be promoted but I don't know about training #OTalk



Rachael (she/her) 🌈 [@RachaelD_OT](#)
[@clarsyarveyunt](#) 🤔 [#OTalk](#)

10 days ago



Chantelle Martin [@chaniedavies](#)
 When you realise with 1 min left it is [#OTalk](#) 😞🙄

10 days ago



Deborah murphy [@Murphlemurph](#)
[@RachaelD_OT](#) [@OT_KateT](#) Cats just ran off with 1/2 a poppadom! [#OTalk](#)

10 days ago



Susan Griffiths [@SusanGriffiths5](#)
[@Tori_Doll](#) [@Katie_Moffat](#) [@RachaelD_OT](#) Definitely a buzz word. I am seeing it being used by teachers in schools. Too many autistic children being told they need to learn to be resilient and having their feelings invalidated [#OTalk](#)

10 days ago



Rachael (she/her) 🌈 [@RachaelD_OT](#)
[@Murphlemurph](#) [@OT_KateT](#) Nooooooooooooo [#savethepoppadom](#) [#OTalk](#)

10 days ago



Anya de longh [@anyadei](#)
[@Katie_Moffat](#) [@RachaelD_OT](#) [@Tori_Doll](#) We actually had a really good reflective session from [@sts_uea](#) on resilience that I found very beneficial, but also recognise you have to be in the right mindset for these kind of sessions. [#OTalk](#)

10 days ago



Rachael (she/her) 🌈 [@RachaelD_OT](#)
[@SusanGriffiths5](#) [@Tori_Doll](#) [@Katie_Moffat](#) It's honestly heart breaking [#OTalk](#)

10 days ago



Tori OT [@Tori_Doll](#)
[@TokunboTweetz](#) [@RachaelD_OT](#) [@Katie_Moffat](#) I think as a Therapist/Leader etc you can influence & support someone to improve their resilience to some extent ... but ultimately it is a mindset & a choice to embed the strategies. [#OTalk](#)

10 days ago



Bryony Kirkpatrick [@BryonyOTStudent](#)
[@Occ4LifeLtd](#) [@OTalk](#) [@RachaelD_OT](#) [#OTalk](#) yes! I was told this a lot when widowed and that's ok, but also, like, what about validating my crying on the floor etc experiences?! Putting people on pedestals doesn't mean you're seeing or hearing them.

10 days ago



#OTalk [@OTalk](#)
 RT [@SusanGriffiths5](#): [@Tori_Doll](#) [@Katie_Moffat](#) [@RachaelD_OT](#) Definitely a buzz word. I am seeing it being used by teachers in schools. Too m...

10 days ago



#OTalk [@OTalk](#)
 RT [@anyadei](#): [@Katie_Moffat](#) [@RachaelD_OT](#) [@Tori_Doll](#) We actually had a really good reflective session from [@sts_uea](#) on resilience that I fou...

10 days ago

**#OTalk @OTalk_**

10 days ago

RT @TokunboTweets: @RachaelID_OT @Tori_Doll @Katie_Moffat So true! I do question whether resilience can be taught or the focus of training?...

**Melissa chieza @melissa_chieza**

10 days ago

RT @Occ4LifeLtd: #OTalk in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession....

**#OTalk @OTalk_**

10 days ago

RT @Occ4LifeLtd: Yes sadly. But it doesn't have to #OTalk <https://t.co/ezFyAa38kx>

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@BryonyOTStudent @OTalk_ @RachaelID_OT As a major blubber I always try and validate people's crying episodes. #OTalk

**wheredoyougetyourprOTEin? @clarsyarveyunt**

10 days ago

@RachaelID_OT E.g if an individual can maintain a stable but by avoiding complete relapses in their mental health, it's easy yo get stuck in a sub par QoL #OTalk

**Tori OT @Tori_Doll_**

10 days ago

@Katie_Moffat @RachaelID_OT Out of interest ... what did you cover during the session? 🤔 #OTalk

**Ros French @RosFrench1**

10 days ago

@RachaelID_OT @OTalk_ #OTalk, I think resilience has been discussed but not specifically stated that person was resilient

👁️ **Rachel** 👁️ @RachelOTstudent

10 days ago

@RachaelID_OT #OTalk not sure I'd refer to myself as resilient. We all have a point where we do not have the capability to cope with something. I wouldn't want to advertise unrealistic expectations of me. I'm only human

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Anya de longh @anyadei**

10 days ago

@Occ4LifeLtd @BryonyOTStudent @OTalk_ @RachaelID_OT Crying and being resilient isn't mutually exclusive! Sometimes having a good cry is an important way of managing whatever those emotions are in that moment! #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@anyadei @BryonyOTStudent @OTalk_ @RachaelID_OT Totally agree. But to some people the stiff upper lip is the way to show resilience although we know that can sometimes bank up its own issues. #OTalk

**Rachael (she/her)** 🏳️‍🌈 @RachaelID_OT

10 days ago



@RachelOTstudent It's almost as if you may be setting yourself up for a fall I feel... [#OTalk](#)



Katie Moffat [@Katie_Moffat](#)

10 days ago

[@Tori_Doll](#) [@RachaelD_OT](#) It says a lot about my current head space that I actually can't remember 🤔 [#OTalk](#) I do remember finding it helpful for reflection at the time though!



#OTalk [@OTalk_](#)

10 days ago

We're out of time for tonight's chat (officially) but feel free to keep talking - lots of interesting points being brought up! [#OTalk](#)



#OTalk [@OTalk_](#)

10 days ago

Want to reflect on tonight's chat? We have some free reflective forms on our site to help you record what you've learned and what you'll take forward [#OTalk](#) <https://t.co/HSHHVoGfxN>



#OTalk [@OTalk_](#)

10 days ago

Thanks [@RachaelD_OT](#) for hosting and for bringing such a timely topic 😊 [#OTalk](#)



Kirsty Stanley [Occupation4Life](#) ❤️ [@Occ4LifeLtd](#)

10 days ago

Very good point. Links to the concept of surviving vs thriving [#OTalk](#)



Rachael (she/her) 🏳️‍🌈 [@RachaelD_OT](#)

10 days ago

[@Occ4LifeLtd](#) [@anyadei](#) [@BryonyOTStudent](#) [@OTalk_](#) That's what I was taught as a child. It has taken years to accept that it isn't necessarily true or beneficial [#OTalk](#)



Ros French [@RosFrench1](#)

10 days ago

[@RachaelD_OT](#) [@OTalk_](#) [#OTalk](#) interesting question, I think the term would need to be explored to what it means to that individual



Kate [@OTkate1984](#)

10 days ago

[@RachaelD_OT](#) I wonder if it would feel like saying 'oh I used to get upset by the things I see at work but it doesn't affect me anymore'? To be a resilient clinician, are there perhaps connotations of a more passive 'coping'/detached role rather than a more proactive/engaged position? 🤔 [#OTalk](#)



Rachael (she/her) 🏳️‍🌈 [@RachaelD_OT](#)

10 days ago

[@OTalk_](#) Thank you all for joining 😊 [#OTalk](#)



Kirsty Stanley [Occupation4Life](#) ❤️ [@Occ4LifeLtd](#)

10 days ago

[@Tori_Doll](#) [@TokunboTweets](#) [@RachaelD_OT](#) [@Katie_Moffat](#) I'm not sure it is a mindset as such. I think it's more process based [#OTalk](#)



Sarah Fletcher-Shaw [@sarahjoOT](#)

10 days ago

[@OTalk_](#) Oh no! Sorry I missed this.. distracted by children! [#OTalk](#)

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@SusanGriffiths5 @Tori_Doll @Katie_Moffat @RachaelD_OT 🙄 #OTalk



#OTalk @OTalk_

10 days ago

RT @Occ4LifeLtd: I like @LecturerMish links back to self-care. But also with the word of caution that what is self-care for one might not b...

**Helen** @HelenArnfieldOT

10 days ago

@LecturerMish @OTalk_ @RachaelD_OT For me, resilience is embodied by my kids. Aged 6, 8 and 10 they have bounced in and out of school, dealt with seeing friends and family, then not, rules, rule changes, more changes.. but they have been steadfastly awesome 🤗 #otalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@SteveGFord Fabulous. Will be great to see you there. #OTalk



#OTalk @OTalk_

10 days ago

RT @ot_withsherri_: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @Occ4LifeLtd: #OTalk in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession....

**Toks O** @TokunboTweetz

10 days ago

@OTalk_ Another great #OTalk thank you 🙌🙌

**Dr Anita Atwal** @anita_atwal

10 days ago

RT @Occ4LifeLtd: I like @LecturerMish links back to self-care. But also with the word of caution that what is self-care for one might not b...

**Rachael (she/her)** 🏳️‍🌈 @RachaelD_OT

10 days ago

@thisisnix @OTalk_ Thanks for joining @thisisnix ❤️ #OTalk

**Kirsty Stanley Occupation4Life** ❤️ @Occ4LifeLtd

10 days ago

@thisisnix @OTalk_ @RachaelD_OT Yes thanks Rachael - an important skill/process that needs clarifying whenever it is used #OTalk

**Sarah Innes** @SarahInnesOT

10 days ago

@OTalk_ Thank you! Interesting #Otalk

**Rachael (she/her)** 🏳️‍🌈 @RachaelD_OT

10 days ago

@Occ4LifeLtd @thisisnix @OTalk_ There certainly seem to be a fair few definitions flying around. What may be a compliment to one could be deemed offensive by another. Definitely

something to be mindful of [#OTalk](#)



Teoh Jou Yin [@teohjouyin](#)

10 days ago

[@SteveGFord](#) [@Occ4LifeLtd](#) One year already [@Occ4LifeLtd](#) wow! [#OTalk](#) [@SteveGFord](#) [@theRCOT](#) up to helping us retweet our study? More participants needed, and we hope to put the findings to good use! <https://t.co/qgOZ3N9E4P>



Bryony Kirkpatrick [@BryonyOTStudent](#)

10 days ago

[@OTalk](#) Great [#OTalk](#) thank you!



Kate Tudor [@OT_KateT](#)

10 days ago

[@RachaelD_OT](#) [@OTalk](#) Thank you for hosting and enjoy your donut! 🍩💚🍩💚🍩
[#OTalk](#)



Bryony Kirkpatrick [@BryonyOTStudent](#)

10 days ago

[@TherapyUos](#) [@SotonOTSoc](#)



Katie Moffat [@Katie_Moffat](#)

10 days ago

[@OTalk](#) Thank you [@RachaelD_OT](#) for a great [#OTalk](#) this evening!



👁️ **Rachel** 👁️ [@RachelOTstudent](#)

10 days ago

[@RachaelD_OT](#) [#OTalk](#) exactly. There's always something unexpected waiting to try and knock you down 😊



Hannah Spencer [@hspenceruk](#)

10 days ago

[@RachaelD_OT](#) [@Occ4LifeLtd](#) [@thisisnix](#) [@OTalk](#) Got the brain whirring tonight
[@RachaelD_OT](#) [#OTalk](#) thanks for hosting - good job!



Rachael (she/her) 🏳️‍🌈 [@RachaelD_OT](#)

10 days ago

Personally, I think we need to be mindful when using the term resilient. Resilience is not working until breaking point or feeling as though you should hide something you may be struggling with, despite what some may tell you [#OTalk](#)



Rachael (she/her) 🏳️‍🌈 [@RachaelD_OT](#)

10 days ago

[@Katie_Moffat](#) [@OTalk](#) Thanks for joining 😊 [#OTalk](#)



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

10 days ago

[#OTalk](#). Very important point. Is someone not engaging if what we offer them is not engaging to them!



Kirsty Stanley Occupation4Life 💙 [@Occ4LifeLtd](#)

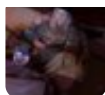
10 days ago

And to conclude my ramblings on resilience tonight I will share the words of [@charliemackesy](#). [#OTalk](#). This book should be required reading for humans. <https://t.co/GiOmAEvH8g>



where do you get your prOtein? [@clarsyarveyunt](#)

10 days ago



@Occ4LifeLtd Yes, exactly. Could be influenced by loss of support when one reaches that level after a period of acute illness and becoming 'well enough' or by staying 'unwell enough' to maintain a level of input from services **#OTalk**



Rachael (she/her) 🌈 **@RachaelD_OT** 10 days ago
@hspenceruk @Occ4LifeLtd @thisisnix @OTalk_ Thank you for joining Hannah 😊 **#OTalk**



Steve Ford **@SteveGFord** 10 days ago
 RT **@teohjouyin: @SteveGFord @Occ4LifeLtd** One year already **@Occ4LifeLtd** wow! **#OTalk**
@SteveGFord @theRCOT up to helping us retweet our study?...



Rachael (she/her) 🌈 **@RachaelD_OT** 10 days ago
@OT_KateT @OTalk_ Oh, I will! Even if it is a little dry now. Haha. Thanks for joining **#OTalk**



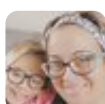
Wendy Griffiths **@wendyagriffiths** 10 days ago
 RT **@ot_withsherri:** With tonight's **#OTalk** being about **#resilience**, OT twitterverse please help us to combat racism 🙏 We are still looking f...



Wendy Griffiths **@wendyagriffiths** 10 days ago
 RT **@Occ4LifeLtd:** And to conclude my ramblings on resilience tonight I will share the words of **@charliemackesy #OTalk**. This book should be...



Anya de longh **@anyadei** 10 days ago
@OTalk_ Thank you so much! A really thought-provoking chat! **#OTalk**



👉 **Rachel** 👉 **@RachelOTstudent** 10 days ago
@RachaelD_OT really great talk tonight. Thank you so much. Lots to ponder over my hot chocolate. Living dangerously here, it's with squirty cream 😊 **#OTalk**



Kate **@OTkate1984** 10 days ago
@anyadei @RachaelD_OT @ljt2211 #OTalk



Donna Malley **@kithanga** 10 days ago
 RT **@OTalk_:** **#OTalk** – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>



Rachael (she/her) 🌈 **@RachaelD_OT** 10 days ago
 Thank you so much to you all for joining tonight. I am off to eat my slightly dry doughnut (I don't know where I thought I would find the time to eat it while hosting) & to catch-up on anything I missed **#OTalk**



👉 **Rachel** 👉 **@RachelOTstudent** 10 days ago
@RachaelD_OT Make a hot chocolate to dunk it in! 😊 **#OTalk**

**Rachael (she/her)** 🌈 @RachaelD_OT

10 days ago

@RachelOTstudent Oh no. You had me at hot chocolate, then lost me at squirty cream 😂
#OTalk

**wheredoyougetyourprOTEin?** @clarsyarveyunt

10 days ago

@Occ4LifeLtd The whole awareness Vs action debate again. Funding is the missing element and the government seem to be the main bodies of resilience with their batting away of the healthcare systems needs and demands of it! #OTalk

**Sophie Maynard** @SophieMaynard8

10 days ago

RT @OTalk_ : #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>

👁️ **Rachel** 👁️ @RachelOTstudent

10 days ago

@RachaelD_OT It's the good stuff! It's Chantilly squirty cream 😊 #OTalk

**Emilie** @emilie_OT

10 days ago

RT @ot_withsherri_ : With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Caroline** @Carolin55760793

10 days ago

RT @sarahjoOT: Really excited to be co-hosting an #OTalk in June. If you have ideas for a session there are slots free in July! <https://t.c...>

**Ruth Hawley** @Ruth_Hawley

10 days ago

@SteveGFord @Occ4LifeLtd That sounds great @SteveGFord. You're welcome to join this and any #OTalk. Be good to have your input. 👍

**Kate** @OTkate1984

10 days ago

@RachaelD_OT Thank you for a great #OTalk Rachael 💚

**Helen** @HelenArnfieldOT

10 days ago

@OTalk_ Great to see a few #research slots booked in 💕 #otalk

**sarah maris-shaw** 💙 @sarahmarisshaw

10 days ago

RT @sarahjoOT: Really excited to be co-hosting an #OTalk in June. If you have ideas for a session there are slots free in July!

**Keir Harding** @Keirwales

10 days ago

RT @ot_withsherri_ : With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Rachael (she/her)** 🌈 @RachaelD_OT

10 days ago

@OTkate1984 Thanks for joining Kate! #OTalk

**Freya Sledding** ❤️ @SleddingFreya

10 days ago

RT @OTalk_: #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>**Harriet Heaton-Pike** @H_heatonpike

10 days ago

RT @OTalk_: #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>**Barbara Ann Smith** @Babsyslapsy

10 days ago

@RachaelD_OT I am from a respiratory unit in Rotherham #OTalk

**Dudley Rehab Service** @DRS_NHS

10 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Glenn Westrop** ❤️ @glenn_westrop

10 days ago

RT @Occ4LifeLtd: #OTalk in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession....

**Amy B** 🌟 @AmyBrennan2

10 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Robert Workman** @RobW_OT

10 days ago

RT @OTalk_: #OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July y...

**#Hellomynameis Sarah (she/her)** 🏠 ❤️ 🌈 🤔 @SLawsonOT

10 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**#Hellomynameis Sarah (she/her)** 🏠 ❤️ 🌈 🤔 @SLawsonOT

10 days ago

RT @Occ4LifeLtd: #OTalk in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession....

**Helen** @HelenArnfieldOT

10 days ago

@hspenceruk @RachaelD_OT This #otalk

**Saira** @sairay1

10 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**you're on mute Leo** @LeonoraOT

10 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**UoS Occupational Therapy @TherapyUos**

10 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**BAMEOTUK @BAMEOTUK**

9 days ago

RT @Occ4LifeLtd: #OTalk in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession....

**Odreika @OdreikaM_7**

9 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Dr Emma Green @DrEmmaGreen_OT**

9 days ago

@RachaelD_OT looks like a really interesting #OTalk last night on resilience. Never make these live but will be taking a look at transcript which is such a handy function @OTalk

**Fiona Lindop @FionaLindop**

9 days ago

RT @teohjouyin: @SteveGFord @Occ4LifeLtd One year already @Occ4LifeLtd wow! #OTalk @SteveGFord @theRCOT up to helping us retweet our study?...

**Chitra Joshi @ChitraJoshi17**

9 days ago

RT @OTalk_: #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>

**SBUHB Occupational Therapists @SBUHBOT**

9 days ago

RT @OTalk_: #OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July y...

**Robert Workman @RobW_OT**

9 days ago

@SBUHBOT**#hellomynameisRosie @rgarrett92**

9 days ago

RT @OTalk_: #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>

**Deb Hearle @hearled**

9 days ago

RT @ot_withsherri_: With tonights #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...

**Rachael (she/her) 🏳️ @RachaelD_OT**

9 days ago

@anyadei I think you raise a very good point #OTalk

**Rachael (she/her) 🏳️ @RachaelD_OT**

9 days ago

@keymn1 After much consideration, I think that's where my head is at too #OTalk

**Rachael (she/her) 🏳️ @RachaelD_OT**

9 days ago



Rachael (she/her) 🌈 @RachaelD_OT

@OTkate1984 @SarahInnesOT I couldn't agree more. Which, I think can lead us into dangerous territory #OTalk



Prof Diane Cox @dianecox61

9 days ago

RT @OTalk_: #OTalk Upcoming chats and available dates.... Some great topics coming up, also if you would like to see your topic in July y...



Rachael (she/her) 🌈 @RachaelD_OT

9 days ago

@WardChrisi884 I think a lot of organisations are using so-called resilience as a means of placing sole responsibility on an individual as to whether or not they can meet increasing demands under increasing pressure #OTalk



Miranda @ThewMiranda

9 days ago

#OTalk -thank you-I'm going to take this to our students within their 'Emerging OT' module- understanding personal resilience and the OT's potential role to enhance this @OTLeedsBeckett



Occupational Therapy Research Network Wales @ORIENTCymru

9 days ago

RT @OTalk_: #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>



Hannah Keating (she/her) @HannahKeatingOT

9 days ago

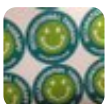
RT @ot_withsherri: With tonight's #OTalk being about #resilience, OT twitterverse please help us to combat racism 🙏 We are still looking f...



Rachael (she/her) 🌈 @RachaelD_OT

9 days ago

@DrEmmaGreen_OT @OTalk_ Lots of interesting view points, for sure #OTalk



@UCIAnOT @uclanot

9 days ago

RT @OTalk_: #OTalk – 18th May 2021 – The new stroke service specification – what does this mean for community services? <https://t.co/8qBtdt...>



LecturerMish 🇬🇧 🇨🇦 🇪🇺 🇬🇧 🇬🇧 🇬🇧 🇬🇧 She/Her @LecturerMish

9 days ago

RT @Occ4LifeLtd: #OTalk in two weeks times is one year on from our first talk on Improving Representation and Diversity in the profession....



Samantha Flower @sammhahp

9 days ago

@RachaelD_OT what time does it kick off please?



Rachael (she/her) 🌈 @RachaelD_OT

9 days ago

@sammhahp Hey @sammhahp. The #OTalk was held last night, 8-9pm. You can catch up by searching for the hashtag or the transcript should be released in the next few days over on @OTalk_ 😊



Hayley Wright @hayleymwright

9 days ago

RT @hayleymwright: Please RT guys! Lots of #OccupationalTherapy practitioners needed for



important [#research](#) survey! [@OTalk](#) [#OTalk](#) [@GMatou...](#)



Camille ♥ [@I_am_an_OT](#)

9 days ago

RT [@ot_withsherri](#): With tonight's [#OTalk](#) being about [#resilience](#), OT twitterverse please help us to combat racism 🙏 We are still looking f...



Dr Michelle Perryman-Fox 🦊 [@Symbolic_Life](#)

8 days ago

RT [@GeekyOT](#): Hot off the press! Our article about an occupation-focused assessment in [#eatingdisorder](#) [#occupationaltherapy](#). [@marysotfocus...](#)



Dr Michelle Perryman-Fox 🦊 [@Symbolic_Life](#)

8 days ago

Huge congratulations!



Danya Sanchez MOTR/L [@DanyaSanchezOT](#)

8 days ago

[#yas](#) [#otalk](#) [#license](#) I have [#Louisiana](#) [#Texas](#) [#Oregon](#) [#Utah](#) [#Virginia](#) [#CentralNorthernMarianalIslands](#)



Bill Wong, OTD, OTR/L [@BillWongOT](#)

8 days ago

RT [@GeekyOT](#): Hot off the press! Our article about an occupation-focused assessment in [#eatingdisorder](#) [#occupationaltherapy](#). [@marysotfocus...](#)



Lucy Chambers she/her ♥ [#blm](#) 🌈💙🌈 [@luckyot](#)

8 days ago

RT [@GeekyOT](#): Hot off the press! Our article about an occupation-focused assessment in [#eatingdisorder](#) [#occupationaltherapy](#). [@marysotfocus...](#)

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