

B2: COPING WITH CHANGE CAUSED BY LIFE EVENTS

Character traits

These are different aspects of an individual's personality. An individual's character traits can affect how well they can adapt to life events.

Trait	Description	How the trait can support with change caused by a life event and development
Resilience	This is a person's capacity to cope with difficulties and recover from difficulties quickly.	Life events are characterised by causing a lot of change in a person's life. Resilience means that you can plan for life events and accept the changes that happen with a positive attitude.
Self-esteem	This is the way you see yourself. If you have high self-esteem, then you are confident and see yourself in a positive way.	High self-esteem means that you have enough self-belief to be confident that you can deal with the changes that the life event will bring and the decisions that you will have to make.
Emotional intelligence	This is the ability to understand and regulate your emotions and to understand and empathise with the emotions of others.	Life events are often emotionally charged. Having a high level of emotional intelligence means that emotions are kept under control in difficult situations and you can make decisions that are supportive of everyone involved in the event.
Disposition	This is the outlook you have on life. You may be positive and generally optimistic, or you may take a more negative and pessimistic view.	Individuals with a positive disposition are open to the change that life events may bring and can make clear decisions based on the pros and cons of that decision.

Sources of support

Source of support	Description	Examples
Formal	This is support provided by workers within professions. They are trained and paid to provide support to individuals.	<ul style="list-style-type: none"> • Doctors • Nurses • Social workers • Home carers • Dietitians • Mental health workers • Occupational therapists • Pharmacists • Careers advisors • Probation officers • Solicitors • Youth workers
Informal	This is unpaid support provided by others. Usually offered alongside professional help.	<ul style="list-style-type: none"> • Family • Partners • Friends • Neighbours • Colleagues
Community, voluntary and faith based	These are services that are classed as charities and are funded by a mixture of donations and grants. Workers for such organisations are trained to provide care and support and may be either paid workers or volunteers. Most community-based services employ a combination of paid workers and volunteers.	<ul style="list-style-type: none"> • Food banks • Citizen's Advice Bureau • Community centres • Community transport • Support groups and services • Places of worship • Charities providing advice and emotional support • Charities providing home visits and practical support • Community centres • Advocates

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Define this key term: **Character traits**

Trait	Description	How the trait can support with change caused by a life event and development
Resilience		
Self-esteem		
Emotional intelligence		
Disposition		

Sources of support

Source of support	Description	Examples
Formal		
Informal		
Community, voluntary and faith based		

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Types of support

Emotional Support	Information and Advice	Digital Apps	Practical Help
<ul style="list-style-type: none"> • Advocacy • Companionship • Counselling and therapy • Listening • Offering encouragement • Supporting activities • Encouragement and motivation • Reassurance • Non-judgemental support 	<ul style="list-style-type: none"> • Legal advice • Financial advice • Medical advice • Treatment advice • Self-help support • Health education • Nutritional planning • Fitness planning • Antenatal advice and classes • Postnatal and breastfeeding advice • Educational and up-skilling information • Job-seekers clubs • Personal training and life coaching 	<ul style="list-style-type: none"> • Making appointments • Online consultations • Medical history • Health advice • Medication advice • Health plans and targets • Fitness activities and tracking • Meditation and mindfulness activities • Language translation • Monitoring physical measures (e.g. resting pulse and sleep) 	<ul style="list-style-type: none"> • Personal care • Cooking, shopping and cleaning • Cleaning • Gardening • Transportation • Help with paperwork • Babysitting • Childcare • Overnight support • Respite care • Physiotherapy • Occupational therapy • Personal care assistance

Multi-agency working

Two or more types of service working together to support individuals

Apply it:

Andrei has recently separated from his husband and will shortly begin the process of divorce. How can formal sources of support help him adapt to this life event?

A counsellor or therapist could help Andrei to process his emotions about the divorce, providing a safe and supportive space for him to express his feelings and develop coping strategies to help him adapt to his situation.

Divorce can also take a physical toll on people, leading to symptoms such as insomnia, fatigue and headaches. Andrei could visit his GP for advice on managing these symptoms. The GP may recommend healthy changes to Andrei's diet, exercise and sleep habits and could provide medication such as anti-depressants or sleeping tablets. Alternatively, he could seek advice from local pharmacist about the range of sleep aids that are available to buy over the counter.

Divorce can be a complex legal process and Andrei may seek the guidance of a solicitor to help him navigate the legal system and understand his rights and responsibilities. He may have also consulted with financial advisors to help him understand the financial implications of the divorce and develop a plan for adapting to his future financial situation.

Multidisciplinary working

Professionals from the same service, but with different specialisms, working together to support individuals

Apply it:

Shaz has recently become a mother to a baby girl who she has named Helen. How can formal sources of support help her adapt to this life event?

Shaz will initially be supported by home visits from the midwife. This is to ensure that she is physically recovering well, but the midwife can also help her to adapt to caring for her baby by helping her with breastfeeding.

As a new mother, Shaz may seek instruction to help her adapt to her new role as a parent, such as with bathing and feeding the baby. This could have included attending antenatal classes with a midwife and regular visits from the health visitor after Helen is born.

Caring for a newborn baby can be stressful and Shaz may access professional help to manage any feelings of anxiety, stress or postnatal depression. She may visit her GP, who could prescribe medication for depression or anxiety, or she could visit a counsellor to help develop some coping skills.

Finally, the additional day-to-day activities of motherhood can be overwhelming. She may need to adapt her household routines, such as cleaning and shopping. To help with this she could employ a professional cleaner and use home delivery apps provided by supermarkets.

Apply it:

Comparing the way Shaz and Andrei used formal sources of support to adapt to their life events:

Andrei's support needs are primarily centred around emotional and legal concerns related to his divorce. As well as a solicitor to guide him through the complex legal process of divorce, he also consulted with financial advisors to adapt his future financial situation, living alone.

On the other hand, Shaz's support needs centred around immediate physical and practical concerns related to becoming a new mother. She will receive home visits from a midwife to ensure her physical recovery and help with breastfeeding and experienced significant adaptation of her day-to-day routines by employing a cleaner and using home delivery apps for shopping. Both Andrei and Shaz realised that their life event affected them emotionally and consequently physically. Both may seek help from the GP for medication and from a counsellor to develop coping strategies. Both would need to adapt to new feelings about their situation so that the impact on their physical health is kept to a minimum.

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Types of support

List examples of each type of support

Emotional Support	Information and Advice	Digital Apps	Practical Help
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Define these key terms

Multi-agency working	Multidisciplinary working
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<p>Apply it: Write three paragraphs on: Andrei has recently separated from his husband and will shortly begin the process of divorce. How can formal sources of support help him adapt to this life event?</p>	<p>Apply it: Write three paragraphs on: Shaz has recently become a mother to a baby girl who she has named Helen. How can formal sources of support help her adapt to this life event?</p>	<p>Apply it: Write three paragraphs to: Compare the way Shaz and Andrei could use formal sources of support to adapt to their life events.</p>
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