



## Failure Cultivates Resilience

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### Abstract:

Everybody face's stress and failures it is how we learn to deal with the emotive feelings failure leaves us with that builds resilience and if thats the case should we not be learning about resilience in Primary school as a child? Especially when we know that between 0-5yrs is when last-ing learn't behaviour occurs.

We know less resilient people are more prone to memory issues in later life, cardiac problems and a less efficient immune system, which has a massive impact on the NHS. This pressure could possible be elevated if we invested more in teaching young learners the true meaning of resilience. If we were to build resilience and its understanding into the education system, we would have stronger individuals that embrace what they are best at and accept the failures they face and learn from them- so that failure is an option and it is required to build resilience and rebound stronger a stronger individual.

It probably comes as no surprise that what we think and say to ourselves day in and day out, over weeks and years and decades, can have a big impact on how we feel about ourselves and on our sense of worth. It may be more surprising to learn that the words that we say to ourselves, positive or negative, can actually change our brains in significant ways.



### Biography:

Sue's career started in the NHS as a Mental Health nurse over 20 yrs ago and has a background in dealing with a variety of people and challenges, including being an active manager of the largest Social Enterprise start up in the UK. Sue's life-long passion is to inspire young people to reach their potential. In 2013 She left her full time position to start her own business Inspireignite. Sue holds a Bsc (hons) in Specialist Community Mental Health, is near completion of her Masters in Strategic Health, a Post Graduate Certificate in Learning and Teaching in Higher Education. She has a foundation degree in Gestalt Psychotherapy, NLP, Family Therapy and Dealing with Drug and Alcohol abuse. Sue is registered with the ENB (English National Board) for nursing and a member of BACP (British Counseling and Psychotherapy).

2nd Annual Summit on Psychiatry and Mental Health | August 10-11, 2020 | London, UK

**Citation:** Sue Altass, Failure Cultivates Resilience, Sue Altass, Hull University, London; Mental Health 2020; August 10-11, 2020; London, UK.