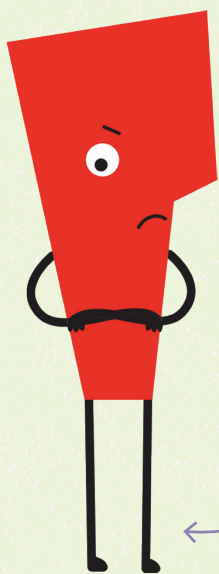


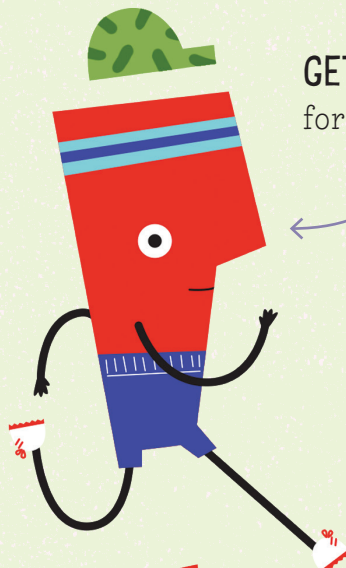
TOP TIPS: WAYS TO BE RESILIENT

Many of the activities in this book can help us be resilient. When you face difficulties, use the activities in this book and remember these top tips:

Put things in perspective and think about the bigger picture. Are you making a mountain out of a molehill?



IF YOU FEEL ANGRY, UPSET, ANXIOUS OR STRESSED... pause and take a few deep, slow breaths, in and out, focussing on your breath. This can help you feel calmer and help you choose what to do next in response.

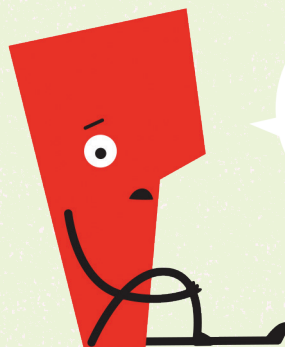


GET ACTIVE and go for a walk or a run.

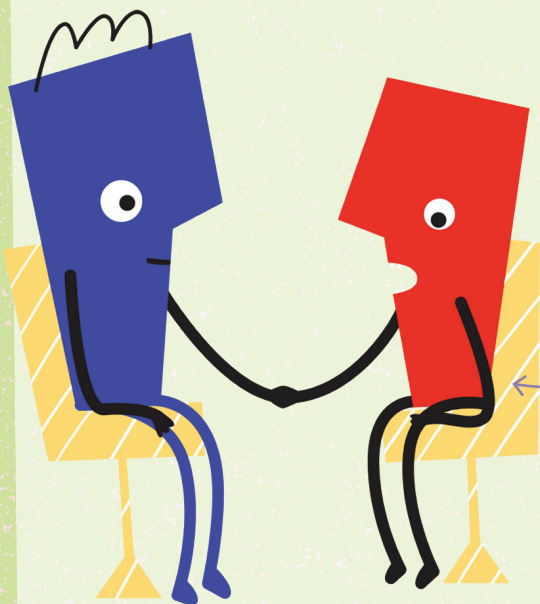
HAPPY FACT

Psychologists call resilience 'ordinary magic' because we all have resilience and we can all develop more of it!

ASK FOR HELP when you need it.



PLEASE HELP!



FIND A SAFE ADULT or a good friend to talk to.

TAKE YOUR MIND OFF IT by doing something you enjoy or are good at, or by helping someone else.

