

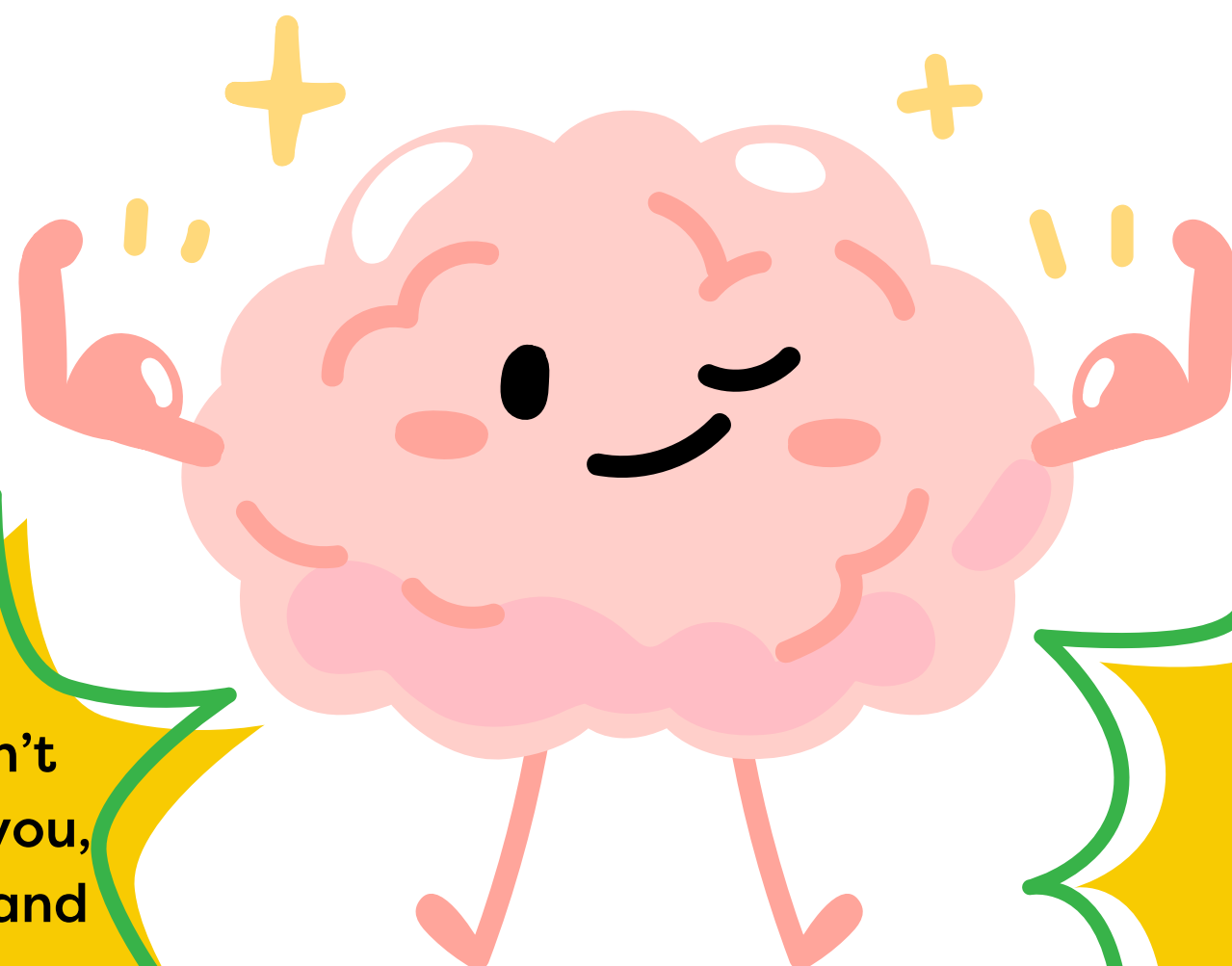
Steps to Resilience

Resilience involves maintaining a positive attitude, determination, and the ability to learn and develop from difficult experiences. Resilient people have mental and emotional strength, which allows them to deal with difficult situations with perseverance and strength.

Resilience is all about how you respond when life tries to knock you down. Regulating your thoughts and emotions, being prepared, and practicing good self-care, rather than allowing failure to consume you and weaken your determination, helps you come back stronger than ever.

Below, we have 5 steps to build resilience. Then you can create your own action plan, by writing down what steps you will take to build your resilience!

**BE
RESILIENT!**



It's ok if this doesn't come naturally to you, give yourself time and you can build your resilience.

It's ok not to be perfect, it takes practice.

Steps to Resilience

Step 1: Set a goal and take small steps

Think of one goal you want to achieve (like learning a new skill or finishing homework). Write one step you can take to work towards it.

Step 2: Take care of yourself

Write one self-care habit you can do today (like getting enough sleep, eating healthy, or spending time outside).

Step 3: Solve one problem at a time

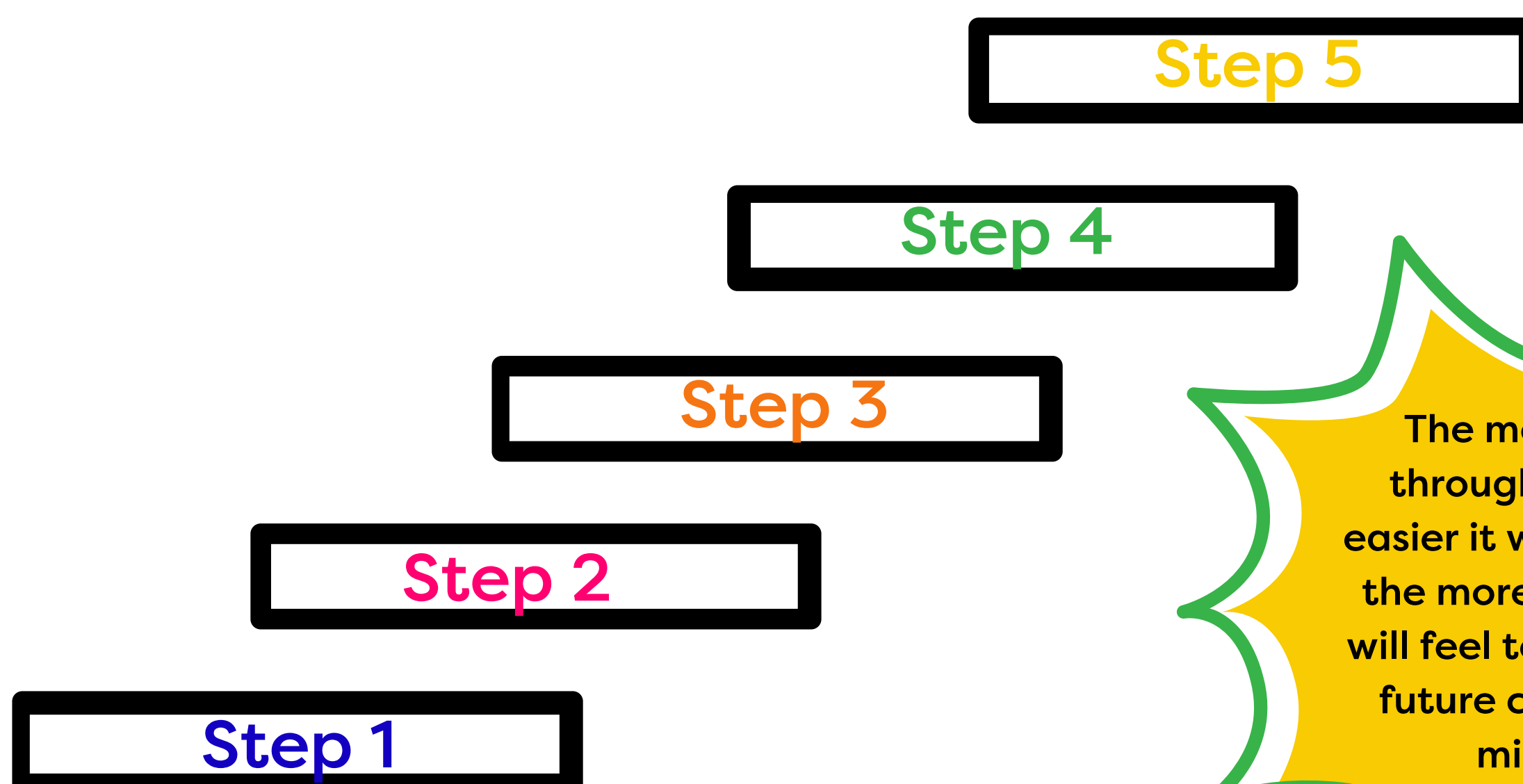
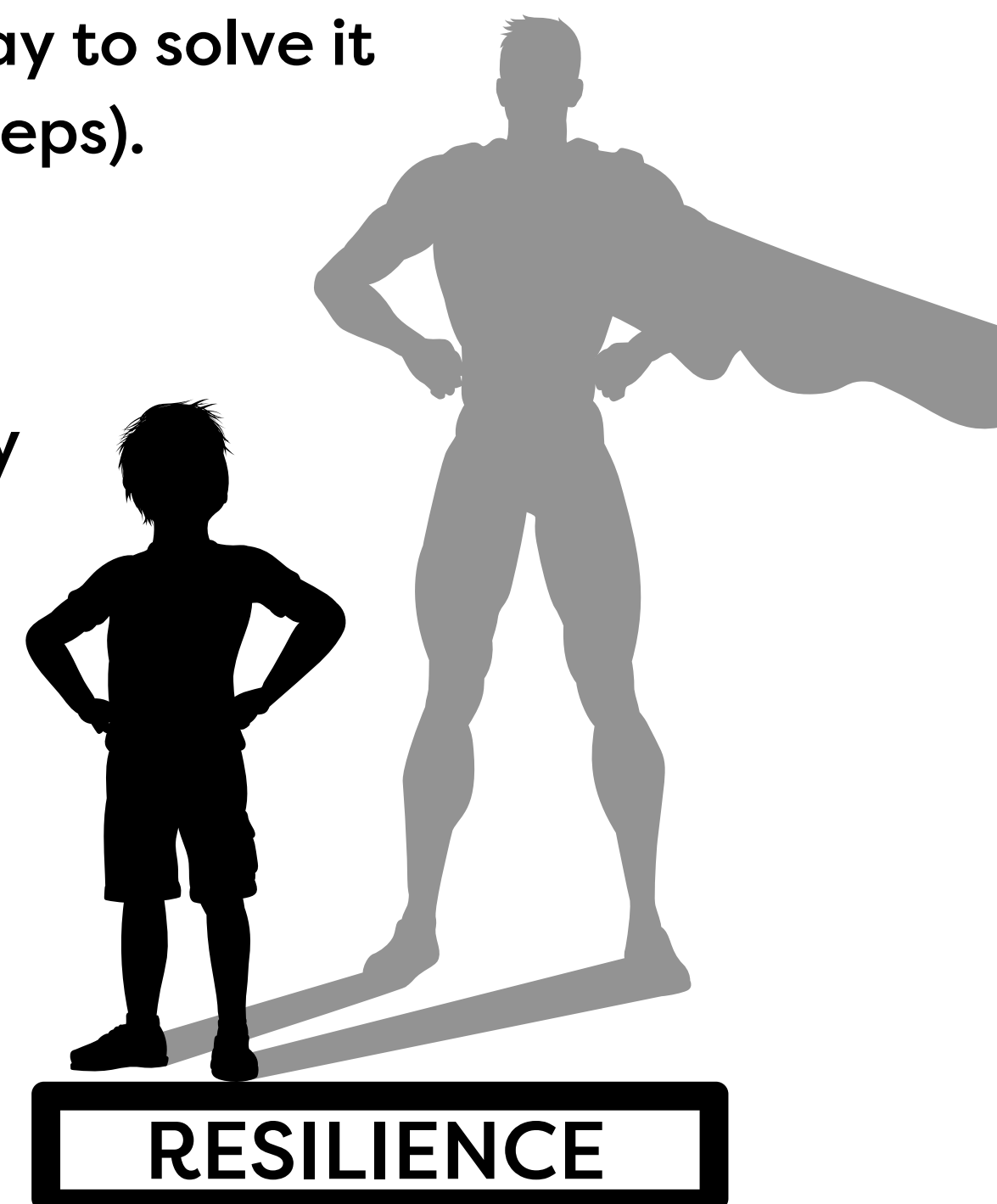
Think of a problem you're facing. Write one way to solve it (like asking for help, breaking it into smaller steps).

Step 4: Find your feelings and healthy coping strategies

Write how you feel today and one healthy way to manage that feeling (like talking to a friend, taking deep breaths, or drawing).

Step 5: Believe in yourself and learn from challenges

Write about a time when you overcame a challenge and what you learnt from it. Think about how strong and capable you are!



The more you work through the tips, the easier it will become, and the more confident you will feel to overcome any future challenges you might face.

Steps to Resilience

Write down in this action plan, what steps you will take to build your resilience:

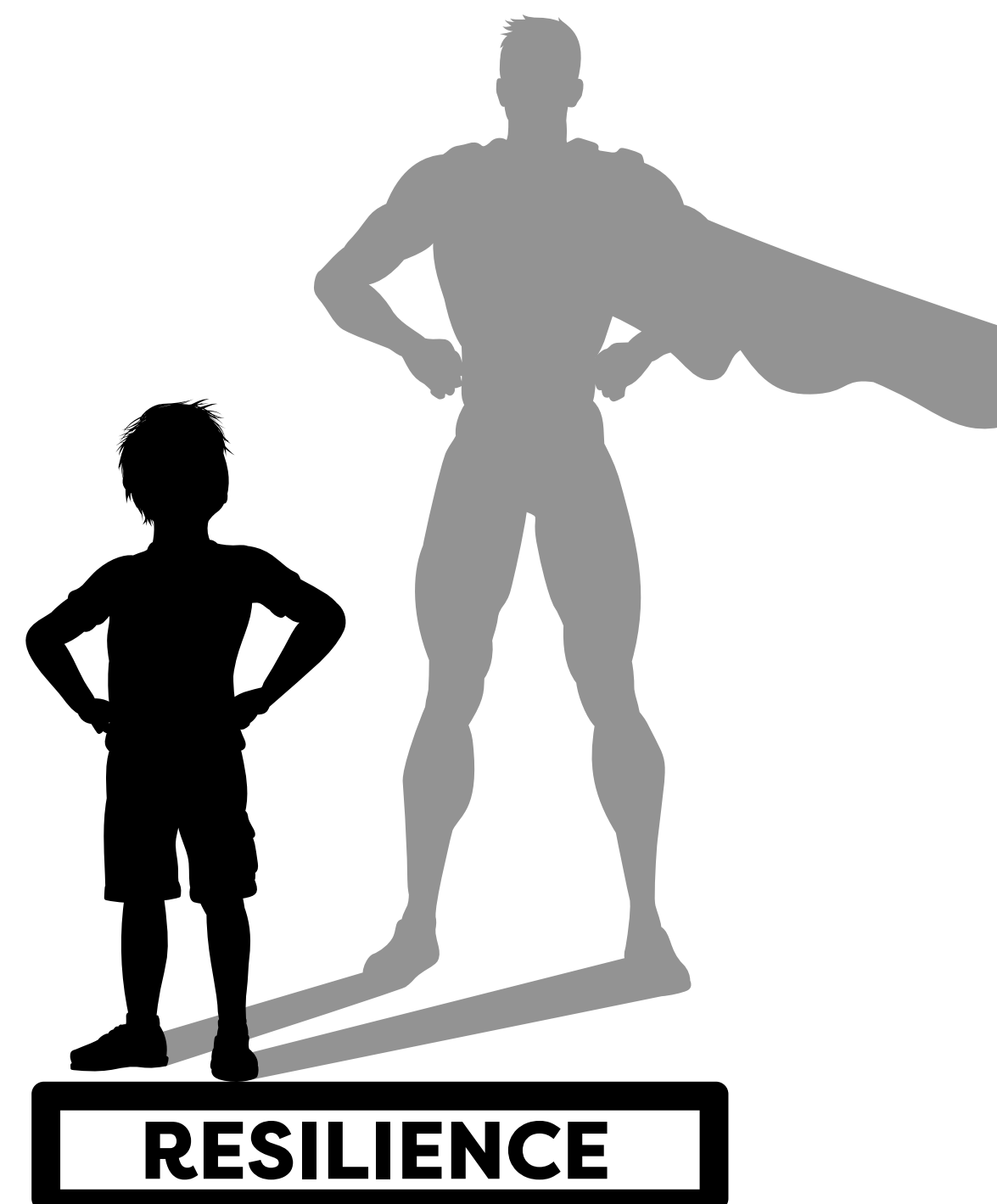
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Step 2: Take care of yourself

Step 3: Solve one problem at a time

Step 4: Find your feelings and healthy coping strategies

Step 5: Believe in yourself and learn from challenges



Step 5

Step 4

Step 3

Step 2

Step 1

