

I AM

RESILIENT

This is how:



What is resilience?

The ability to bounce back from setbacks, cope with life's challenges, and adapt to change in healthy ways. Resilience is developed through connection with others and working on social, emotional and coping skills.

Why is it important?

Resilience helps protect you in times when your life experiences are overwhelming. It can also help you maintain balance during difficult times.

How can I build resilience?

- Foster supportive relationships (even if it is at a distance).
- Find a fun way to distract yourself from unhelpful thoughts.
- Be kind to yourself and others.
- Look for something positive in a difficult situation.
- Reach out to someone you trust for support.