

How to Help: Resilience

People find enjoyment and get life from doing all sorts of different things. Being in the flow of something you love can help you to lose track of time and feel satisfied and full of life.

Use this sheet as you help the children and young people around you think about what it means to be resilient. Use the different questions as prompts, or you could go through the sheet with them.

Mental resilience is the ability to adapt well to change, to be emotionally adept and bounce back and recover from set backs.

What is the best thing you've done this week. Tell someone about it.

Write down some things that give you life and that you LOVE doing.

Is there anything new that you want to learn that you could get lost in and really enjoy?

What are you thankful for about today? Write these things down in a journal.

How do you celebrate positive things together as a family? Here are some ideas of how you could celebrate positively as a family!

Teflon and velcro - think about which things from today you want to stick with you and stay and which things you want to slip off and disappear.

Before you go to bed. Think of three things that you've been involved in today that have been positive. Do this for a whole week to get into a habit of focusing on the positive things in your life.

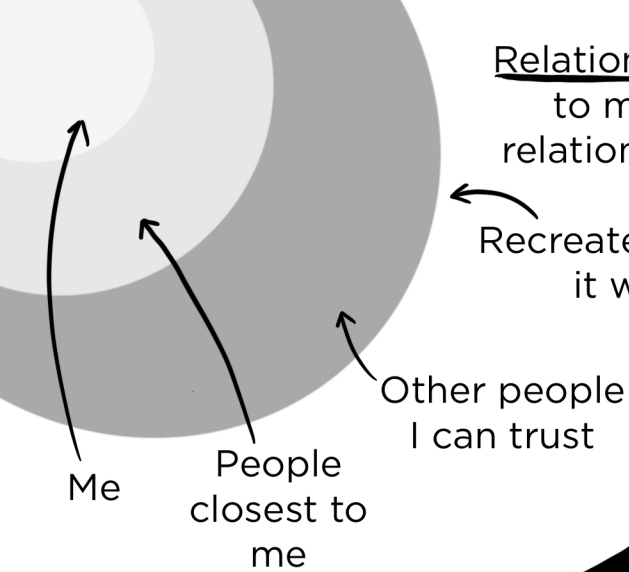
What does this mean to you?

Eric Liddell (Scottish sprinter) once said "I believe that God made me for a purpose, but he also made me fast and when I run I feel his pleasure"



Relationships and social connections are crucial to meaningful and fulfilled lives. We need relationships in our life whatever they look like.

Recreate this diagram on a piece of paper and fill it with the names of people in your life.



? Is there a larger purpose or cause in the world that you feel drawn and connected to?

Having an answer to the question "why am I on this Earth" is not an easy thing to achieve, but can help with leading us towards happiness and contentment.



What kinds of activities can you do with the people close to you to help grow those relationships. Maybe think of one thing with friends and one with your family.

Have a chat about why you do the things you do. Think about what what motivates you in life.

What part do you think your faith might play in this how could it bring more meaning to what you do?

Resilience is part of a healthy lifestyle and looking after yourself.

What are some ways that you can make sure you're looking after yourself?

Is there anyone at the moment that you want to talk to. What would you want to say to them?

