



Positive Mental Health and Well-being

Issue 3



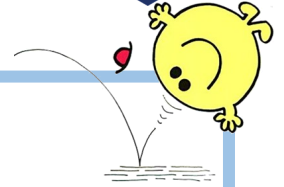
Wonderful Well-being

Be Resilient
Learning to bounce back and not give up.

Resilience

Resilience is the ability to withstand challenges and bounce back from difficult life events. Being resilient does not mean that people don't experience stress, anger, sadness and other emotions. Everyone has these feelings and it's ok to not be ok, especially if something sad/challenging has or is happening in your life. Demonstrating resilience includes working through tough and emotional situations and 'bouncing back', again and again, with every obstacle we face.

Resilience is important because it gives people the strength needed to overcome hardship. Those lacking resilience get easily overwhelmed. Resilient people tap into their strengths and support systems to overcome challenges and work through problems.



I get
KNOCKED DOWN
but i get
UP again
you're **NEVER**
gonna **KEEP**
me **DOWN**

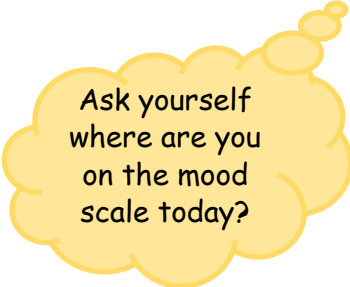
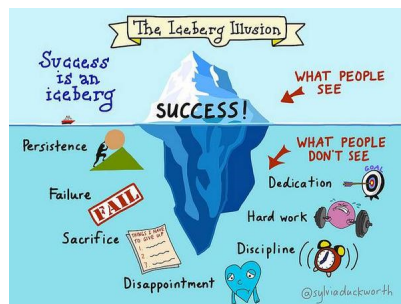
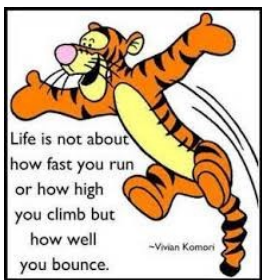


Have a look at our useful links for more information, helpful advice and activities you can try at home.

Download a fantastic Resilience board game from the Mentally Healthy Schools website that you can play at home. This simple board game explores common scenarios that children may encounter in their day-to-day life at home or at school, and the resilience they may need for tackling them [Download Board game](#)



- ☺ Mind Developing Resilience <https://www.mind.org.uk/developing-resilience/>
- ☺ <https://positivepsychology.com/resilience-activities-worksheets/>
- ☺ Head over to <https://youngminds.org.uk/beano-resilience-lesson-plans/> to watch a video of Dennis the Menace and Minnie talking about resilience.



- 1-3 Please talk to someone, parent/carer, older sibling, friend or a teacher about how you are feeling.
- 4-6 Try doing an activity from our website or visit the CalmZone /Anna Freud and hopefully this will help you back on track and move up a level!
- 7-10 You are feeling good, keep doing what you are doing! Share that smile!



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