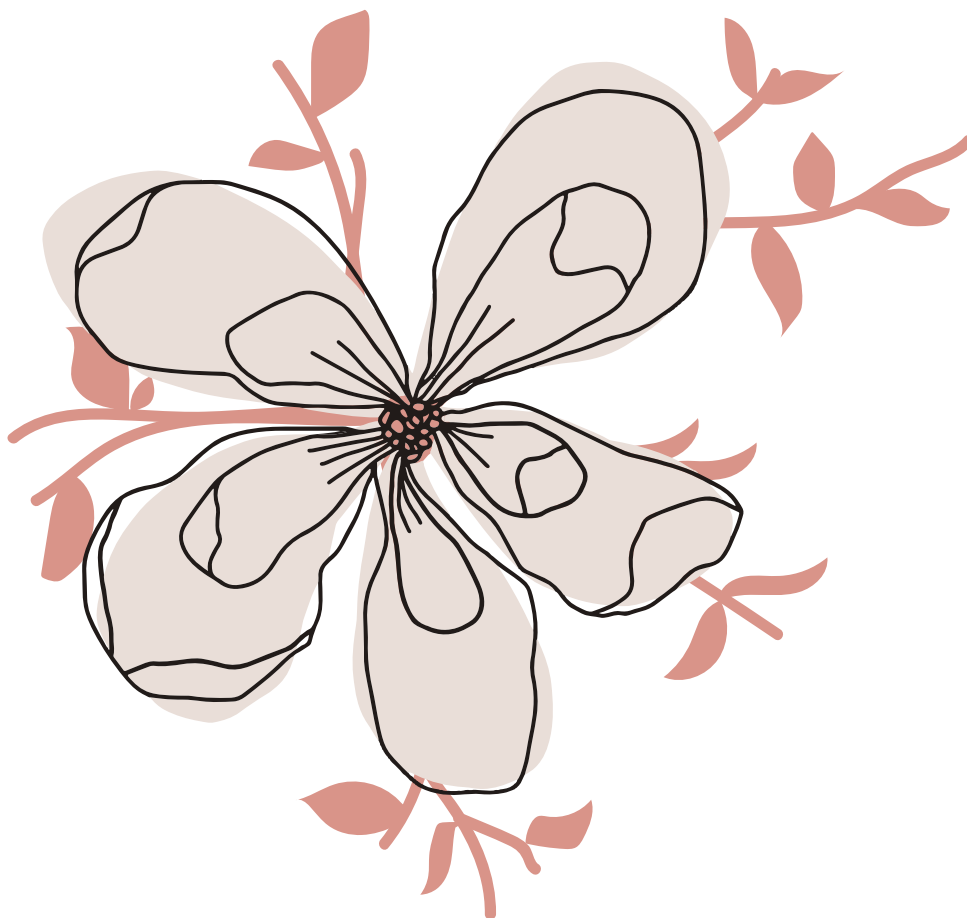
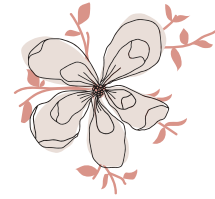


Building RESILIENCE



RESILIENCE



There's an old African saying:

“You know how well the roof has been built only when the rains come”

Humans aren't much different.

Resilience is the ability of bounce back after challenges, adversities and setbacks, even with new skills!

Resilience is the key to resisting stress, rebounding from it, and being your best!

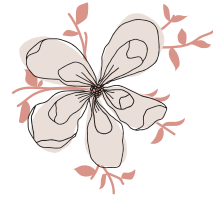
In life, we all experience ups and downs, highs and lows, good times and not-so-good times. Being resilient doesn't mean not finding things difficult or not getting upset. It means being able to deal with things that are difficult and move on.



Research has shown that people who are more resilient, tend to be happier and more successful in life. We can train this ability at the moment, with the Coronavirus situation, a global and uncertain adversity that we are all facing.



RESILIENCE



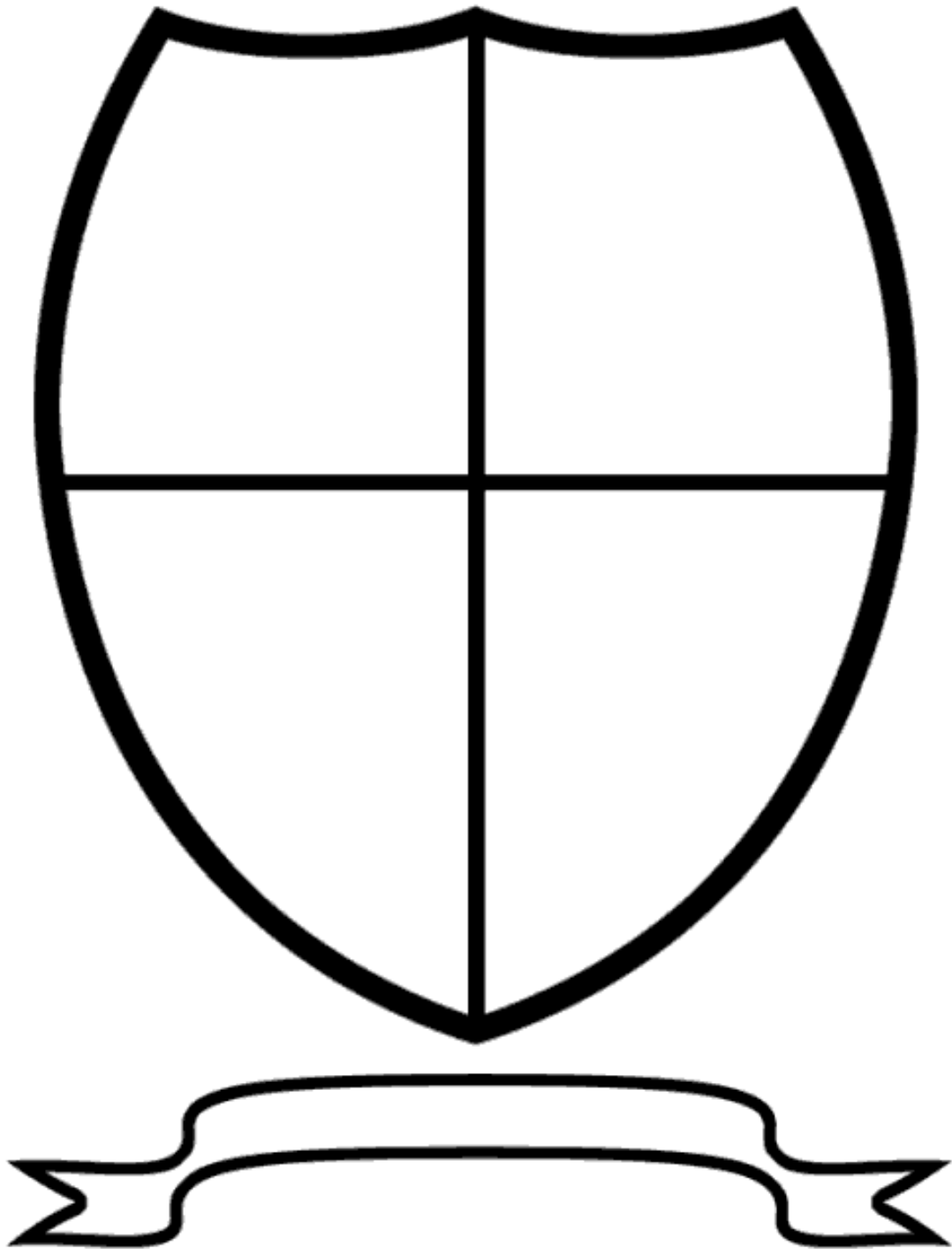
- B** – Bad times don't last, and things get better.
- O** – Other people can only help if you share with them.
- U** – Unhelpful thinking only makes you feel worse.
- N** – Nobody is perfect – not you, not your friends, not your family, not anybody!
- C** – Concentrate on the good things in life, no matter how small.
- E** – Everybody suffers, everybody feels pain and experiences setbacks; they are a normal part of life.

- B** – Blame fairly – negative events are often a combination of things you did, things others did and/or plain bad luck.
- A** – Accept what you can't change and try to change what you can.
- C** – Catastrophizing makes things worse – don't fall prey to believing in the worst interpretation.
- K** – Keep things in perspective. Even the worst moment is but one moment in life.



Professor Helen McGrath

COAT OF ARMS

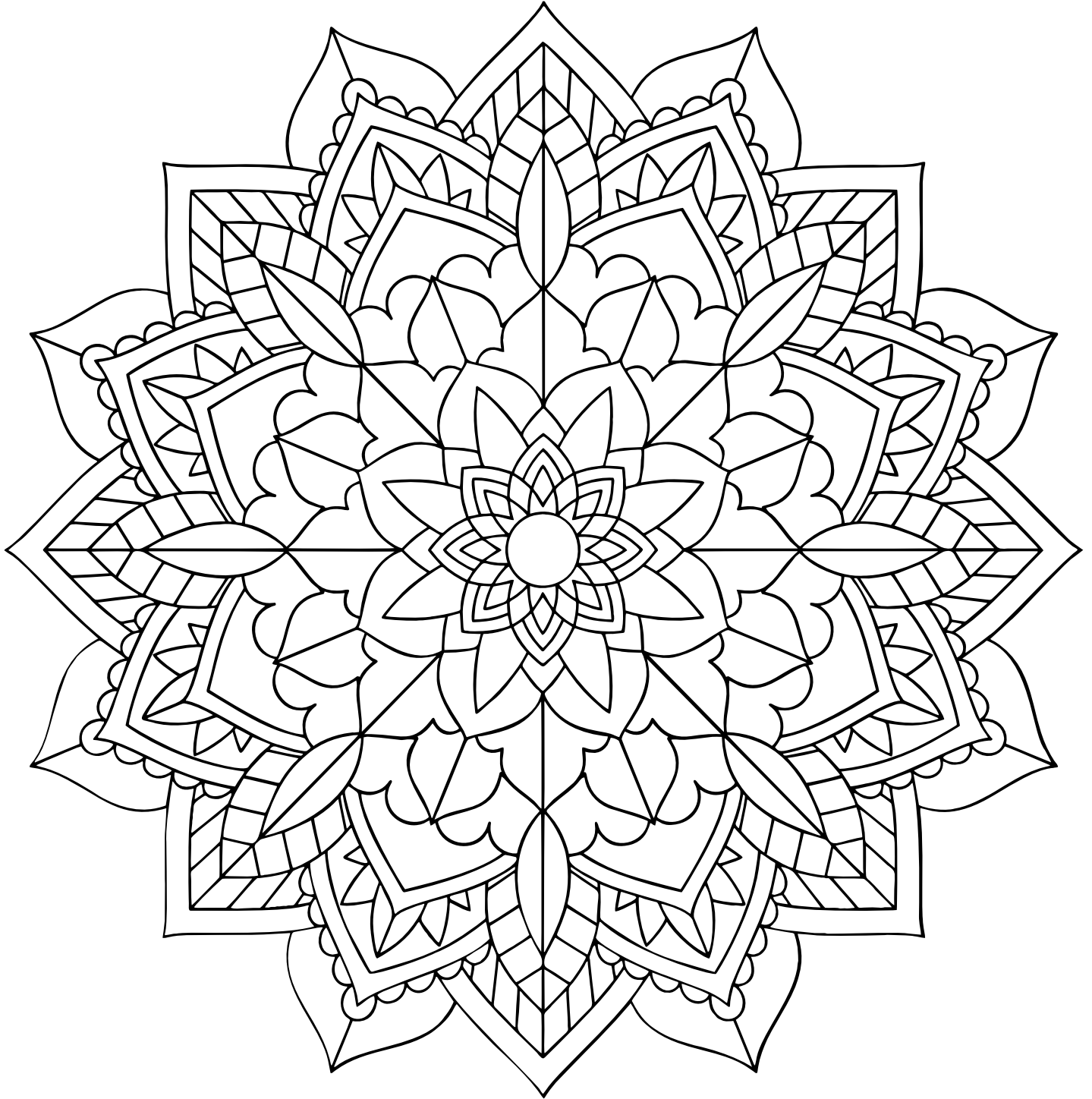


Draw a very personal coat of arms with a personal motto.

In it you can represent those positive aspects that you appreciate most about yourself. For example, the best thing you have achieved, the quality that you are most satisfied with, the hobby you value the most, what you would like to achieve in the future....

This will help you defend yourself against everything that comes ahead!

MANDALA

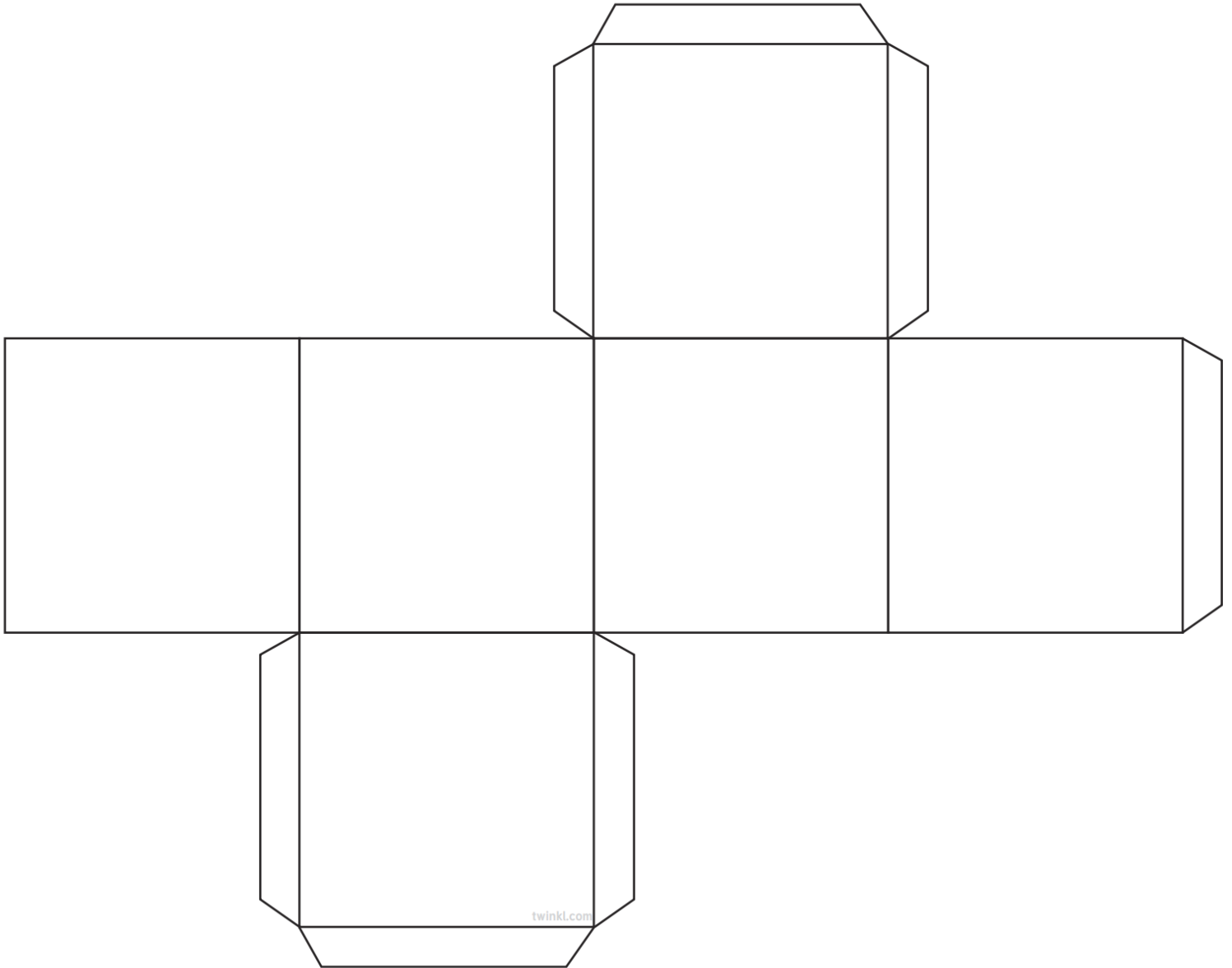


Mindful colouring: Explore feelings through color

The Mandala is split into four sections: 1) Self 2) Friends 3) School 4) Home/Family
Color in each area of the Mandala in a way that represents how you feel about that area of your life. You can use a variety of colors or just one color, however best represents your feelings.

Talk and discuss with a trusted person about it.

MY STRENGTHS BOX



In today's world, we focus a lot on what people look like on the outside, but the challenge in this activity is to look within. Think at all the different gifts and qualities you could have, as many as you like (if you have difficulties, ask a trusted person, look next page).

Place your gifts and qualities in your own gift box.

Use it as a reminder for all your strengths, qualities and talents!

MY STRENGTHS BOX

Patient Good listener

Joyful Calm Fun

Good sense of humor Loyal

Hardworking Kind to people

Honest Reliable Responsible

Good friend Enthusiastic

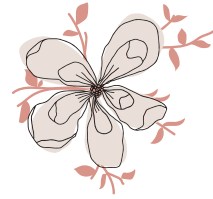
Thoughtful Musical Helpful

Good at sport Artistic

Funny Caring Generous

Confident Brave

RESILIENCE



REFERENCES:

- Glenn R. Schiraldi, PhD (2017): The resilience workbook
- <https://positivepsychology.com/resilience-activities-worksheets/>

MANDALAS:

<http://www.supercoloring.com/coloring-pages/arts-culture/mandala>

NET OF A CUBE:

<https://www.twinkl.es/resource/t-n-710-net-of-a-cube>

