

# RESILIENCE SUPPORT

Resilience means being able to adapt, deal with difficult situations and come back strongly. Developing resiliency skills helps you cope and supports good mental health.

If you would like to find out more about how to improve your resiliency skills, please don't hesitate to contact me for a confidential chat.

**JILL HOUNSLOW-EYRE - Resilience Co-ordinator**

**Email:** [jill.hounslow-eyre@derby-college.ac.uk](mailto:jill.hounslow-eyre@derby-college.ac.uk)

**Mobile:** 07964 129 024

# POSITIVITY STARTS HERE



Identify words that make you feel good – complete the points below.

- Think about the words that describe you or your favourite things or people.
- **Consider how you want to lay words on a page or your phone.**
- Choose different fonts, sizes, colours and start writing / typing.
- **Refer to your word board whenever you need to lift your mood.**

# SAY NO TO NEGATIVE THINKING



NO

**Do you: Always expect the worst outcome? Ignore the good and focus on the bad? Blame yourself for negative situations?**  
**Negative thoughts can lead to feelings of anxiety.**

- It can be useful to notice these negative thoughts and challenge them.
- What negative / anxious thoughts are you having?
- Are you thinking things are worse than they really are?
- Challenge your thought – Is there a more balanced view you could take?

# PRACTICE GRATITUDE

*Practice*  
**GRATITUDE**

Struggling to get through the day? Try practicing gratitude...

Identify three things that you feel grateful for .

Make a note of them.

When you are feeling low, read them to remind yourself that there are some good things in your life .

# CONNECT

**Connecting with people is important for your well-being.**

Talk about how you are feeling.

**Stay in touch with friends.**

Speak to your family.

**Talk to a trusted adult.**

See people face to face.

**What can you do to improve your connections?**



# LOOK TO THE FUTURE

- Where do you want to be in five years' time?
- Identify three things you can do to help you on your journey.
- Plan to make a start to help achieve your goal.



# USE YOUR STRENGTH



I really want to.....

.....

.....

.....

A strength I have, to achieve this is.....

.....

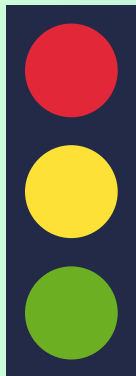
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# TRAFFIC LIGHT YOUR TECHNOLOGY

**Your mobile phone, social media or online gaming can take over and stop you doing other things that might make you happy.**

**Identify:**



Times and places I will stop using.

Times and places I will limit my use.

Times and places I can use freely.



# LIST 5 **POSITIVE** THINGS ABOUT YOURSELF

1 .....

2 .....

3 .....

4 .....

5 .....

**When you are feeling low, read through your list to remind yourself how amazing you are!**

# MAKE TIME FOR YOU

**Identify 3 things you enjoy doing.**

**1** .....

**2** .....

**3** .....

**Plan some time over the next two weeks to do them.**

# WHAT DOES HAPPINESS MEAN TO YOU?

## Identify:

One thing that brings me joy.

**One thing I look forward to.**

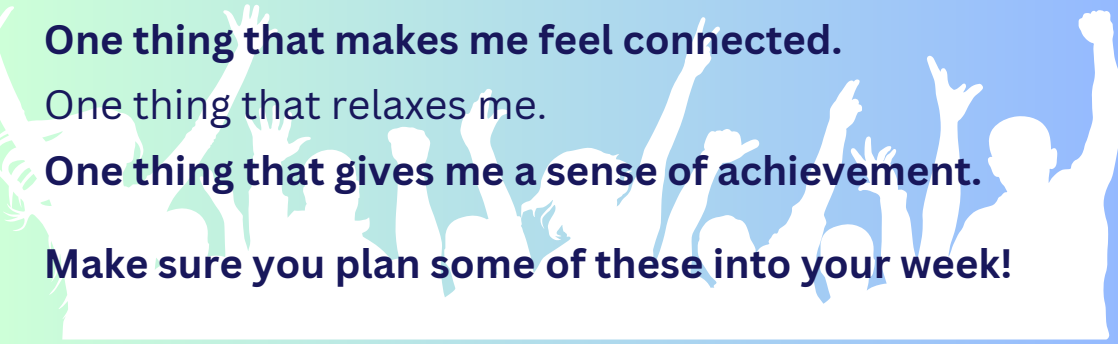
One thing that makes me laugh.

**One thing that makes me feel connected.**

One thing that relaxes me.

**One thing that gives me a sense of achievement.**

**Make sure you plan some of these into your week!**



# **WORRYING WON'T STOP THE BAD STUFF FROM HAPPENING, IT JUST STOPS YOU FROM ENJOYING THE DAY**

**Notice what you are worrying about. Is this something you have any control over?**



**Worrying about it won't help. Make a note of your worry and set aside a time to think about it later but don't let it spoil your day.**



**Make a plan to solve the problem. Now you can stop worrying.**