



Wake Up To
Wellbeing!
Session 12

- What does the word resilience mean?



Resilience is the ability to cope when things go wrong.



- When things go wrong, resilience is what helps you to cope and get through hard times.
- Sometimes it makes you even stronger than you were before.

Resilience can also be described as:



- Bouncing back after difficult times.
- Dealing with challenges and still holding your head up.
- Giving things a go or trying your best.
- Being strong on the inside.
- Being able to cope with what life throws at you and shrug it off.
- Standing up for yourself
Getting back into shape after you have been bent or stretched.

What can I do when I am facing a challenge ?



Ask yourself;

- What can I do to get back on track?
- I can't control everything, so what **is** in my control?
- Can I change something I'm doing to make things better?
- What can I learn from this?
- Who can help?
- How can I move forward?



- Can you make a poster to help someone else learn about being resilient and what it means?
- You may want to include some of these things.
- Thinking positive thoughts.
- Look for the positives in any situation.
- Not everything is always how we want it to be.
- We learn from our mistakes.
- Always keep working towards your goals!



**CHALLENGE
YOURSELF!**



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Everyone can learn how to be resilient

It is ok to feel stressed at times, but it's how you deal with it that counts.

- With practice anybody can learn how to get back on track after negative things happen.
- Can you think of a time when you have been resilient?
- What happened and what did you do to help yourself?
- Can you make a 'how to' help sheet for a friend? It can be a leaflet/ poster/ letter or article.