

TOP 10 TIPS FOR RESILIENCE

R

Remain Positive

Look towards the future, think of what you want from life.

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Establish Realistic & Achievable Goals

This helps give you focus.

S

Strategies

Plan your coping strategies. Don't be afraid to ask for help.

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Identify

Identify your strengths and be confident in yourself.

L

Learn from Experience

Learn from experience and move on.

I

Introduce

Introduce a positive way of thinking. Focus on the good things in your life.

E

Enjoy

Make time to do the things you enjoy.

N

Needs

Take care of yourself. Keep healthy and fit.

C

Connect

Build healthy relationships with your family, friends and teachers.

E

Embrace Change

Don't dwell on the past. Put your energy into the present to shape your future.

