



8 WAYS TO BUILD RESILIENCE



1 I have resilient adults around me

What you model matters



2 I am good at some things and need to work on others

Find and celebrate strengths

3 I am hopeful and positive even when it's tough!



Teach optimistic thinking to power success

4 I can cope with change



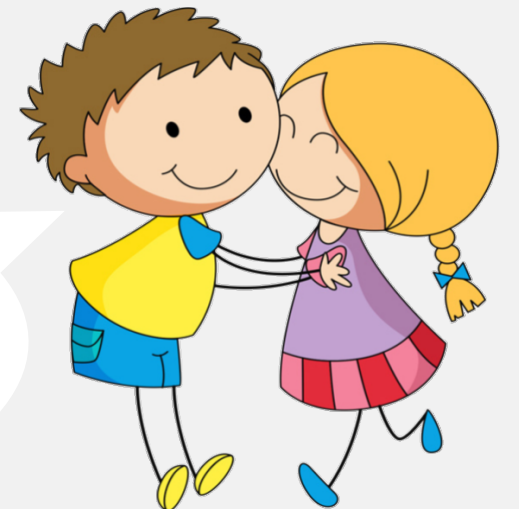
Build capacity to be adaptable and flexible

5 I can practise to achieve my goal

Connection to meaning and purpose fuels the many steps to mastery



6 I have people who help me to shine



Resilience is supported by people who mentor, guide and model

7 I can learn from mistakes and solve problems

Problem solving and taking action leads to self-improvement



8 I am me – and that's enough

Self-acceptance builds the capacity to embrace strengths and accept challenges