

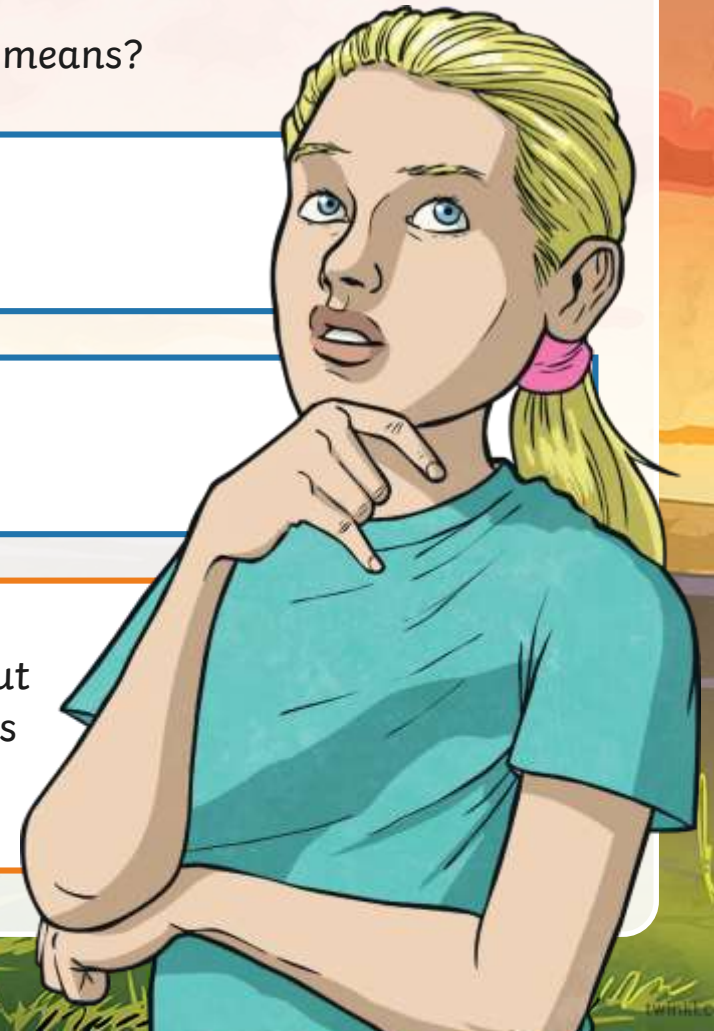
The Definition of Resilience

What do you think resilience means?

1. A material's ability to spring back into shape.
Can you think of some materials which do this?

2. The ability to recover quickly from difficulties.
What does this mean to you?

We are going to think about the second definition but in some ways **our** resilience is similar to a material's ability to spring back into shape.



Facing a Problem

Problems are an inevitable part of life.

Some days seem to be full of problems and at other times, they seem to be problem free.

Problems can be little or large but they need dealing with, whatever their size.



What If It All Goes Wrong?

However, there are times when things don't go to plan.

We find ourselves with a problem, we face it, we deal with it and... it all goes wrong.

So what then?

Think about a time in your life when something went wrong.



How Does It Make You Feel?

Angry – We might feel a surge of anger about something that has happened which is out of our control. We often want to blame someone else.

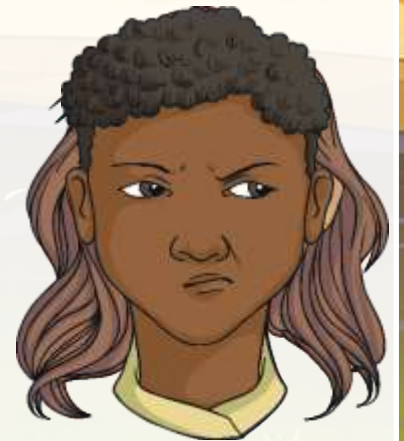
Worried – We might feel nervous or concerned about what might happen next.

Upset – We often feel upset and want to cry.

Feeling of dread – The feeling of dread might build up as we know there might be consequences to face.

Wanting to hide - We often want to escape, avoid and hide.

All of these reactions are normal!



Building Resilience

Dealing with these normal reactions can help us to build resilience.

Learn from your mistakes

Look at it a different way

Take a break

Stay calm

Ask for help

See the funny side

Keep trying

Be kind to yourself

Work hard

Learn from Mistakes

Resilience comes from different areas. Mistakes are really useful for helping us to improve and to become more resilient for the next time.

When you see a baby trying to learn to walk, they do a lot of falling down. They keep on trying and don't give up and eventually, they learn to walk.

If we learn from mistakes instead of giving up, we can keep improving, succeed and build resilience as we go.



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Look at It a Different Way

Sometimes, looking at something in a different way can help us to see the positives which might be there. We need to take another view of a situation, to see if we can create something useful from a situation.

Can you think of a time when looking at something in a different way, made it more positive?



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Work Hard

Anything worthwhile needs working at. The more effort we put into something, the better it will be. If we come across a difficulty, we need to work hard at overcoming it.

Have you had to work really hard at something but it has been worth it in the end? Did it make you more resilient?



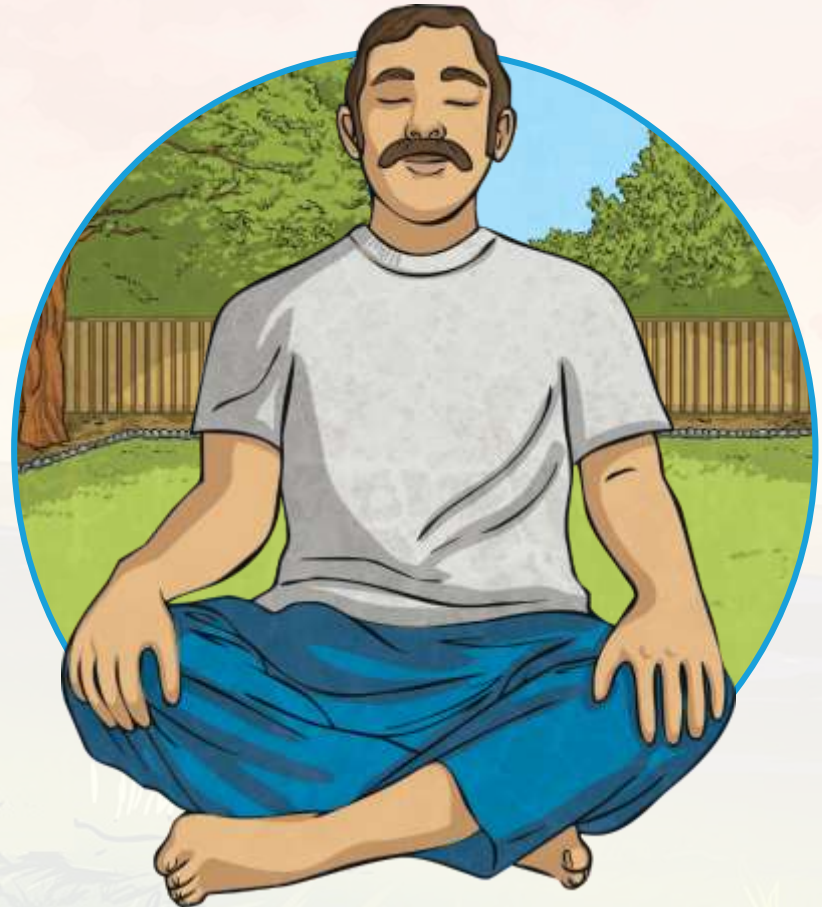
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Take a Break

If something is proving really difficult, moving away from it and distracting yourself can really help you to keep calm and see it another time with a new perspective.

Try not to dwell on the problem but do something completely different and return when you feel calmer.

Think about what you do to distract yourself when you come up against a problem.



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Ask for Help

Resilience is also built through asking others for help. There are times when we need to acknowledge that we cannot do everything ourselves. Asking for help, builds relationships and together makes us stronger.

Think about a time when you needed to ask for help and you were glad you did.



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Stay Calm

The need for thinking a difficulty through calmly is important for building resilience. If we let our anger get the better of us, we cannot think things through rationally. We make snap decisions and can often make things worse.

Staying calm means we think things through and work out what to do.

How do you stay calm?



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See the Funny Side

When things go wrong, despite things looking disastrous there can often be a funny side.

Seeing the funny side diffuses the situation and all the anger and upset can suddenly disappear, leaving us able to sort out what we need to do next.

Think about a time when seeing the funny side helped you in a particular situation.

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Keep Trying

Giving up is often the easiest option. It is certainly the quickest option.

However, how do we learn anything if we give up when something gets tricky? Or how do we improve if we don't practise?

Keeping on trying is vital for building resilience.

Can you think of a time when you had to keep trying at something so that you could get better at it? Was giving up an option?

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Be Kind to Yourself

Difficulties appear when we least expect them.

They can throw us off course and make everything seem hard.

Give yourself time and don't be too hard on yourself. Everyone makes mistakes and has a bad day. Try to work out how you can avoid something happening again and above all, be kind to yourself.

Like the material which springs back into shape again, our inner resilience can help us to bounce back and keep on trying.

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