



What is resilience?

Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients for success. When we apply resilience through a positive lens, we learn not only to bounce back, but how to bounce forward.

Fall down 7 times, get up 8

A Japanese Proverb

Can you explain what it means in relation to resilience?

Scenarios that can test your resilience:

- At lunchtime someone pushes in front of you in the lunch queue.
- Someone next to you in class, is constantly tapping their pen.
- The person you talking to about something has a different opinion from you.
- You are online and notice a friend has blocked you.

What might your responses be?

4 steps to success:

1. Stop – think delay your response
2. Breathe!
3. 3 responses – don't say anything till you have thought of three responses
4. Respond

How can you develop your resilience?

Be more optimistic – self-talk yourself in your head to think more positively.
Flexible thinking – come up with a variety of reasons for being successful at something.

Be empathic – recognise the feelings of others and respond accordingly.
Remember others might be having a tough time.

Develop your self-efficacy – reflect on where you are now and use that as a point to create further success.

Believe in yourself!

Key words:

Optimistic	Comfortable
Accepted	Inadequate
Betrayed	Exhilarated
Remorseful	Curious
Logical	Refreshed
Ecstatic	Creative

To show resilience, you can:

- Handle challenges
- Persevere to reach a goal
- Face difficulties head on
- Don't be a victim
- Think – failure isn't final
- Have a fighter mentality
- Stay cool under pressure

Remember noticing/paying attention/managing distractions/keeping going