



# Developing a Resilience Plan

A Self Help Guide for  
Students and Parents

## What is Resilience and Why is it Important

**Resilience** is the ability to cope when things go wrong. It is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems, school stresses, and bereavement. Being resilient does not mean that a person doesn't experience difficulty or distress.

Resilience is important for a number of reasons; it enables us to develop mechanisms for protection against experiences which could be overwhelming, it helps us to maintain balance in our lives during difficult or stressful periods of time, and can also protect us from the development of some mental health difficulties.

### **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

### **Some things that can help develop resilience are:**

- Having a positive attitude
- Finding good friends
- Feeling good about yourself
- Feeling like you belong
- Having a supportive family
- Helping others or 'giving back'
- Being able to solve problems and overcome challenges
- Good communication with the people around you
- Being aware of your own mental wellbeing

### **You can start to build resilience by asking 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?

## Your Mental Wellbeing Checklist

You might find it helpful to use the checklist below to identify the factors that may be affecting your resilience. If you are aware of how you feel then you are better able to start to think about some of the solutions that might help. Use this booklet to help you develop a Resilience Plan.

	<b>Yes</b>	<b>No</b>
I have someone I can talk to about my feelings	<input type="checkbox"/>	<input type="checkbox"/>
I have good friends that I can trust	<input type="checkbox"/>	<input type="checkbox"/>
I sleep well most of the time	<input type="checkbox"/>	<input type="checkbox"/>
I eat healthily most of the time	<input type="checkbox"/>	<input type="checkbox"/>
I do some physical activity regularly	<input type="checkbox"/>	<input type="checkbox"/>
I make time for the things I enjoy	<input type="checkbox"/>	<input type="checkbox"/>
I do things to help other people	<input type="checkbox"/>	<input type="checkbox"/>
I feel I achieve things – no matter how big or small	<input type="checkbox"/>	<input type="checkbox"/>
I know how to relax	<input type="checkbox"/>	<input type="checkbox"/>
I know what affects my moods	<input type="checkbox"/>	<input type="checkbox"/>
I am kind to myself about who I am	<input type="checkbox"/>	<input type="checkbox"/>
I look after myself during difficult times	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident that my friends and family support me	<input type="checkbox"/>	<input type="checkbox"/>
I have someone that I can talk to if I am not feeling resilient	<input type="checkbox"/>	<input type="checkbox"/>

## 10 Tips to Increase your Self Esteem

- Do activities that you enjoy
- Spend time with positive, supportive people
- Be helpful and considerate to others
- Try not to compare yourself to other people
- Try to do regular exercise, eat healthily and get enough sleep
- Be assertive, don't let people treat you with a lack of respect
- Learn to challenge your negative beliefs
- Acknowledge your positive qualities and things you are good at
- Get into the habit of thinking and saying positive things about yourself

### Positive Things About ME

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## My Resilience Plan

Use this page to focus on what is working for you and what isn't so that you can develop a plan.

Things that have a positive effect on my wellbeing:

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Things that have a negative effect on my wellbeing:

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Think about how you might be able to change the things that don't work and try to experience more of the things that do.

Things I could try to improve my situation:

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Who I might ask for help:

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