

## WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are still experiencing difficulties despite trying the tips in this leaflet
- are having lots of negative thoughts
- are struggling with your self-esteem
- are finding day-to-day life is being affected

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

### Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 and 24.

[www.kooth.com](http://www.kooth.com)

### Young Minds



From information on difficult thoughts, thoughts of self-harm and suicide, resources, others' experiences, this website has all the helpful information to support and empower you to cope better.

[youngminds.org.uk/](http://youngminds.org.uk/)

### ACTION IS THE FIRST STEP, NOT MOTIVATION

**THE KEY IS TO NEVER WAIT UNTIL YOU "FEEL" LIKE DOING SOMETHING, JUST START DOING IT. START SMALL AND MANAGEABLE AND SEEK SUPPORT IF NEEDED. DO THINGS THAT ARE WITHIN YOUR REACH FIRST, BEFORE BUILDING UP TO BIGGER ACTIVITIES. TASKS SHOULD STRETCH YOU, BUT NOT BE TOTALLY OUT OF REACH.**

If you need to talk to somebody right now, these organisations can help:

 NHS 111    ChildLine 0800 1111    Shout 85258    Samaritans 116 123     In emergencies, call 999

### USEFUL APPS



Headspace



MindShift



Fabulous - Planner



Thought Diary



Mental Health  
Support Team  
Portsmouth

Portsmouth  
Mental Health Support Team



Solent  
NHS Trust

# RESILIENCE

PICK-ME-UP

You Are  
Resilient



[pik-mee-uhp] noun

A pick-me-up is something that restores a person's energy, improves their mood, or generally lifts their spirits.

## WHAT IS RESILIENCE?



Resilience is being able to recover quickly from difficulties. It doesn't mean not ever facing stress or sadness, it is about coping and 'bouncing back' from challenges and setbacks. When you are resilient, you are able to grow and develop, whatever problems you encounter.

Resilience gives you the ability to face, overcome, and even be strengthened by difficult experiences.

### A PERSON'S RESILIENCE IS MADE UP OF THE FOLLOWING:

**Purpose:** Developing your passion for living.

**Self:** Appreciate your strengths and build positive self-esteem.

**Connections:** Create relationships and connections in your community.

**Body:** Prioritising physical well-being and a healthy lifestyle.

**Mind:** Cultivate a positive mind and learn how to enjoy life.



Resilience is not a fixed trait within a person, it is a combination of attitudes, skills and behaviours that can be learned and developed. This means everyone can develop their resilience and increase their sense of well-being and satisfaction with life.

Just like a 3 legged stool needs its 3 legs to be of equal length to stand level, your 3 main life areas also need balance in order to maintain your own resilience and wellbeing. Consider how you can get a balance.

**3 core life areas:** your work, relationships and communities, yourself (care, health, leisure, personal projects)



## WHAT CAN I DO?

**BUILD A SENSE OF PURPOSE** Purpose gives a person the drive to deal with challenges and set-backs and it makes their life meaningful & fulfilled.

Set clear goals, know what is important to you (values) and what you are passionate about!

### SELF-ESTEEM

Your opinion/view of yourself plays a big part in how resilient you are to life's stresses. Recognising that you have valuable strengths builds self-esteem and impacts the way you see the world & respond to challenges. As you learn to appreciate your strengths, be kind to yourself. It will take time and effort to work through to develop the best techniques for you.



Notice how you talk to yourself - is it positive or negative?

**CONNECTION WITH OTHERS** The closer you are to the people who are important to you, the happier you can feel. Strong links with friends and family can also help to get you through challenging times.

Consider what you can do to build, improve & maintain your relationships.



### POSITIVE MINDSET

There is evidence to show that people who tend to think positively, and who focus on the positives in situations, are more likely to be happy and successful. Thinking positively or negatively is largely a habit, which you can learn to change over time. Of course, no one thinks only positively, we need a healthy balance.

### SELF CARE

Taking care of your body through diet, exercise and sleep is central to your well-being and how you cope with challenges and stress. If we are tired, hungry or don't have our basic needs met, we are often less resilient and more snappy, grumpy etc.



FOR MORE INFORMATION ON HOW TO SUPPORT THESE KEY AREAS, PLEASE SEE THE SEPARATE, ADDITIONAL INFORMATION LEAFLET