

Developing self-awareness

An important step to building resilience is to develop self-awareness. It might be useful to explore:

- What are my needs?
- What's important to me?
- What are my goals?
- What are my limits?
- What makes me happy?
- What annoys me?
- What are my strengths?
- How did I cope in the past?
- How do I usually deal with stress?



Turn the page for more ideas!

Useful websites

Mind
www.mind.org.uk

YoungMinds
www.youngminds.org.uk

NHS
www.nhs.uk



Get more information

If you'd like more information about our services (including drop-in mental health support at Nook Newcastle and Gateshead) visit our website:

www.everyturn.org/cyp

Get in touch with us if you'd like to speak to someone about which support might be right for you:

Tel: 0191 217 3222

Email: CYPadmin@everyturn.org

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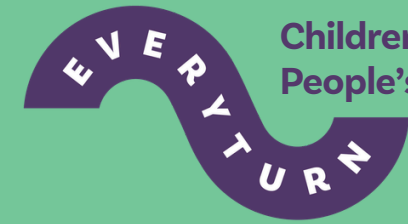


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Children & Young People's Services

Guide to feeling resilient

For people aged 11-25



What is resilience?

When things go wrong, resilience is what helps you to cope and get through hard times. It can also be described as:

- Dealing with challenges and still holding your head up. Remembering that challenges aren't things that "get in the way" of life, they're part of life.
- Giving things a go or trying your best. Thinking about other times when you've faced difficulties and remembering that you got through them, even if it was tough at the time.
- Accepting that sometimes bad things happen and it's okay to feel sad or down about them.
- Focusing on all your positive qualities and not forgetting them – especially when the going gets tough.
- Standing up for yourself. It might not always be possible to say no to things or tell people exactly how you feel. But if you can, let people know if their requests are unreasonable or unrealistic.

Remember:

You're not in control of everything that happens to you, but you ARE in control of how you react!



Ways to develop resilience

Some people are naturally quite resilient, but for lots of others it can take time to build up the skills – everyone's different. Here are some things you can try:

- Move toward your goals. Develop some realistic goals and do something regularly (even if it seems like a small thing) to move in the direction you want to go.
- Take care of your body. Getting enough sleep, eating healthily, and exercise builds resilience by giving you strength and energy to deal with stressful situations.
- If you feel overwhelmed by a challenge, remind yourself that what happened to you isn't a sign of how your future will go, and that you're not helpless. Try breaking the problem into manageable pieces.
- Find good friends. Surround yourself with positive people who like you for you – not people who criticise or upset you.
- Try new things. While trying new things may be scary, it leads to finding enjoyable and interesting activities. This helps to build your self-confidence, independence, and skills.

- Help others. Supporting a friend or volunteering to help others in need can give you a sense of purpose, help you feel valued and build your inner strength.
- Talk about your struggles with people you trust and ask for help and support when you need it.

What can I do when I'm facing a challenge?

You can start to build resilience by asking yourself:

- ✓ What can I do to get back on track?
- ✓ What is in my control?
- ✓ Can I change something I'm doing to make things better?
- ✓ Who can help?
- ✓ What can I learn from this?

