



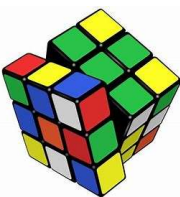






# Resilience

 <ul style="list-style-type: none"> <li>• Learn self-control</li> <li>• Take decisive actions</li> <li>• Learn from experience</li> </ul>	 <ul style="list-style-type: none"> <li>• Keep things in perspective</li> <li>• Accept that change is a part of life</li> </ul>	 <ul style="list-style-type: none"> <li>• Recognise your own feelings and those of others</li> <li>• Cope with big feelings</li> </ul>
 <ul style="list-style-type: none"> <li>• Make connections</li> <li>• Use and improve social skills</li> <li>• Develop the ability to seek help from others</li> </ul>	 <ul style="list-style-type: none"> <li>• Be willing to overcome difficulties</li> <li>• Develop problem solving skills</li> </ul>	 <ul style="list-style-type: none"> <li>• Maintain a hopeful outlook</li> <li>• Develop optimistic thinking patterns</li> </ul>
 <ul style="list-style-type: none"> <li>• Take care of yourself</li> <li>• Look for opportunities for self-discovery</li> </ul>	 <ul style="list-style-type: none"> <li>• Improve your self esteem</li> <li>• Nurture a positive view of yourself</li> </ul>	 <ul style="list-style-type: none"> <li>• Move towards your goals</li> <li>• Have realistic expectations but dream too</li> </ul>