Being resilient is about how we deal with difficult situations and bounce back from tough times. Difficulties are part of life – everyone has ups and downs. The good news is there are things you can do that can help you bounce back and be resilient!

Even if we feel happy, it doesn’t mean we won’t ever feel sad, angry or lonely. Those feelings are normal if, for example, we’ve lost something or someone, or been hurt. Resilience is finding ways to manage those situations and feelings.

BENDING BUT NOT BREAKING

Instead, it bends under the pressure of the wind and it may even lose a few leaves. Then, when the wind stops, it becomes tall and stands straight again.

Being resilient is being like that tree. When we face difficult situations, it’s not about staying stiff and pretending everything is okay. Instead, we ‘bend’ – we feel sad or upset. There are lots of things we can do so we don’t break and that can help us bounce back again.

TOP TIPS: WAYS TO BE RESILIENT

Many of the activities in this book can help us be resilient. When you face difficulties, use the activities in this book and remember these top tips:

- **IF YOU FEEL ANGRY, UPSET, ANXIOUS OR STRESSED...** pause and take a few deep, slow breaths, in and out, focusing on your breath. This can help you feel calmer and help you choose what to do next in response.

- **GET ACTIVE** and go for a walk or a run.

- **HAPPY FACT** Psychologists call resilience “ordinary magic” because we all have resilience and we can all develop more of it!

- **ASK FOR HELP** when you need it.

- **PLEASE HELP!**

- **FIND A SAFE ADULT** or a good friend to talk to.

- **TAKE YOUR MIND OFF IT** by doing something you enjoy or are good at, or by helping someone else.

- **PUT THINGS IN PERSPECTIVE** and think about the bigger picture. Are you making a mountain out of a molehill?