

A person wearing a blue hoodie is shown from the back, with their arms raised in a 'V' shape, symbolizing triumph or achievement. The background is a soft-focus sunset or sunrise with warm orange and yellow tones. The text is overlaid on the image.

THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

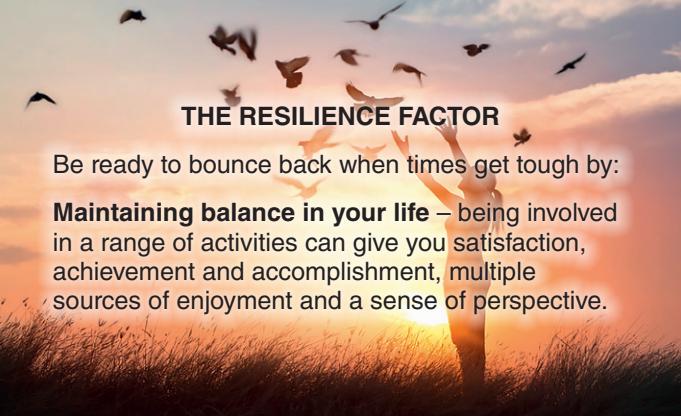
1. Aiming for success, not perfection
2. Maintaining balance in your life
3. Finding ways of connecting with others
4. Being kind to yourself
5. Learning strategies to cope with stress
6. Taking action to solve problems early



THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

Aiming for success, not perfection – set realistic expectations, be present in each moment, develop clear goals. Remember that making mistakes can be the best way to learn.

A person stands in a field of tall grass, reaching their arms up towards a bright sunset sky. Numerous birds are seen flying in various directions across the sky. The overall scene is warm and inspiring, with a golden glow from the setting sun.

THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

Maintaining balance in your life – being involved in a range of activities can give you satisfaction, achievement and accomplishment, multiple sources of enjoyment and a sense of perspective.

THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

Finding ways of staying connected

It is important to feel connected to those around us. Whether it's at home, work, study, clubs or wherever. Being connected to others is the single biggest wellbeing builder.



THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

Being kind to yourself – use positive self-talk to get through difficult situations.

- *celebrate successes no matter how small*
- *interpret negative feedback as a response to what you did – NOT who you are*
- *think about what you would say to a friend in the same situation*

THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

Having strategies to cope with stress

- *Using positive self-talk*
- *Challenging unhelpful thoughts*
- *Getting involved in activities that you enjoy*
- *Doing things you find relaxing*
- *Creating a good routine and sticking to it*
- *Asking for help and support when you need it*



THE RESILIENCE FACTOR

Be ready to bounce back when times get tough by:

Taking action and solving problems early

All problems can be solved, maybe not with the perfect solution, but being realistic and honest can help in finding creative solutions and moving forward.