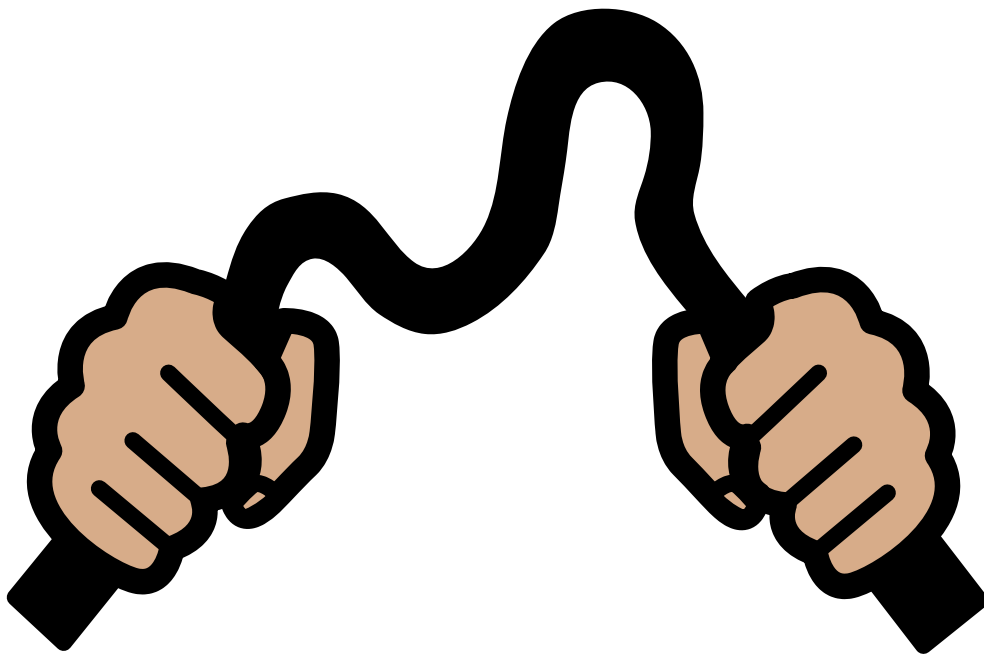


Symbol Book



Resilience

Created in partnership between



Dr Jerricah Holder
Educational Psychologist

Well Being

Symbol Book

Published by Widgit Software

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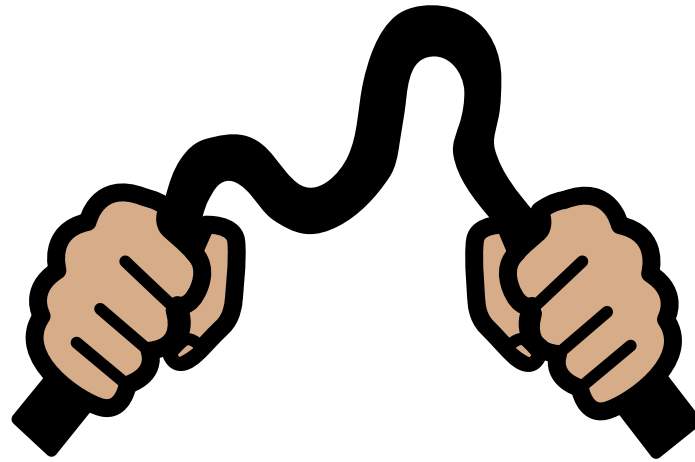
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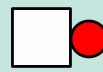
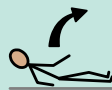
Dr Jerricah Holder

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Being resilient means getting up after a fall.



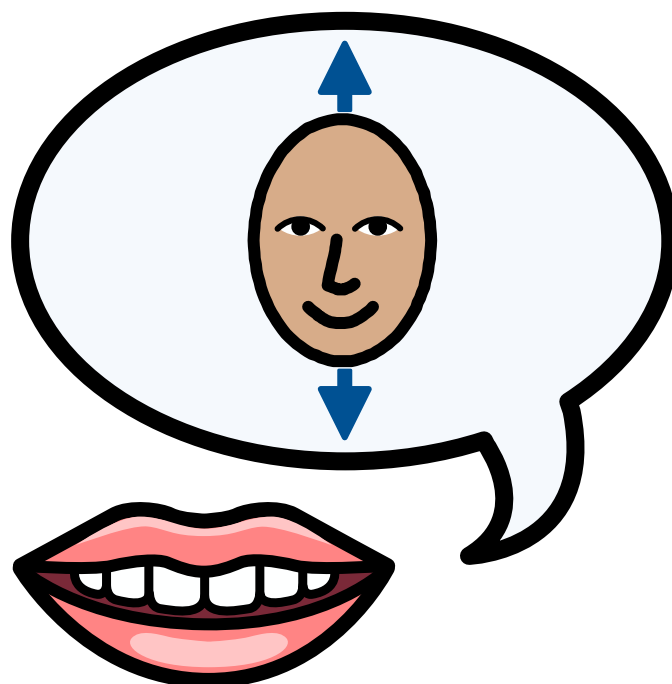
Being resilient improves mental health and well being.



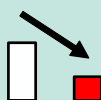
Being resilient helps you to face challenges.



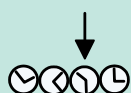
Being resilient helps you cope with difficulties.



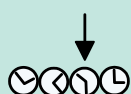
There are many ways you can improve resilience.



Big problems can be broken down into smaller problems.



Sometimes you can make changes.



Sometimes you can't make changes.



You can



find



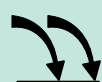
support



to face



your fears.



Practise



difficult tasks



to increase



your



confidence.



Learn from



mistakes

and



help



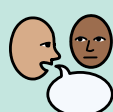
your



brain



to grow.



Talk to someone



who can



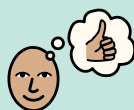
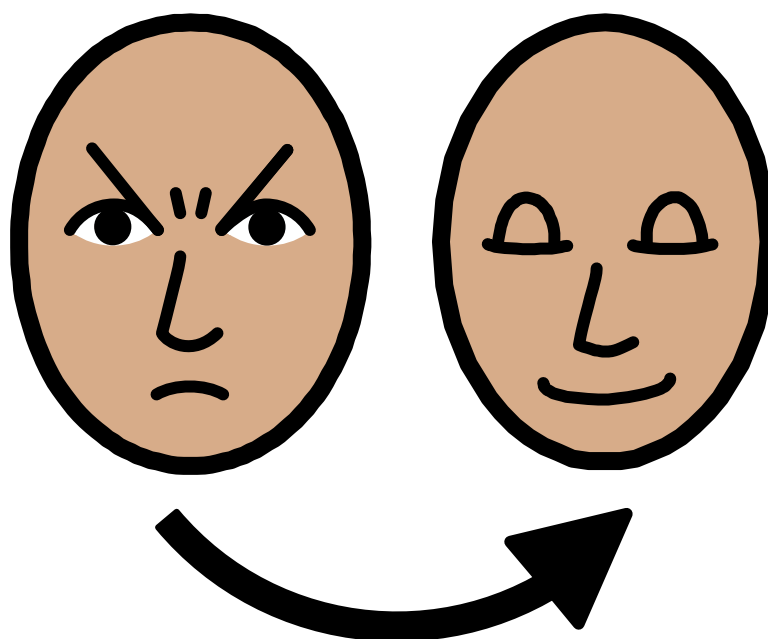
help with



your



problems.



Think positively.



Learn



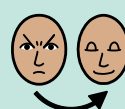
some strategies



that help



you



to relax.



Be kind to yourself.



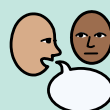
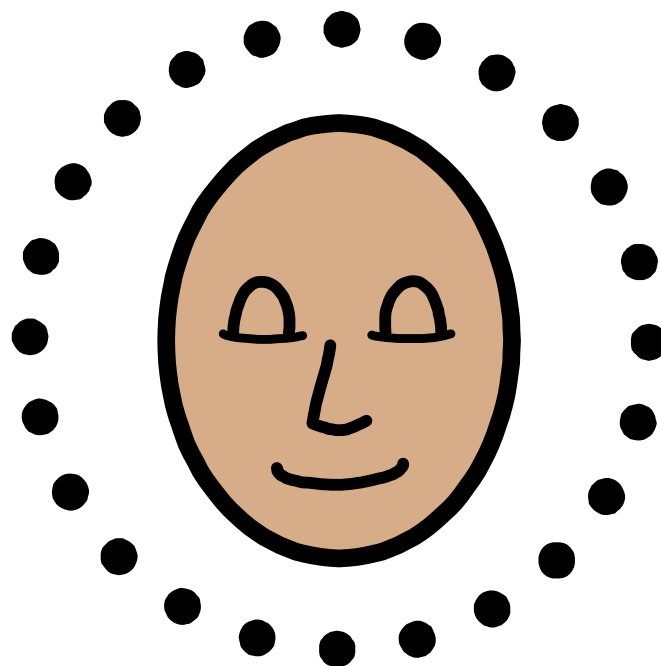
Know when



to ask



for help.



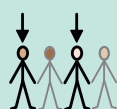
There are people you can safely talk to for support.



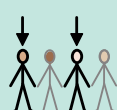
5



Think of five people for your web of support.



You might choose some family members.



You might choose some friends you trust.



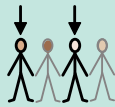
You



might



choose



some



teachers



you trust.



You



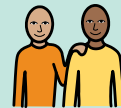
might



choose



a school



friend



you trust.



you



can

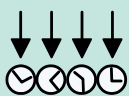


call



Childline:

0800 1111



There is always



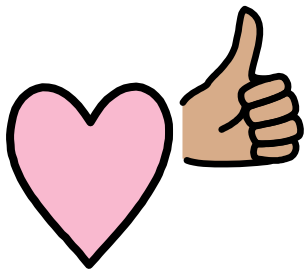
someone



that will



listen.



be kind



brain



challenges



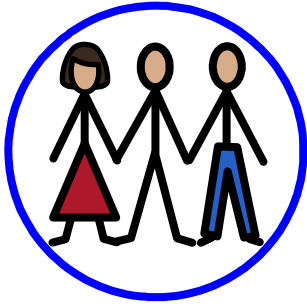
change



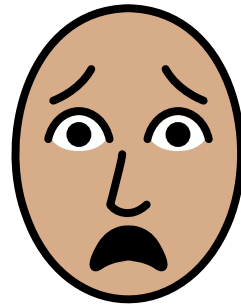
Childline



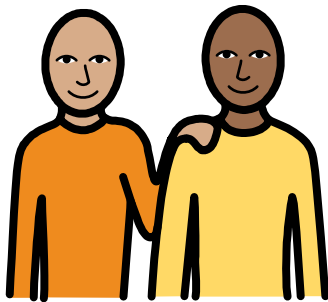
confidence



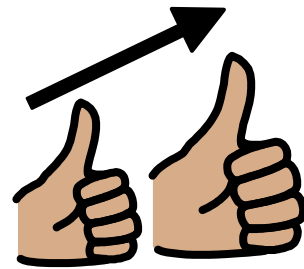
family



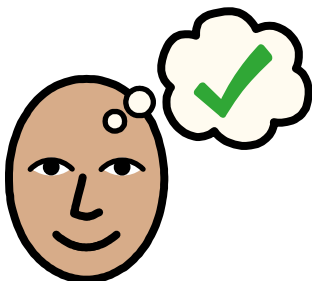
fears



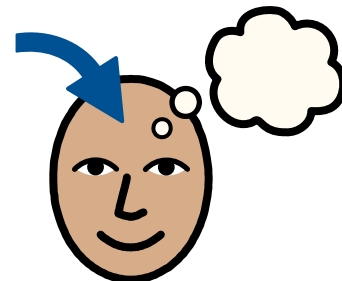
friends



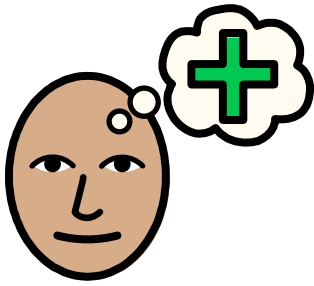
improve



know



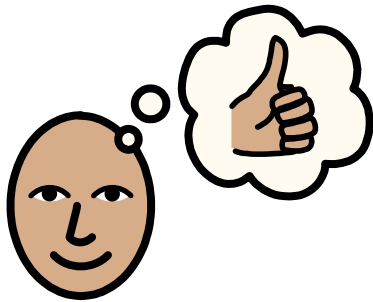
learn



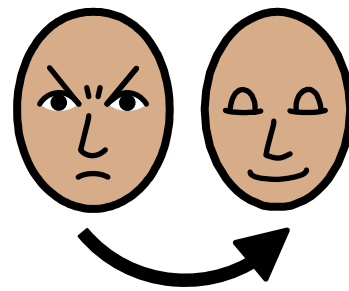
mental health



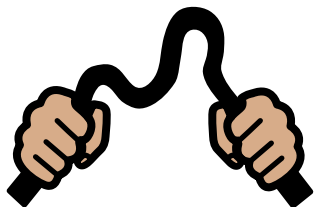
mistakes



positive



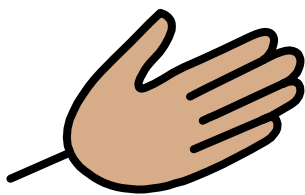
relax



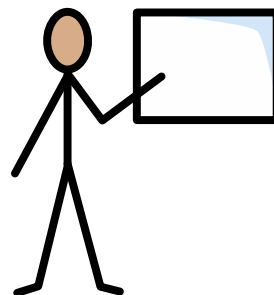
resilient



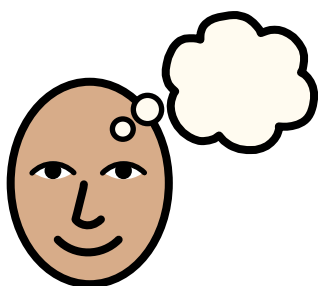
safely



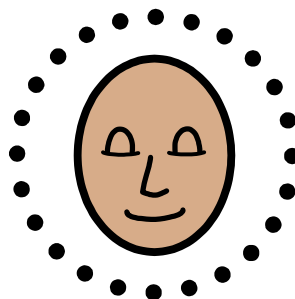
support



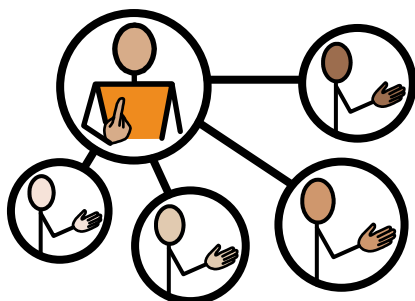
teacher



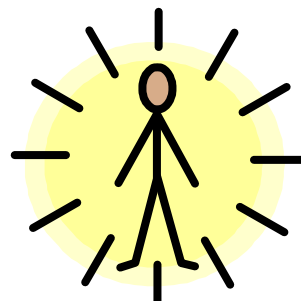
think



trust



web of support



well being