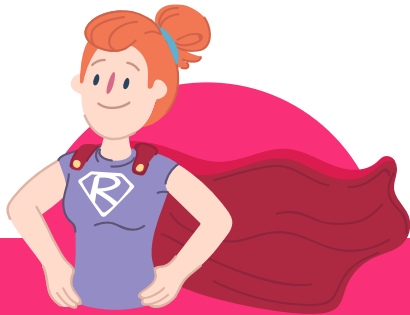


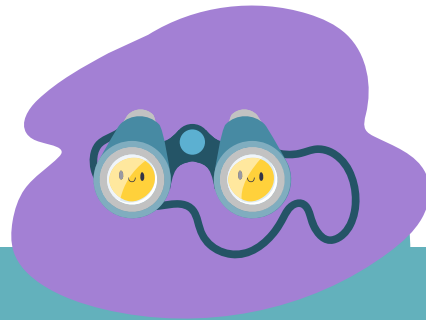
Resilience Strategies for Emotional Strength



POSITIVE

I encourage myself and others.

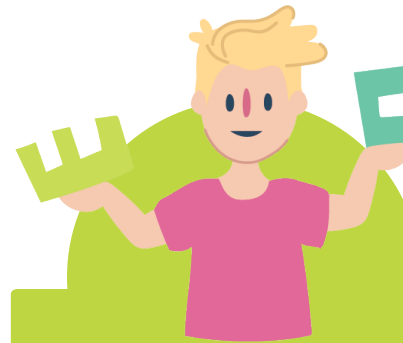
- “Even if it’s hard, I’m going to keep trying.”
- “I can do it!”
- “What compliment can I give that’s on the inside?”
- “What are my strengths and skills?”
- “I’ve felt this way in the past. Everything turned out OK then. Things can turn out OK now.”
- “How did I help myself feel better last time I felt this way?”



PERSPECTIVE

I think about problems in different ways.

- “I can remember a time I really struggled, but kept trying anyway. And things got easier/better!”
- “What are the different ways I could see this situation?”
- “How can I better understand the thoughts and feelings of others?”
- “What would my role model do?”
- “How can I scale my problem? Is it a gigantic problem or a small problem?”



PROBLEM SOLVE

I look for solutions.

- “What are my options?”
- “What are the different things I could try?”
- “If I did that, what might happen?”
- “How can I break my goals down into smaller, easier steps?”
- “What would be a win/win solution and make everyone feel happy?”
- “Who else can help me?”



PERSERVERE/ PRACTICE

I keep trying.

- “How can I keep trying?”
- “It’s OK that I made a mistake. What did I learn from it?”
- “It’s OK to not be the best. Sometimes it’s about learning something new.”
- “I’m doing this because it’s fun, not to win.”
- “Everyone loses sometimes. That’s how you get better.”
- “I’m a good sport!”