

## KEY MESSAGES TO BUILD RESILIENCE

**Remember bad times don't last**, things will get better, try to stay optimistic. Sometimes it takes time for things to improve, try getting through one day at a time and stay hopeful.

**Get a reality check.** Other people can help if you talk to them. Worrying about something and not sharing it can make it seem far worse than it may be so choose someone you trust and tell them your worries. Often you get a reality check because they will have a different view on your problem and give you ideas and information that can help.

**Nobody is perfect** - not you and not others. Everyone makes mistakes and forgets things, fails at things and can be thoughtless at times. We are all just people doing our best and we all have our weaknesses. If you expect yourself to be perfect you will be too self-critical and if you expect others to be perfect you will be too critical of them. Improvement is always an option, perfection is unattainable.

**Concentrate on the good things, no matter how small** and use humour to keep things in perspective. If you concentrate on the positives aspects of any situation, however small, that can help get through the tough stuff. They won't magically make the problems go away but they will help you stay optimistic and more hopeful about finding solutions.

**Everybody experiences** failure, sadness, hurt, rejection and setbacks, not just you. It's a normal part of life; try not to see them as only happening to you. Life is mostly good but it is normal to have painful, worrying and distressing times.

**Blame fairly.** How much of what has happened is down to you, how much down to others and how much just bad luck or circumstances? When something bad happens be fair to yourself and other people when you explain how it happened. Usually it's a combination of 3 things - what you did, what others did and bad luck or circumstances beyond your control.

**Accept things you can't change but try to change what you can first.** Do your best to try to change things you don't like in your life but know when it is time to accept that you cannot change a situation because it is not within your control.

**Catastrophising exaggerates worries** don't go for the worst possible scenario. 'Catastrophising' means thinking about the worst possible thing that can happen in a situation and then believing it will happen. Don't panic and make yourself miserable over something that may never happen.

**Keep things in perspective** - a distressing situation is only one part of your life. It does not have to spoil the other things. You may have problems at school but your family life is still fine, your social life is still good and you have people who care about you. Bad times are like a few threads in a jumper that have come loose, but the whole jumper hasn't fallen apart.

**Stay connected**, people are the most important resource we have. Pay attention to people in your life that you trust and who value you. They're the people who will help you with your problems and no matter how bad things may seem will continue to care about you and offer you support. Don't let petty rows, jealousies or differences of opinion cut you off from the people who have been there for you in the past.