

The Resilience Rucksack....

Look inside to find some ways of building up your resilience.

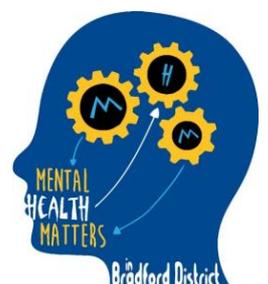


Can you work out how they help?

(Answers on the back....)

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Afterwards plan what would you put in your
Resilience Rucksack?

Exercise – this gets lots of oxygen into body. Even more important it helps release lots of feel good hormones called endorphins

It reduces the stress hormone cortisol which harms us

Laughing- just like exercise it releases endorphins and reduces cortisol! Also it helps a process called myelinisation(?????) which helps brain development. So laughing helps learning as well as build resilience

A map – because when everything is confusing – or scary – it can help to try to plan just the next one or two steps – and plan how to cope with tough times when we see them coming

A diary – because when your life feels out of control it helps to plan one or two things you will do every day

Dancing or drawing or writing or music – any way of letting feelings out

Sleep – let your body do what it needs to do!! Parents do your kids get enough!

Connecting with people – sometimes it's the last we want – but it almost always helps. Don't feel you have to try and cope alone. And reach out to someone else in if you think they are struggling

Healthy food- healthy body...healthy mind! You know the science!

Achieving something – could be helping others, completing an activity – A sense of competence helps us believe we can cope with life's challenges

