



## Resilience

A guide for young people during the corona virus lockdown

Everybody experiences challenges in their life. **Being resilient means being able to overcome and bounce back from these challenges.** This can reduce the impact that stressful situations have on your life.

Right now, being resilient is really important and During these weeks of lockdown weve all shown our resilience. We are living in challenging times so it's great to think about how we look after ourselves so that we can face up to the current challenges we may experience.

**In times of crisis it is more important than ever to prioritise self-care and mental wellbeing.**

At mind, we believe that resilience is something that can change over time and that we have the power to make ourselves more resilient. There are lots of ways to do this. The activities in this guide will help you to look after your wellbeing and build up your resilience.

[Click here](#) for some ideas from young people about what resilience means to them. Made by Octavia Foundation and Hammersmith and Fulham, Ealing and Hounslow Mind.



➔ Here are some resilience building tips:

Spend time outdoors



Look after your physical health: sleep well, be active, eat healthily

Notice and appreciate positive experiences

Use your support network: friends, family, teachers, and other adults you see regularly

Complement yourself on your strengths and abilities



Pay attention to your own needs and feelings

Keep up your hobbies and interest

What are three ways you've built your resilience over lock-down?

1.....

2.....

3.....

➔ Try making your own 'resilience tree' to map out all the things that help to make you resilient.

Fruit: Gifts you have received, e.g. education, sports, support opportunities, clubs, and hobbies.

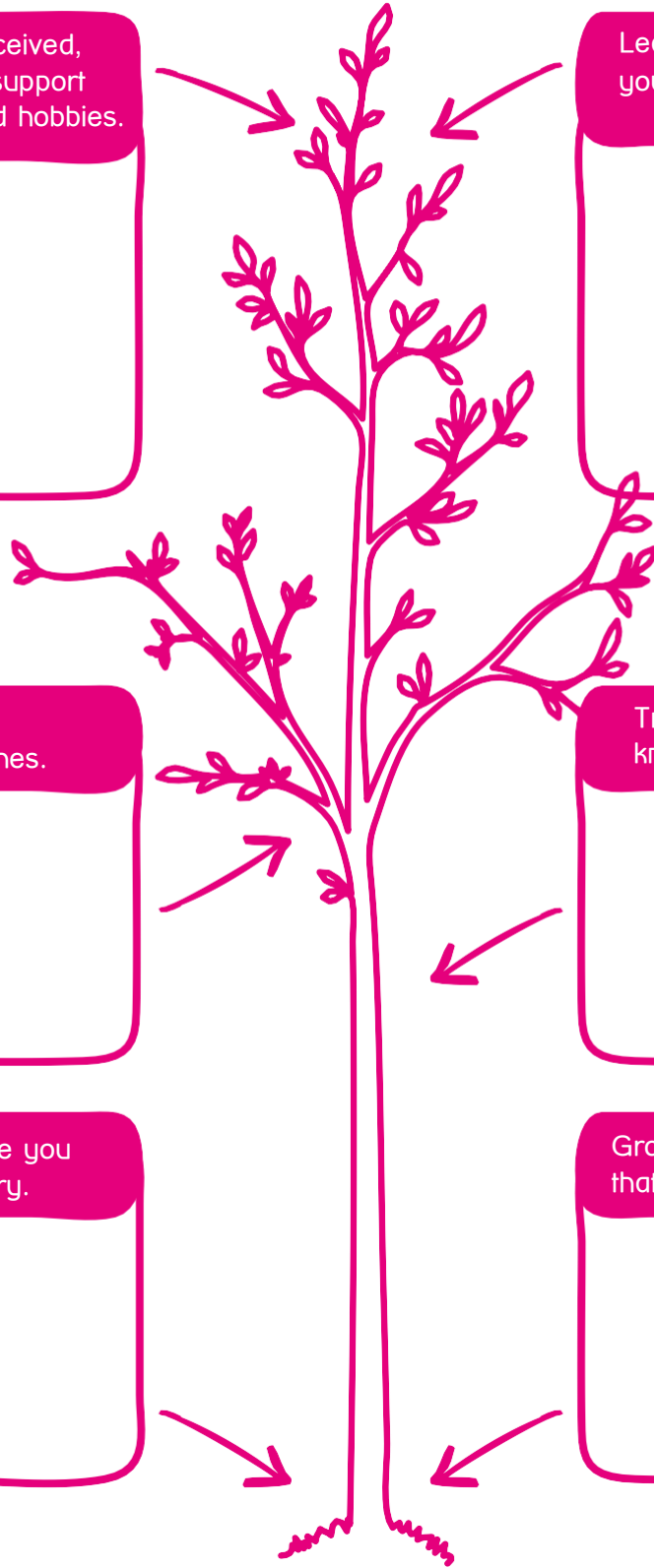
Leaves: Valued people in your life, past and present.

Branches: Your future plans, dreams and wishes.

Trunk: Your skills, knowledge, and qualities.

Roots: The past, where you come from, your history.

Ground: Places/people/things that are important to you.



Try filling in as many as these as possible!

Something I am good at:



Something that helps me feel happy or relaxed:

Someone in my life that makes me feel happy:

A place that makes me feel happy:

Something that helps me feel supported:

Something I am proud of:

Something helpful I do to help myself cope when times are tough:

Reflection:

How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?

Now that you have completed these resilience challenges make sure you keep them and remind look back over them any time you are finding things hard.

For more ways to build your resilience, check out the 5 ways to wellbeing! Scan or click on this QR code to find out more...



**Remember, this pandemic will go away. Maybe not tomorrow, but it will end!**

Take care of your physical and mental wellbeing, this can be a difficult time if you are feeling anxious, but there are many websites you may find helpful:

- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- <https://www.themix.org.uk/your-body/using-healthservices/help-im-worried-about-coronavirus-35643.html>



Hammersmith, Fulham,  
Ealing and Hounslow