

## Developing self-awareness



Another important step to building resilience is to develop self-awareness.

### It might be useful to explore:

- *What are my needs?*
- *What are my goals?*
- *What are my limits?*
- *What is important to me?*
- *What annoys me?*
- *What makes me happy?*
- *What are my strengths?*
- *How did I cope in the past?*
- *How do I usually deal with stress?*
- *Is there anything I would like to change?*



## Everyone can learn how to be Resilient.

You might still feel stressed at times but it's how you deal with it that counts.

With practice anybody can learn how to get back on track after negative things happen.

"Learning to build resilience can help you feel stronger! It can make problems easier to deal with in the future."

### Useful Websites

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)
- [www.camhs-resources.co.uk](http://www.camhs-resources.co.uk)
- [www.bbc.co.uk/bitesize/articles/zy4m9q](http://www.bbc.co.uk/bitesize/articles/zy4m9q)
- [www.bbc.co.uk/cbbc/findoutmore/help-me-out-resilienceself-awareness](http://www.bbc.co.uk/cbbc/findoutmore/help-me-out-resilienceself-awareness)



## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

**Advice is FREE and CONFIDENTIAL.**

Produced by: Streetwise Young People's Project:  
Young People's Information, Advice, Counselling,  
Sexual Health and Support Service for 11-25 year olds.

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# The Streetwise guide to Resilience



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# What is Resilience?



Resilience is the ability to be happy, successful and strong again after something difficult or bad has happened:

**When things go wrong, resilience is what helps you to cope and get through hard times. Sometimes it makes you even stronger than you were before.**

Resilience can also be described as:

→ **Bouncing back after difficult times.** Sometimes we forget to look back and realise how strong we are, and that we have dealt with difficult situations in the past.

→ **Dealing with challenges and still holding your head up.** Remembering that challenges aren't things that "get in the way" of life, they are part of life.

→ **Giving things a go or trying your best.** Thinking about other times when you have faced difficulties and remembering that you got through them, even if it was tough at the time.

→ **Being strong on the inside.** Accepting that sometimes bad things happen and it's OK to feel sad or down about them.

→ **Being able to cope with what life throws at you and shrug it off.** Focusing on all your positive qualities and not forgetting them – especially when the going gets tough.

→ **Standing up for yourself.** It might not always be possible to say no to things or tell people exactly how you feel. But if you can, let people know if their requests are unreasonable or unrealistic.

# What helps develop resilience?

## How to build your own resilience.

Some people are naturally quite resilient, but for lots of others it can take time to build up the skills – everyone's different.

- **Have a positive attitude.** Remembering that challenges aren't things that "get in the way" of life, they are part of life. Try picturing what you want, rather than worrying about what you fear.

- **Be kind to yourself.** Accept that sometimes bad things happen and it's OK to feel sad or down about them.
- **Learn from mistakes.** Think about other times when you have faced difficulties and remember that you got through them, even if it was tough at the time - ask yourself what you've learned from those experiences.
- **Accept change.** Accept that change is a part of life. You may not be able to achieve certain goals as a result of the situation. Accepting what you can't change can help you focus on what you can change.
- **Feel good about yourself.** Focus on all your positive qualities and not forgetting them – especially when the going gets tough.
- **Move toward your goals.** Develop some realistic goals and do something regularly—even if it seems like a small thing— ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"
- **Take care of your body.** Stress is just as much physical as it is emotional. Ample sleep, eating healthy and exercise builds resilience by giving you strength and energy to deal with stressful situations.
- **Be positive about the future.** if you feel overwhelmed by a challenge, remind yourself that what happened to you isn't a sign of how your future will go, and that you're not helpless. You may not be able to change a highly stressful situation, but you can change how you interpret and respond to it.
- **Take control.** It's helpful to accept your emotions during hard times, but it's also important to help build resilience by asking yourself, "What can I do about a problem in my life?" If the problems seem too big to tackle, break them down into manageable pieces.
- **Find good friends.** Surround yourself with positive people who like you for you – not people who criticise or upset you.
- **Try new things.** While trying new things may be scary, it leads to finding rewarding and enjoyable activities. Taking such risks helps build your self-confidence, independence and skills.
- **Help others.** Supporting a friend or volunteering to help others in need can give you a sense of purpose, help you feel valued and build your inner strength.
- **Talk with the people around you.** Talk about your struggles with people you trust and ask for help and support when you need it. Telling the people close to you how you're feeling can make a big difference.



# What can I do when I'm facing a challenge?

You can start to build resilience by asking yourself:

- What can I do to get back on track?
- I can't control everything, so what is in my control?
- Can I change something I'm doing to make things better?
- What can I learn from this?
- Who can help?
- How can I move forward?

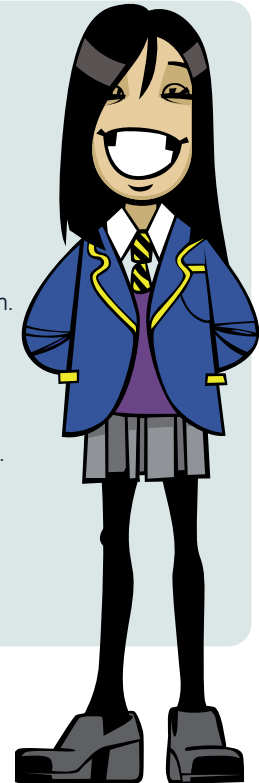
**"By dealing with challenges you can learn resilience and find inner strength you didn't know you had!"**

## How to build your own resilience

There are lots of things you can do to develop your own resilience.

### Here are some ideas:

- Think positive thoughts.
- Look after yourself.
- Keep trying.
- Accept that change happens all the time.
- Work towards your goals.
- Look for the positives in the situation.
- Accept that negative things can happen.
- Learn from mistakes.
- Improve your problem-solving skills.
- Find things that help you feel calm.
- Ask for help when you need it.
- Get help when you need it.
- Talk to someone.



**"Remember, you're not in control of everything that happens to you, but you ARE in control of how you react."**