

EXERCISES TO BUILD YOUR RESILIENCE

1 If you are feeling low about your life:

- Think of 3 things that you are grateful for and write them down on a post-it-note and place them around your room.
- Think about 2 people in your life who are important to you and why you value them, then remember there are people that feel the same way about you.

2 If you think you can never get anything right:

- Think of a time when something happened where you feel you failed, and then think about what you can learn from it. If you learn something then you did not fail, you succeeded at learning something and you will do better next time.
- Think about a time when you did something well and write it down.

3 If you feel you are a horrible person:

- Think of a time when you felt you were really nasty to someone then, think about how else you could have dealt with the situation.
- Every day say something nice to someone you know, start with your friends then work out to people you don't know as well.

4 If you feel life is boring:

- Each make a small change to your routine, like walk home a slightly different way
- Every day, before you go to bed, think of one thing that happened that has never happened before, no matter how small.

5 If you think life is full of sad or bad things:

- If something goes wrong, think through what happened and think of some positive about it, even if it really silly. Like: if you had to walk home in the rain and your feet got wet, at least you found out you had a hole in your shoe!
- Every day look up a funny joke and share it with a friend.

Remember with any training schemes, you must keep up the exercises as it takes time to make a difference. Also it is always easier with a coach so find someone to help and encourage you. **You are better, stronger and more capable than you think you are!**