

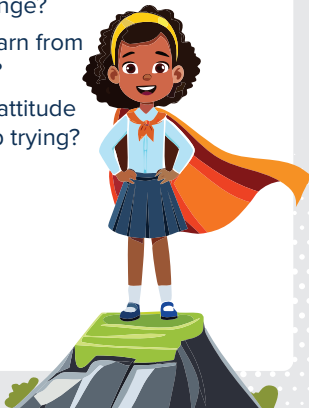


Resilient “Strong”

*GETTING BACK UP AND STAYING HOPEFUL AFTER
SOMETHING TOUGH HAPPENS*

Questions I ask myself:

- What good feelings can I use to help me?
- What parts of this tough situation can I actually change?
- What can I learn from this situation?
- How can my attitude help me keep trying?



Resilient

What I Do and Say:

- Stay positive
- Find people to support me
- See a new way things could work out
- Appreciate the things I've learned from tough times
- “I can get through this.”

What I Don't Do and Say:

- Give up
- Think only about the bad stuff
- Stay away from tough situations
- “This is too hard.”

