

10 Ways to Build Resilience



**Rainbow after the storm where
mental health matters**

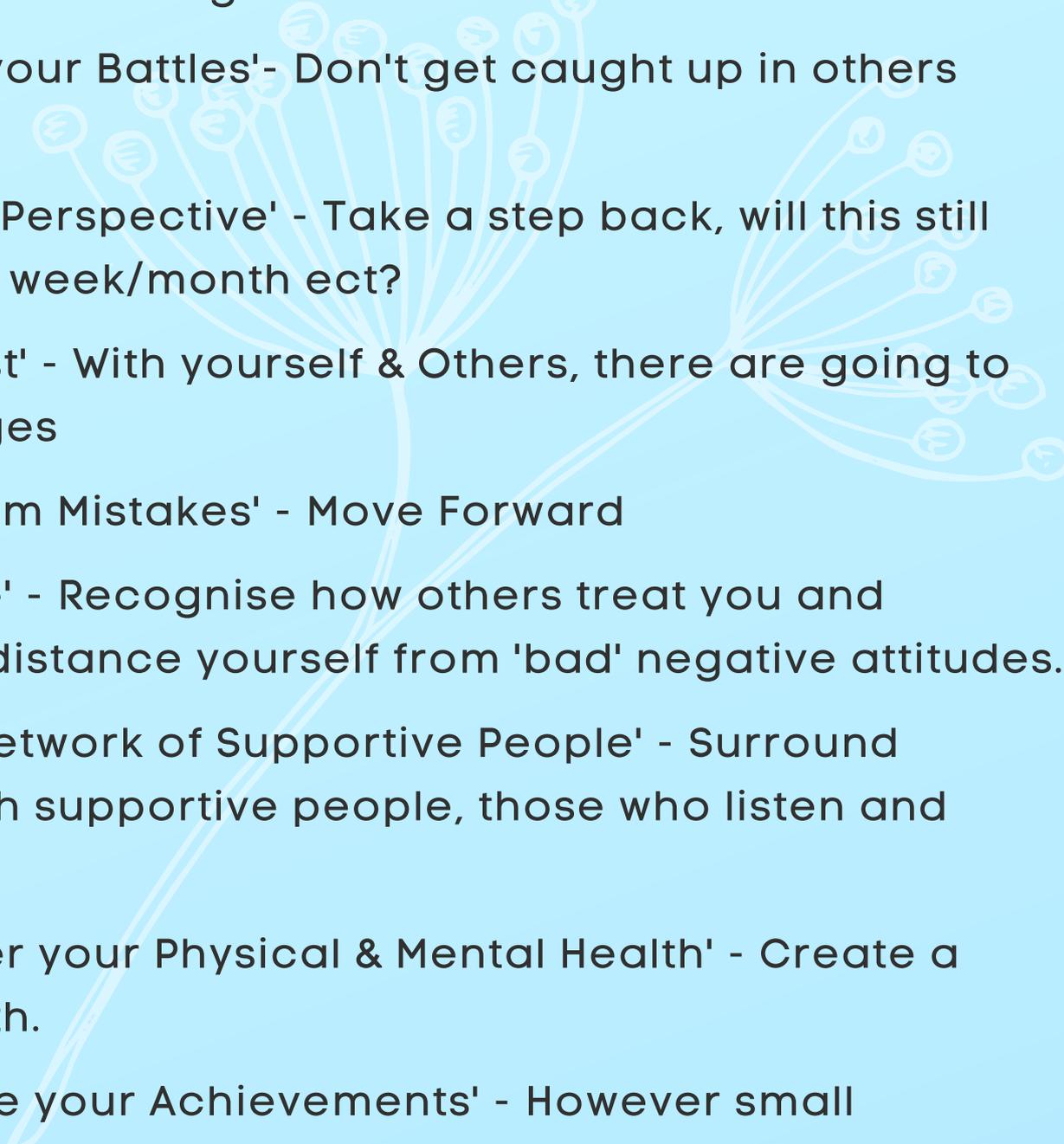


Nicky Price Mental Health Tips



www.rainbowafterthestorm.org

10 Ways to Build Resilience

- 
1. 'Self Care' - Recharge those batteries
 2. 'Choose your Battles'- Don't get caught up in others drama
 3. 'Maintain Perspective' - Take a step back, will this still matter in a week/month ect?
 4. 'Be Honest' - With yourself & Others, there are going to be challenges
 5. 'Learn from Mistakes' - Move Forward
 6. 'Be Aware' - Recognise how others treat you and remove or distance yourself from 'bad' negative attitudes.
 7. 'Have a network of Supportive People' - Surround yourself with supportive people, those who listen and care.
 8. 'Look after your Physical & Mental Health' - Create a plan for both.
 9. 'Celebrate your Achievements' - However small
 10. 'Remember What makes YOU special' and the Unique contributions you give to the world.

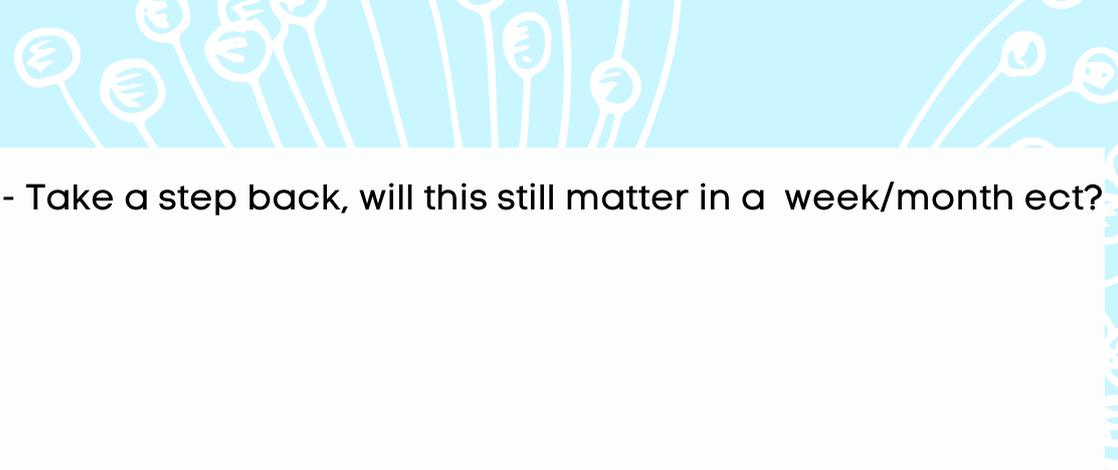
Remember This WILL Pass

10 Ways to Build Resilience

Following the list above lets now take each one at time. Use the boxes below and list ideas on how you can start to Build Your Resilience from Today

'Self Care' - Recharge those batteries

'Choose your Battles'- Don't get caught up in others drama

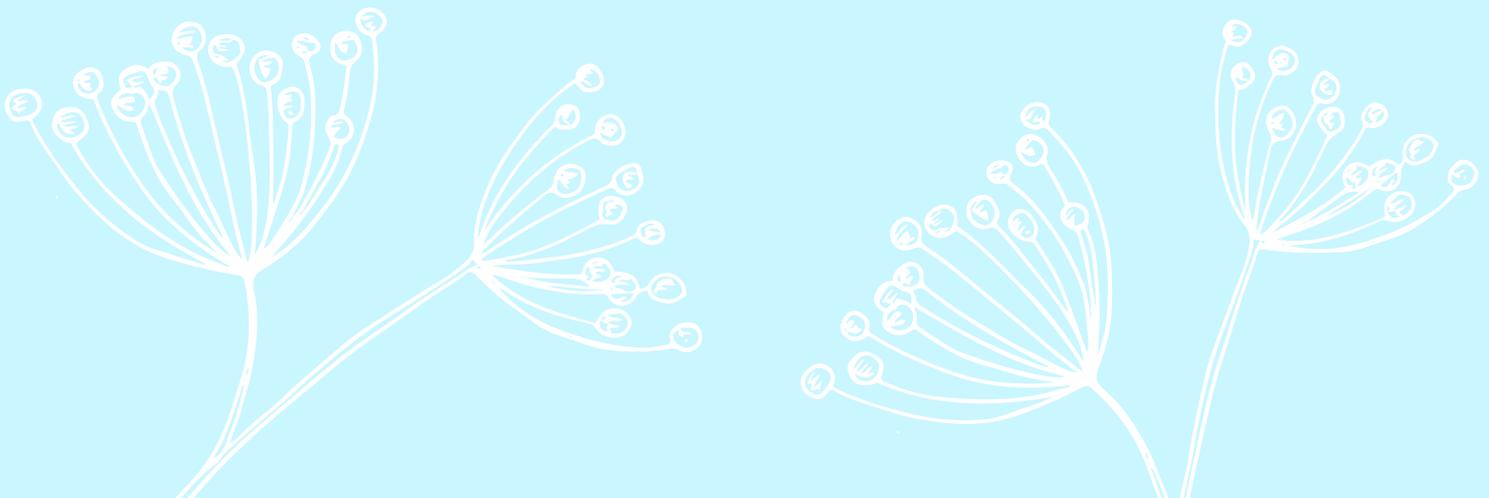


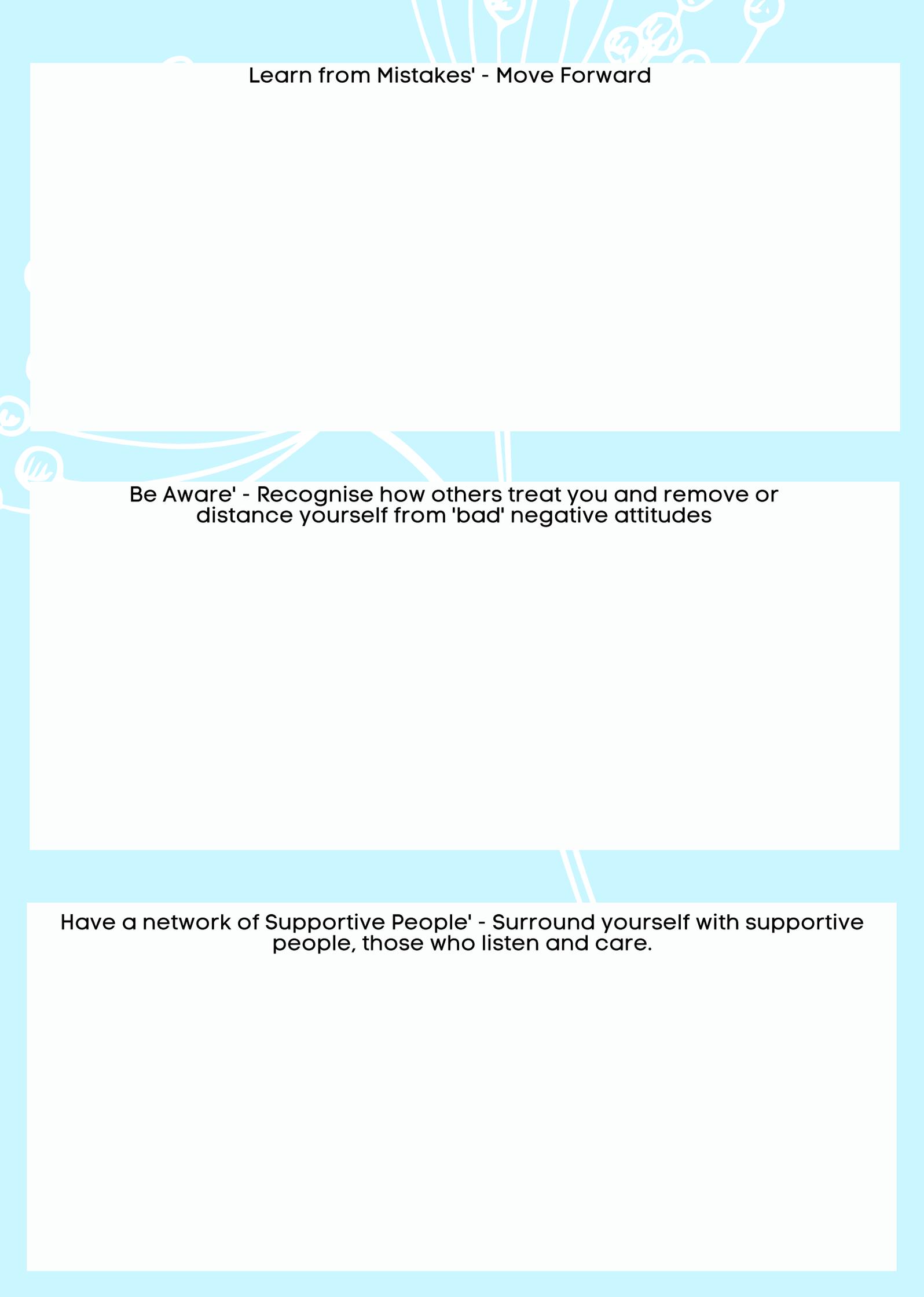
Maintain Perspective' - Take a step back, will this still matter in a week/month ect?

Blank white space for writing or drawing.

Be Honest' - With yourself & Others, there are going to be challenges

Blank white space for writing or drawing.





Learn from Mistakes' - Move Forward

Be Aware' - Recognise how others treat you and remove or distance yourself from 'bad' negative attitudes

Have a network of Supportive People' - Surround yourself with supportive people, those who listen and care.



'Look after your Physical & Mental Health' - Create a plan for both.

Celebrate your Achievements' - However small

Remember What makes YOU special' and the Unique contributions you give to
the world