

# Resilience

**Being resilient means being able to cope when things get tough.**

**Anyone can learn to become more resilient!**

**Feeling good about ourselves can help us be more resilient.**

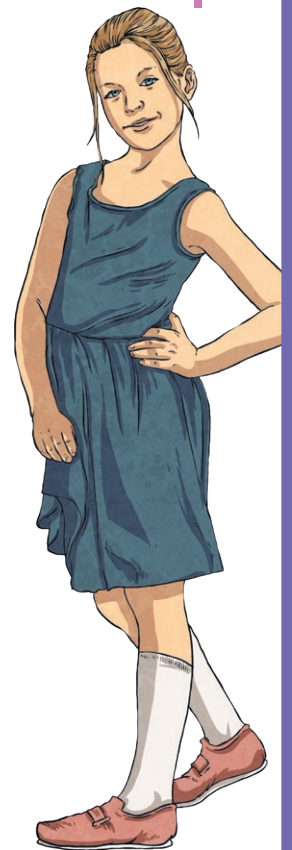


**Having people we trust around to support us helps us cope in difficult times.**

**Practising problem-solving means we are better at it in a crisis.**

**Looking for the good in a situation and being optimistic is a great way to cope.**

**Try to understand your emotions and don't be afraid to show them.**



**You are in control of your thoughts, feelings and actions!**



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