



Week 12 of
Headstrong from
home

<https://youtu.be/grVdbmaXJHk>



<https://youtu.be/BJMhK00aaiQ>

Resilience

resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

<https://youtu.be/NbukUt4Z7Rc>

Purpose


Phase
PROMOTE | PREVENT | SUPPORT

HEALTHY SCHOOLS CHALLENGE:



Your challenge this week is to look at the Phase top tips for resilience and the action for happiness July calendar for resilience. Decide on at least one action you are going to push yourself to try this week.

Think about how you found the action.

Think about what things challenge your resilience and how can you overcome these things.

10 WAYS TO BOOST RESILIENCE

#1 TAKE ON A CHALLENGE

#2 ASKING FOR HELP
AND SUPPORT

#3 HAVE AN ATTITUDE
OF GRATITUDE

#4 BE INTENTIONAL TO
TAKE CARE OF YOURSELF

#5 LOOK TO LEARN
SOMETHING NEW

#6 FIND PURPOSE IN WHAT
YOU DO EACH DAY

#7 CREATE SPACE TO REFLECT

#8 STEP OUTSIDE YOUR
COMFORT ZONE

#9 FIND SOLUTIONS NOT
EXCUSES

#10 MAINTAIN A HOPEFUL
OUTLOOK





RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone, we all struggle at times



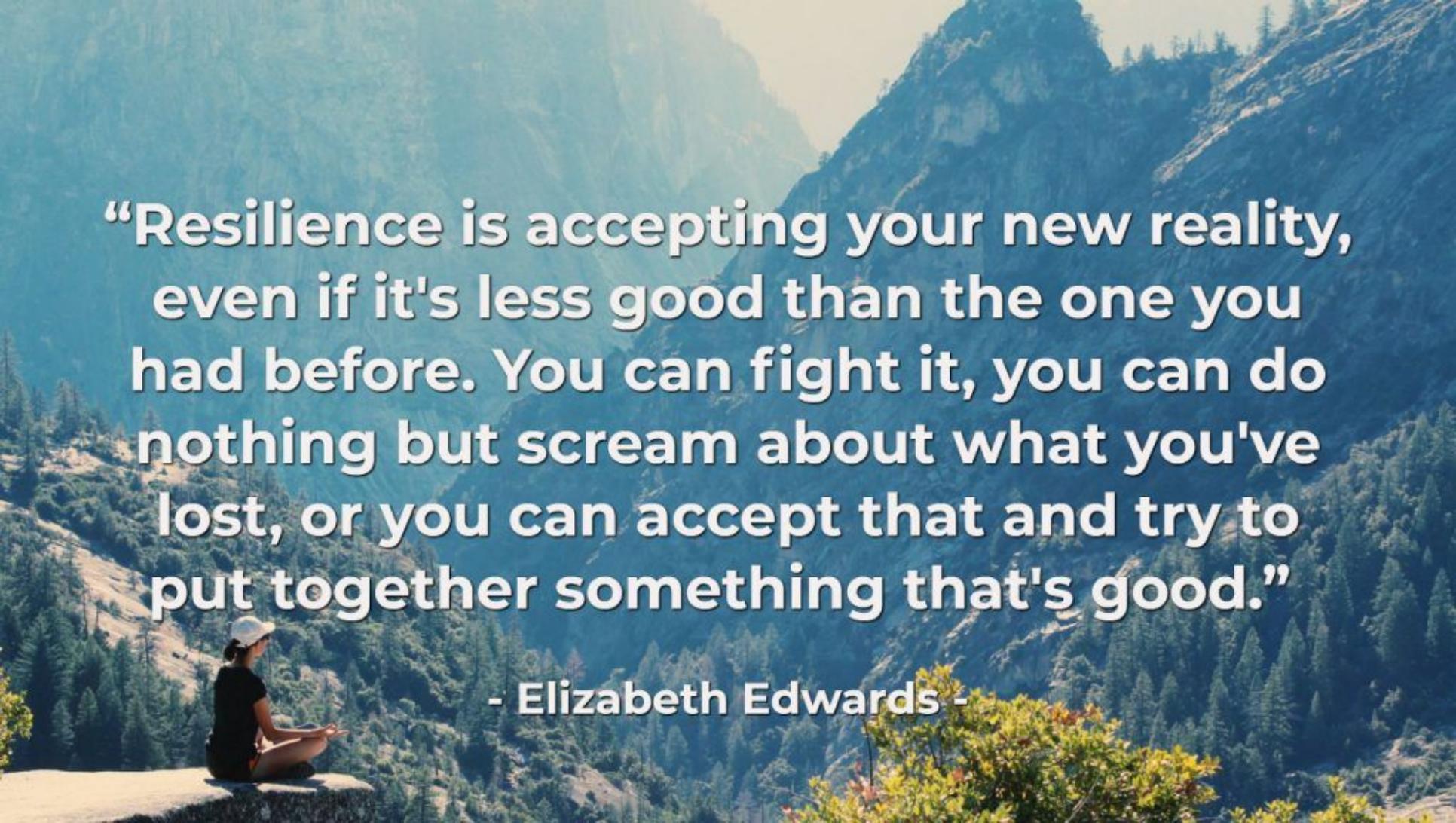
ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

A person wearing a white cap and dark clothing is sitting in a meditative pose on a rocky ledge. They are looking out over a vast, scenic mountain valley. The valley is filled with dense green forests, and the mountains in the background are rugged and partially covered in vegetation. The sky is clear and blue. The overall atmosphere is peaceful and contemplative.

“Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.”

- Elizabeth Edwards -