

Resilience

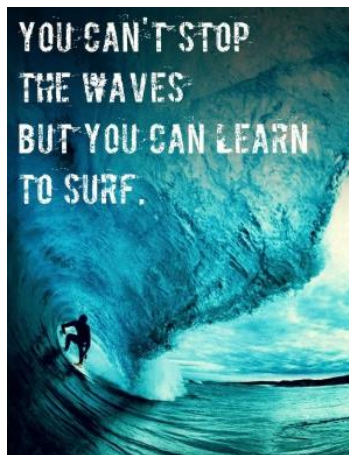
“There may be times or situations in our lives that are more difficult than others. The capacity to stay mentally well during those times is what we call ‘resilience’.

Resilience is not simply a person’s ability to ‘bounce back’, but their capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing.” (Mind, 2013)

We are currently living in unprecedented times and the situation is very difficult – life as we knew it has altered and impacts we feel: uncertainty, anxiety, worry, fear or anger are all normal reactions. Looking after our mental health and wellbeing is crucial.

Positive statements [*hyperlink to ‘Positive I Statements’](#)

One strategy that can help is drawing strength from others. It can help put things into perspective when our mind is running away from us:



“You can’t stop the waves but you can learn to surf” (Kabat-Zinn, 2004). How does this statement make you feel?

We have compiled a list of positive statements which you can print or copy. Not everyone likes these but take a look through and see if there are any that you are drawn to, hopefully there will be one or two that resonate with you [*hyperlink to Positive I statements document*](#)