



UPS Resilience Framework

What can I do to help me be resilient...and to help others to be resilient too?



The Basics	Belonging	Learning	Coping	Knowing myself
<i>Think about my house and what makes it a home.</i> <i>Understand how money works and what we need it for.</i> <i>Know that I have the right to be safe and that I should speak out if I don't feel safe.</i> <i>Be aware of how I can get to places and how I'm helped with this.</i> <i>Know how important it is to have a healthy diet and respect my body.</i> <i>Remember to keep active and get exercise and fresh air.</i> <i>Remember how important it is to get enough sleep.</i> <i>Make sure I have time for happiness, for play and my hobbies.</i> <i>Know that I shouldn't be judged and that I shouldn't judge others...we all have our own stories and should respect them.</i>	Find where I belong. Know my place in the world. Spend time with people I love. Nurture healthy relationships based on kindness and respect. Realise what wonderful things I get from relationships – and seek more of it! Get together with people I can rely on. Think about who I'm responsible for looking after and looking out for. Focus on good times and good places that make me happy and grateful. Understand what has happened in my life. Predict a good experience of something or someone new. Make friends and mix with other people.	Learn wherever I can and make school, work! Learn from and with others and respect how they can help...like mentors! And be willing to ask for help if I need it! Plan out the future and get strength and confidence from that. Organise myself and take responsibility for what I need to do to help myself. Look at what I've achieved and be proud! Give myself a high five or a fist pump! Develop some life skills that will help me be resilient in the future.	Understand what is right and wrong - for others and for me – and respect that. Be brave, take risks and be prepared to make mistakes! That's what resilience is! Realise that some things will go wrong...and accept when they do, and that some things will be hard...and accept when they are. Focus on the things I Can Change and away from I cannot change. Practice solving problems and try to find new ways! Hunt for the good things in life that Can make me happy – think about all we Can be grateful for and wear positivity glasses! Think about what I really like to do...and find ways (and time) to do it! Identify my feelings and think about what I Can do to make myself ready. Remember...this will pass...tomorrow is another day! Lean on others when I need to. Who are those I Can lean on? And who might lean on me? Laugh...a lot! And make others laugh!	Always realise that there is hope...and find where that hope is! Try to understand other people's feelings...be kind and respect them. Know and understand myself...maybe even talk to myself! Take responsibility for myself and my actions. Think of what my talents are...and find time to nurture them. Know that there are people and places I can go to for help...and go to them. VALUE myself – my strengths and my weaknesses...they make me, me and I should be proud. Know when something is helpful to me and when something is harmful to me.