



RESILIENCE FRAMEWORK, A FAMILY VERSION



Basics

- We have good enough housing
- We have money to live
- We can keep ourselves safe
- We can use transport to get to places
- We have a healthy diet
- We exercise and get fresh air
- We get enough quality sleep
- We spend social time together
- We respect everyone's differences and receive the same respect

Belonging

- We have somewhere we belong
- We can find our place in the world
- We make time for our friends and family
- We try to keep healthy relationships going
- We are there to help each other
- We make the best of relationships around us
- We have a support network when times are tough
- We know our responsibilities and try to meet them
- We focus on good times and places together
- We understand what has happened in our past
- We can think positively about new situations and new people
- We make new friends and mix with others

Learning

- We encourage each other to achieve our full potential
- We can take guidance from others
- We plan out our futures together
- We are organised
- We celebrate our achievements
- We learn and share new skills with each other

Coping

- We have rules and try our best to stick to them
- We are brave when we need to be
- We solve problems as a team
- We focus on the good things
- We are committed to activities that we enjoy doing
- We can take time out to relax
- We remember tomorrow is a new day
- We can lean on others
- We have a laugh

Core self

- We have hope
- We try to understand how other people feel
- We know and understand ourselves and each other
- We take responsibility
- We find time for our talents and interests
- We can identify local services and use them when needed



Noble truths

Blackpool Council



Accepting



Conserving



Commitment



Enlisting

