

# Wellbeing and resilience

Try filling in as many of these as possible:

Something I am good at:

Something that helps me feel happy or relaxed:

Someone in my life that makes me feel happy:



A place that makes me feel happy:

Something that helps me feel supported:

Something I am proud of:

Something helpful I do to help myself cope when times are tough:

## Reflection:

How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?