



'Top Ten Tips for Building Resilience'

These can apply for children & adults based on the evidenced based '5 Ways to Wellbeing'

1. Keep in touch with friends and family / make new connections
2. Take a break / Time Out
3. Eat Well
4. Value yourself
5. Ask for HELP when you need it!
6. Constantly look for opportunities to learn new skills
7. Talk about your feelings
8. Keep physically active and link this to your own level of mobility and ability
9. Do something creative
10. Care for others