

## RESILIENCE: SELF-CARE & COPING STRATEGIES

Resilience is emotional strength. Being resilient is about understanding your thoughts and feelings and finding small ways to change how you think or feel. This can change how you respond and behave in certain challenging or stressful situations.

In the Young & eSafe Resilience video ([esafety.gov.au/youngandesafe/resilience](https://esafety.gov.au/youngandesafe/resilience)), the main character saw the quote on the wall “They don’t write your story. You do.” This helped the character realise that you can’t always change other people or the situation you are in – but you can change your thoughts, feelings and actions to work out ways to cope with difficult times.

Resilience is a skill that can require some developing, but practice makes progress. Just like learning any new skill, it can be tricky at first. But with practice, it can become easier and easier. The following activity helps you to identify ways to manage challenging emotions and build resilience.

### Building Resilience.

1. When you are stressed/upset, what **emotions** do you normally feel?

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2. When you are stressed/upset, what **thoughts** do you normally think e.g. “I’ll never get through this”, “I can’t handle this”?

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3. Sometimes resilience is about finding small things that help you calm your thoughts and feelings. This can help you think more clearly and be more resilient. These are called ‘coping strategies’ or ‘self-care strategies’. What little things help you feel calmer?

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# Worksheet for Resilience Lesson Plan 2

4. The table below identifies common coping/self-care strategies.

- Firstly, add three coping strategies you already use into the blank spaces in the table.
- Secondly, circle three strategies you might like to try over the next week.

## COPING & SELF-CARE STRATEGIES

			Deep breathing	Watch an inspiring TED talk
Read a book	Write in a journal	Play sport	Meditate	Have a massage
Spend time in nature	Gentle stretches	Spend time with friends	Spend time with pets	Sleep/nap
Listen to music	Draw	Play music/ instrument	Dance	Bike ride
Have fun	Express yourself	Grooming – e.g. Paint nails	Day dream	Imagine
Cook	Eat	Go somewhere new	Get absorbed in an interest	Do a hobby
Do something you are passionate about	Help someone else	Find an inspirational quote	Research opportunities to volunteer	Go for a jog/ run/swim
Reach out for support	Call Kids Helpline for a chat	Cup of tea	Bath/shower	Gaming