

# Resilience Flashcards

Do you find it hard when you have to cope with something that makes you feel scared, worried, upset or confused?

Most young people will feel like this and they will sometimes need help to feel better.

There are some flashcards with pictures that show you what you can do to help you deal with these difficult emotions.

Try some of the ideas and see if they work for you. If you find an idea that works, then please keep trying this. You may need to look at the flashcard over and over again until you remember what to do.

If you have any other ideas, there is a blank flashcard so you can draw or write your idea on it. Include this in your book of flashcards and keep it safe so you can use it whenever you want to.

