

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.



Think about what makes you happy every day.

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Think about the last time you laughed.

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Give yourself a cuddle or a pat on the arm or chest.

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Be brave – try something totally new that you have never done before.

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Eat a snack and drink plenty of water.

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Write or draw all of the people that care about you.

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Think about how
your mind and
body are feeling.

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Take a deep
breath in,
then breathe
out slowly.

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Think about the
last place you
went to that
made you feel
calm and happy.

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