

Resilience Toolkit

Here are some ideas to help stay calm:

Take a Weather Report

Call upon Your Courage

Find a Helper (person or object)

Remember your Helper Words (Positive Self Talk)

Focus on What You Can Control

Take Calming Breaths

Practice Gratitude

How
are
you
feeling
right
now?



Remember, everybody has feelings. Try these tools to see which ones work best for you.



We can do hard things!

Resilience Toolkit

Take a **Weather Report**

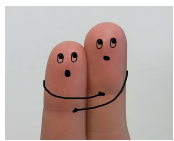
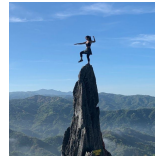
How are you feeling?



Notice and name your feelings. Remind yourself that our emotions are always changing, so if you have an uncomfortable feeling, you can feel safe knowing it will change just like the weather changes.

Call upon Your **Courage**

We all have courage--sometimes when we are scared, we have to call upon our courage to remind us that we can do hard things.



Find a **Helper** (person or object)

Helpers can be objects, animals, or things in nature. Know who your person or comfort item is so that you can reach out for help when you are having a tough time.

Remember your **Helper Words** (Positive Self Talk)



Say to yourself your words or phrases that give you the courage and positive encouragement to get through something challenging.



Focus on What **You Can Control**

We can feel more and more uncomfortable when we allow ourselves to worry about all of the thoughts that come to our minds. Focusing only on the things *you can control* can help you to feel less overwhelmed and more calm.

Take **Calming Breaths**

Use the power of belly breathing to calm your body and mind.



Practice **Gratitude**

Thinking of something you are grateful for can make you feel better when you have emotions like sadness, boredom, frustration.