



# The Resilience Alphabet

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Simple things to help  
you





# A- Adapt

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Some people would describe 'to adapt' as; adjusting to someone or something, thinking about different conditions, a new environment, trying to fit, change, or modify to suit a new or different purpose;

- Moving to a new school
- Sorting a new subject
- Having a new timetable
- Not coming to school and having to study from home!





# B- Balance

Getting a balance is so important, how you spend your time, how much sleep you get, how much work you do or factoring in quality family time.

Think of getting a balance as playing on a see-saw, it is important to get a healthy balance not too much of one thing or too little of another.

# C- Choice



Think about the choices you have to fill your time. Sure, we all have different routines but there is so much we can do to occupy and stimulate ourselves;

- Distance Learning tasks
- Reading Music
- New programmes
- Baking/Cooking
- Reading or researching new topics
- Planning for GCSEs/CV/Jobs
- Developing new independent skills.

# D- Downtime

Throughout your time away from school ensure you do manage to get valuable YOU TIME.

Invest in yourself and do some of the things you enjoy to relax or try something new;

Bath time, Meditation, Colouring, Gardening, Cooking, Art, Fitness, Cycling, Pets, Catch up with family or friends, Community work.

It should not be all about schoolwork.



# E- Exercise

It is very easy to feel sorry for ourselves and develop negative attitudes. Getting up and active is great for us, exercise releases beneficial chemicals into our body, it is brilliant for brain stimulation, makes us feel positive and keeps organs healthy.

The great thing is that you can pick what activity you want to do; Jogging, Circuits, Yoga, Stretching, Cycling, Skipping.....





# F- Fun

While life is very different it is important that we find fun things to do that make us smile, laugh or give us a feel-good factor.

- Films
- Box sets
- Playing games
- Learning new things
- Zooming friends or family

# G- Gratitude



Things are difficult, unusual and complicated, we are being asked to live our lives in very different ways.

However, we should not lose sight of one of our core gospel values- *Being Grateful*.

For sacrifices other have made for us, the work that others are undertaking to keep us safe, the families who support and love us or for the wonderful surprises nature brings every day.





## H- Hope

Times are tough and many families have been through so much heart ache, pain, suffering and disruption.

HOWEVER, never lose hope, this is the one thing that gives us strength in knowing that life will not always be like this, we will emerge stronger and individually/ as a family/ as a nation/ as a global community we will learn.

# I- Intention

Make it your promise to do something good, to contribute positively or to leave a feel-good factor in someone else's life.

- Tell someone you love them
- Do a good deed
- Pass on a smile
- Phone a friend and tell them you miss them
- Shop for an elderly neighbour, post some letters, walk the dog
- Help with jobs around the home



# J- Journal

Keeping a log or diary of your feelings is not only a good way of capturing your expressions but is a release valve and a coping strategy. It is a self-help tool that allows you to put into words what you are thinking.

You may want to keep your journal and in years to come revisit how you felt and what you did to overcome certain feelings.

Perhaps you might want to include photos, recipes, flowers or cards.





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# K- Kindness

Kindness is so important  
in today's world

We have talked about the  
power of RAOK in  
previous presentations

What Random Acts of  
Kindness can you show to  
others or yourself?

# L- Laughter



- Pass it on!!!
- It's infectious
- It's a gift so give it
- It makes us feel good
- It gives us a lift
- What sort of laugh do you or your friends have?
- Giggle, snort, snigger, titter, chortle, cackle, belly, roar, bellow, guffaw, chuckle or silent?

A close-up photograph of a man with a beard and short hair, wearing large black over-ear headphones. He has his eyes closed and a thoughtful expression, with his hands clasped together in front of his chest. The background is dark and out of focus. On the left side of the image, there is a white circular graphic element containing text.

# M- Music

Turn it up Mr DJ!!!

Whether its on your phone, stereo system, deck, TV, headphones, pods, on the go, in the shower, at a party or relaxing- MUSIC is good for us.

We like the oldies, we like what is current and we like finding new stuff too.

What's on your play list?

What's the next three tunes you are going to add?



N- NO thank you!

Do not allow yourself or others to be influenced by negatives, listen to advice, resist temptations, be disciplined, think about how your actions can impact on others or yourself, be respectful and pass on positivity.



# O- Opportunities

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There are thousands of new opportunities available for you to develop as a stronger, more confident, community focused, understanding and skilled human being.

One that has grown and learnt from the present experience. Someone who becomes more aware or appreciative of local, national and international events/happenings.

More importantly someone who can contribute more positively to your and others' future.







# P- Pray

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There have been, and will be, times when we come together with family, friends, community or reserve a little private time to reflect and pray.

For those who have lost loved ones, are experiencing heartache, need strength, are sick, recovering, tired, exhausted, caring, nursing, teaching, loving, helping, researching, delivering, listening.....

The Power of Prayer is remarkable.




# P- Prayer

In a moment of quiet reflection say your own prayer to those who you feel need strength, remembering, thanking, support or love.

- Why not light a candle
- Play some soft relaxing music

## **PRAYER FOR PROTECTION**

The Light of God surrounds me. The Love of God enfolds me. The Power of God protects me. The Presence of God watches over me. The Mind of God guides me. The Life of God flows through me. The Laws of God direct me. The Power of God abides within me. The Joy of God uplifts me.



# QUESTIONS

## Q- Question

You will have questions regarding the past, the present and the future. It is only right that you ask them, the adults in your life may not have all the answers but by talking we can perhaps understand a little better and help.

Really important that you also listen and are very careful as to where or who you are getting your information from in order to answer your questions.

# R- Remember

You are so dearly loved.

So many people are working so hard to support you, your families and your friends.

There are many many unsung heroes who do not always get mentioned in the news, they are working tirelessly to help and keep you safe.

- This will not last for ever
- We will learn so much
- We will be stronger
- School will always be there for you, from a distance and hopefully in person soon.



# S- Stands for.....

- Simple things work best
- Show people you love them
- Support where you can
- Stay safe, stay strong
- Send messages of kindness
- Set yourself high standards
- Share positivity, humour and compassion





## T- Talk

If you are feeling confused, low, insecure, scared, threatened or worried do not keep these feelings inside, there is a possibility they will increase in negativity and eventually become 'toxic'. This is really unhealthy.

- Speak to a trusted loved one
- Text, message, tweet, face time or Zoom
- Let others help you
- Or look on our Distance Learning web page where there are lots of professionals or charities that specialise in giving confidential help, support and guidance.

# V- Vulnerable

We all feel a little vulnerable from time to time.

When we do there may be one or several strategies we can use to make us feel more confident, secure, happy or understanding.

Some are mentioned in this presentation others are special to individuals.

Please remember you are not alone.





## W- Wish

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Make a 'wish list' of things you are going to do differently, experiences that you will learn from, newfound skills you are going to use or people you are not going to ever take for granted.

Where are you going to have your first meal or group catch up?

If you could click your fingers and life be normal what 5 things would you do first with your friends?





# X- Marks the spot

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Eventually school and life will return to some form of normality.

School has not moved.

Our values have not changed.

Our gospel values will always be at the centre of our school.

You are so important to us.

We are working hard to make sure school is safe.

We will face all the challenges that the future holds together.

# Y- You



- Are not alone
- Are loved so dearly
- Are at the centre of every decision we make
- Are our future
- Are special
- Are able and beautiful people
- Are capable of fantastic things
- Are going to make people proud
- Are going to make a difference



Z- Zzzzzzzzz

Please make sure you get the rest you need to function properly and think clearly.

Tired people make mistakes, may say the wrong things, get irritable, are quick tempered and lack concentration.

Ensure you have a good sleep pattern and have a plan of action for each day.

Give yourself achievable targets.

Go to bed happy with what you achieved, tired because you have worked hard, content because you have made a difference and inquisitive as to what tomorrow brings.