

10 Tips for Growing Up Resilient

Create a life you can fall in love with!

1

Build Supportive Relationships.

A good support system is key.

2

Learn to Manage Difficult Emotions

such as anger or anxiety.

3

Get Involved!

Think about what you can do to help others.

4

Think about areas of your life you can be passionate about &

Pursue your Dreams!



Resiliency is your ability to 'bounce back' from challenges

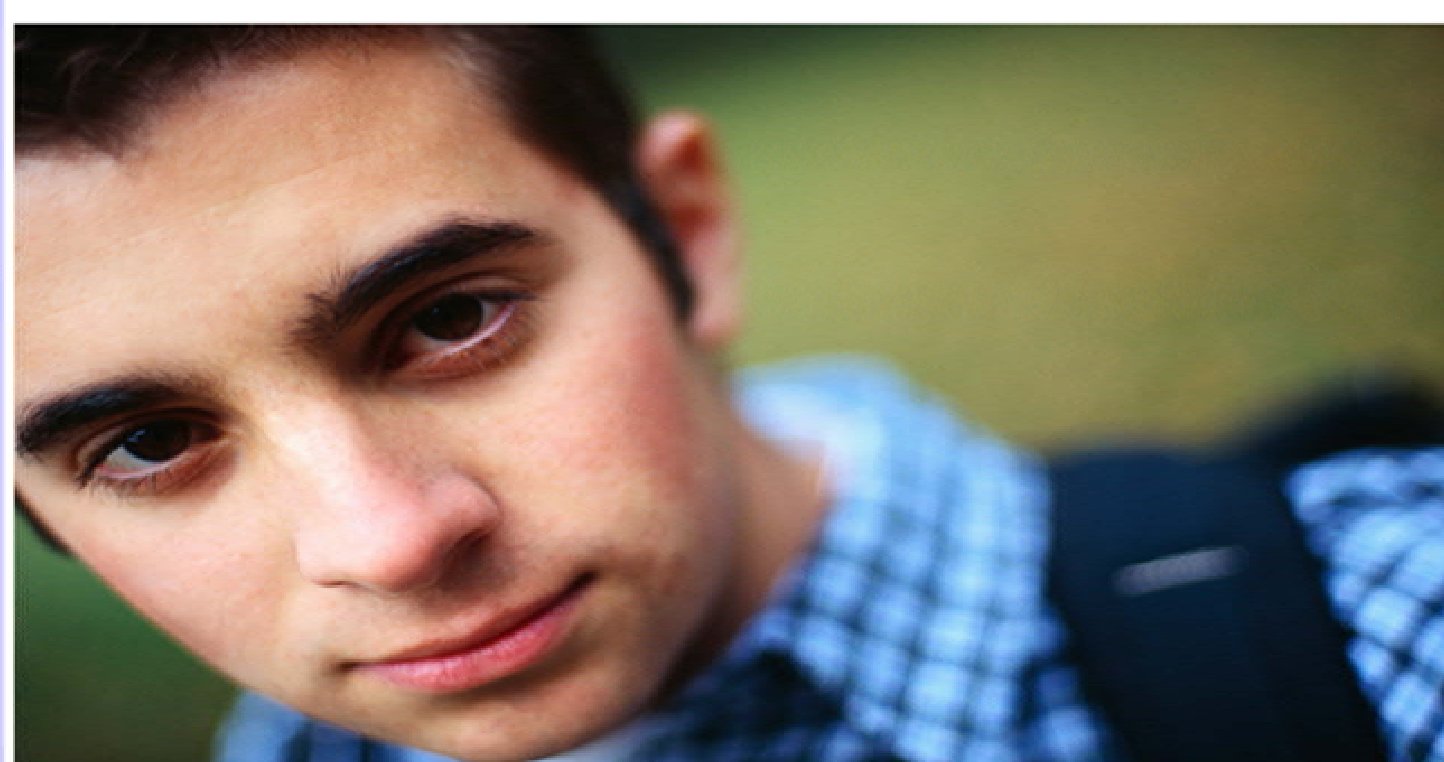
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Be an optimist!

Think positive thoughts & have a hopeful attitude.

6

Know your "real" friends. The ones you can trust to tell anything & you feel you can be yourself around.



7

Be Curious! Realize there are many ways of viewing the world.

8

Relax! Take time to do the things you enjoy & learn how to calm down on bad days.

9

Learn new things!

The more you know the more confident & independent you feel.

10

Ask for Help!

Reach out to family, friends, someone you trust or call:

NL Health Line 1-888-709-2929
Kids Help Phone 1-800-668-6868

For more information visit www.camh.net
For support, contact your local
Mental Health & Addiction Services Office.