

# Resilience: Bouncing Back Stronger

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## What Is Resilience?

Resilience is your ability to bounce back from tough stuff – a bad day, a health challenge, or something unexpected. It doesn't mean pretending you're okay all the time. It means finding ways to keep going, grow stronger, and stay connected.

## Why Does Resilience Matter?

- Life is unpredictable. Resilience helps you adapt.
- You are stronger than you think.
- It builds confidence and courage.
- It helps your mental health – less stress and anxiety.

*“Although the world is full of suffering, it is also full of the overcoming of it.”*

*– Helen Keller*

## How to Build Resilience

1. **Know Your Story!** Your life experiences shape you – even the hard parts. Write about a time you overcame something. What did it teach you?

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## 2. Find Your Anchor.

What keeps you steady when life feels shaky? Music, nature, routines, people?  
Think about: What helps calm you down?

## 3. Talk to Yourself Like a Friend.

Say kind things to yourself like you would to someone you care about. Ask yourself: "If my friend felt this way, what would I say?"

## 4. Take Small Brave Steps.

Resilience isn't about doing everything — it's about doing one next thing. When you feel stuck, just ask: "What's one small thing I can do?"

## 5. Grow Through What You Go Through.

Hard things shape you, but they don't define you.  
Reflect: What strengths have I gained from my experiences?

## Bonus Resilience Tools

- Journaling
- Drawing or writing stories
- Movement or exercise
- Breathing or mindfulness
- Talking with someone you trust

*Remember, you're not alone!*

Everyone struggles. Resilience doesn't mean doing it alone.  
It means reaching out, growing, and trying again.

You don't have to fix everything. Just take the next step.

*Keep this handout with your Resilience Plan. Use it as a reminder: that you are building strength every day.*