

# Weekly Wellbeing Newsletter

## Resilience and Courage

The Bucks Mind CYP Team hope this finds you well. With a second round of school closures after an already very challenging year, we will be sending wellbeing resources and uplifting news to help us all look after ourselves whilst remote learning in lockdown.

All our best wishes, from

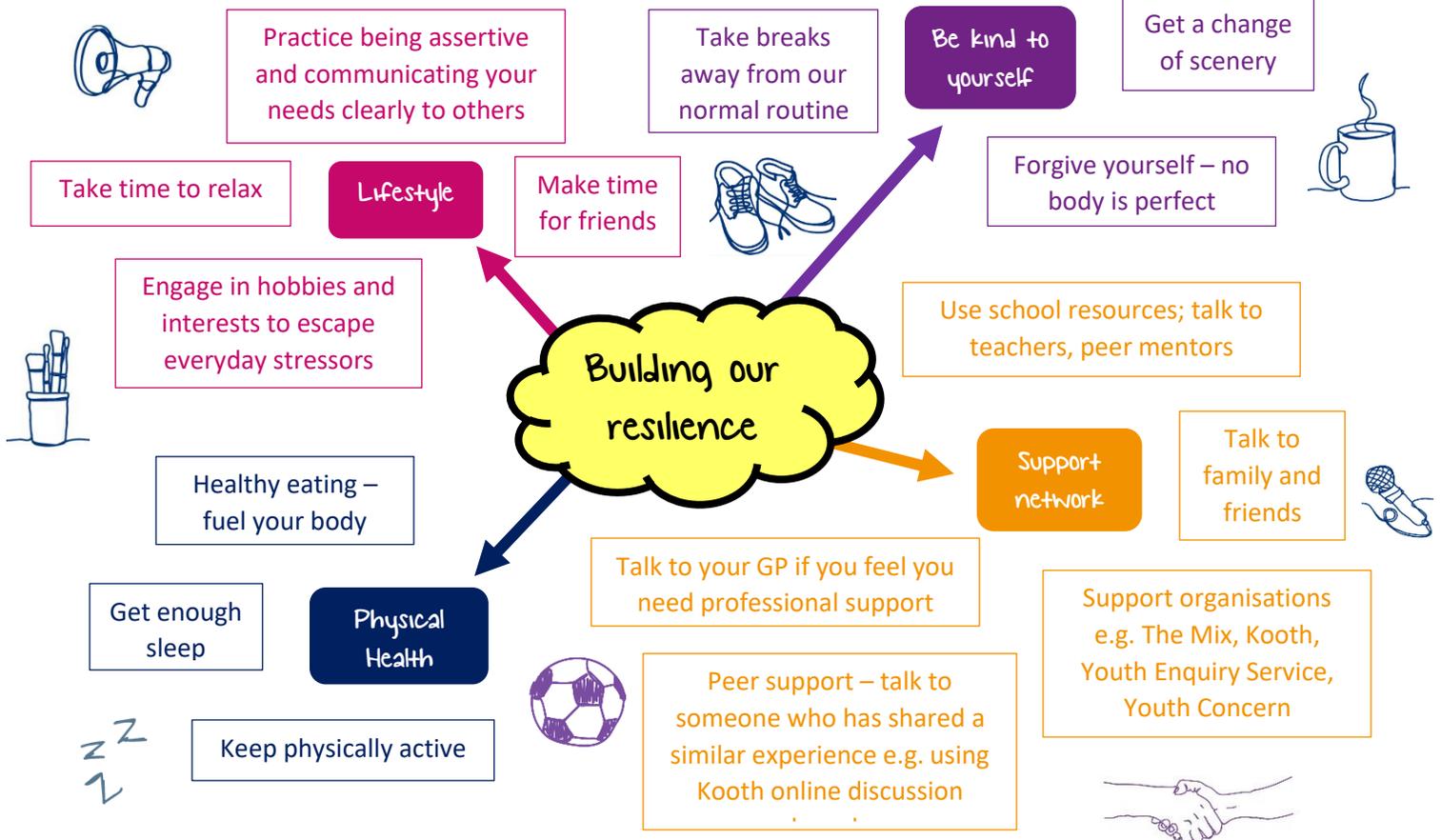
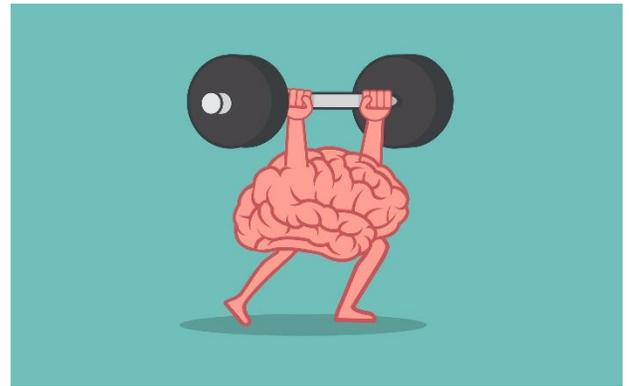
Alice, Grace, Delphine and Abbie (Children and Young People's Team)

### What is resilience?

The process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.

Resilience does not mean that we experience less distress, grief or anxiety than other people do, but that we are able to utilise skills and strengths to cope and recover from problems and challenges.

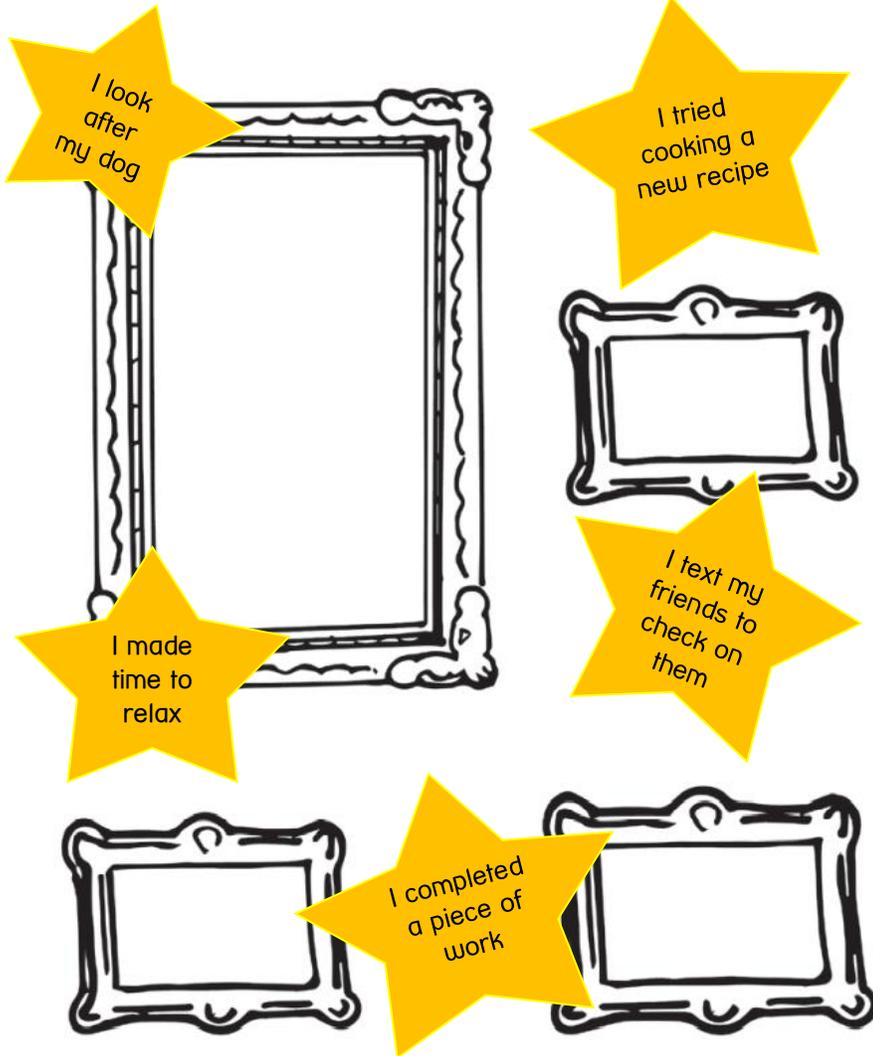
Resilience is not a personality trait, but a skill we can learn to develop!



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Take some time to **acknowledge your achievements** – this can help us to build resilience. They don't have to be big life events; give yourself a well done for the tasks you have completed and for all the ways you are looking after yourself. Examples below:

**Handout 4:** Using this handout think of things you have achieved and things you are proud of in your life then write them in the picture frames



## Wise words form a courageous young person

[The power of bravery | Joseph Wang | TEDxGoodenoughCollege - YouTube](#)

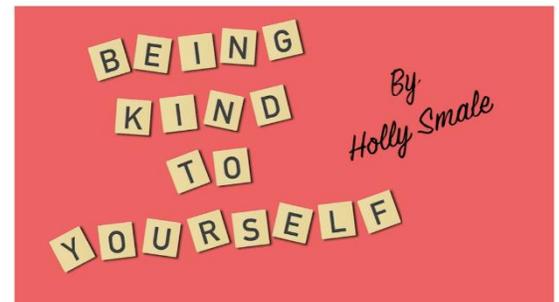


## Building resilience through self-love

"Every time you hear that negative little voice in your head saying 'You should be doing this' or 'You should be doing that' and 'I can't believe you've achieved nothing today.' Just sit very calmly and say -

'No. Actually, it's OK. I'm doing great. I'm doing enough. And I am OK as I am.'"

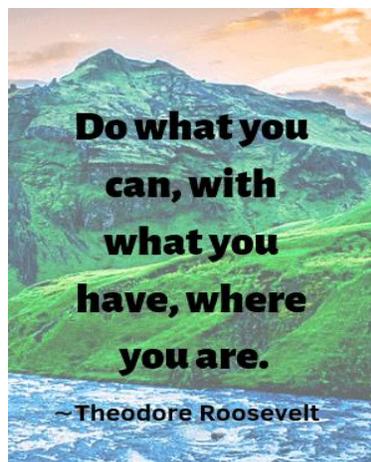
[Being kind to yourself by Holly Smale - BBC Bitesize](#)



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We would love to hear your feedback on our resources; please follow this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=m2PRzslrNkWUuWHRbLXGI7yvfhBe1x5Bovajvxv7VzJUODIXRUIIEVRSRkZTTkZNMDBQWjFKQO>

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