


Positive Minds; Online




For Week 2 we are looking at the topic of coping strategies and resilience.

What is Resilience?




“Resilience refers to the ability to recover quickly from difficulties and tough situations and return to a level of normality.”


(National Institutes of Health, 2020)

All throughout life we will always encounter setbacks and experience challenges, the important thing is we are able to overcome these by being resilient. This means it is important for us that we have effective coping strategies to handle these difficult situations and stress.



Coping strategies are specific behaviours someone undertakes to master, tolerate, reduce and minimise the effect of stressful events. These can be distraction techniques or doing a hobby that we enjoy to relax or also enables us to return to feeling our usual selves.




Everybody is different so each of us have our own individual coping strategies, these


strategies are what work best for you as an individual and should be unique to us. It's important that you have a wide range of coping strategies that help you to relax and handle stress.

If we are unable to handle stress and these setbacks effectively, it may lead to further mental health issues such as stress and anxiety. So using coping strategies to allow us to be resilient is very important for us in our day to day life and during difficult times. It is very likely during the current situation you have been using coping strategies and have been resilient, we would like to know your examples and for you to share these with us.

This Week's Tasks



Task One: We would like you to write out your 3 coping strategies and write why these work best for you on the sheet below and send this to your teacher. We would like you to also send your teacher either a video or photo of you practising one of these coping strategies.



Task Two: We would like you to practice your box breathing, if done correctly and practiced regularly this can allow yourself to calm and build resilience in stressful

situations without any equipment needed. Liam's Video will show you how to practice box breathing.

Task Three: We would like you to attempt our #testyourresilience challenge. This will involve a cup, a small ball and involvement from members of your family to apply pressure and make it fun. Taylor's video will show you how to do the talent.

Good Luck and have fun!

