

# 10 WAYS TO BUILD RESILIENCE IN MIDDLE SCHOOL

WHAT IS RESILIENCY?



RESILIENCE IS THE ABILITY TO DEAL WITH HARD THINGS!

I AM Strong

1. FIND WHAT KEEPS YOU GOING!
2. BELIEVE IN YOURSELF: YOU'VE GOT THIS
3. SURROUND YOURSELF WITH PEOPLE YOU CAN TRUST



4. BE FLEXIBLE AND EXPECT CHANGE
5. HAVE A POSITIVE OUTLOOK & TRY TO LOOK AT THE BRIGHT SIDE OF THINGS
6. TAKE CARE OF YOURSELF
7. PRACTICE PROBLEM SOLVING SKILLS

8. SET GOALS FOR YOURSELF
9. WORK TOWARDS THE PROBLEM
10. PRACTICE THESE SKILLS!



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