

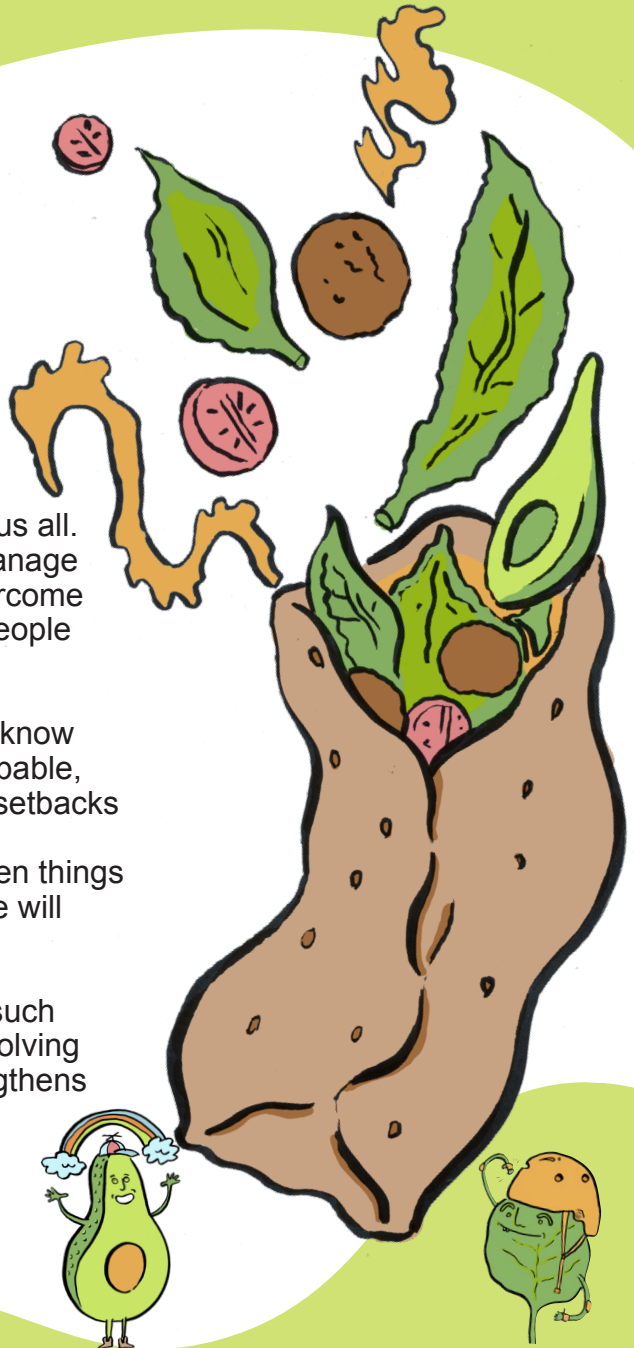
# Assets for Success

## Resilience

Life throws challenges at us all. As resilient people, we manage difficult emotions and overcome challenges by talking to people who will support us.

We look for the positives, know that we are strong and capable, and try to remember that setbacks are a part of life. We use determination when things get hard and know that we will bounce back.

Developing other Assets such as friendliness, problem solving and communication strengthens resilience.



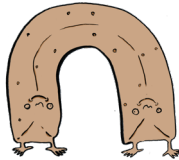
## Resilience



Keep moving forwards

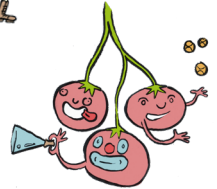
## Perspective

Take time to assess what's happening and how you feel and why; stay calm and rational by looking at the bigger picture, ask others for their perspective to help you do this.



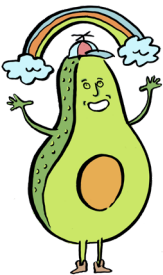
## Be Brave

Face up to how you feel; find the courage to ask for help.



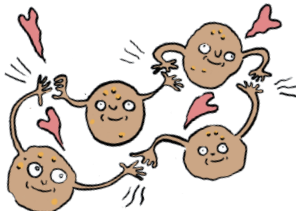
## Optimism

Create a positive view of life, yourself and your abilities; keep an open mind and look for opportunities in every experience.



## Strong Social Connections

Work hard to build and maintain relationships to create a support network; don't be afraid to ask them for help whenever you need it (and remember to help them too!)



## Sense of Humour

It is not always appropriate to laugh, but look for the funny side of misfortune and laugh about it with others.'



## Persevere

Break realistic goals into smaller steps to plan how you can achieve them; don't give up and if you fail try again.