Mental Health in Schools Team
Tips For Wellness
Bouncing Back

Bouncing back is all about 'having another go' after we are faced with challenges, this is also called **resilience**! There are times when things will not go how we planned, so being resilient will help us keep going and try again. We can all develop our ability to bounce back, so it is important to maintain a growth mindset and practise this skill by trying the following tips:

Our tips for bouncing back:

1. Watch this **short video** introducing resilience and 'bouncebackability'. Scan the QR code to load the video and other lesson resources: *Young Minds resources*

2. Practise **problem solving** as a strategy to overcome practical difficulties and help you bounce back! Follow the steps below, you may want to write the answers down to help you:

   1. What is the problem?

   2. How does it make you feel?

   3. What are the possible solutions?

   4. What are the positives and negatives of each solution?

   5. Select the best solution and make a plan to try out!

3. Think about a time when you have faced a challenge in the past...how did you overcome it? Would you do anything differently if you came across the same challenge again? You could discuss this with a friend to share ideas.

4. Build your **support network.** Having people that you trust around you through difficult times can help you to bounce back! Try to share how you are feeling with friends, family, teachers and other trusted adults in your life. You can also contact the services below if you struggle talking to people you know: *Young Minds*   *Samaritans*

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.