



How can we build resilience when life throws us challenges?



Lyn has failed her driving test five times so far. Lyn really, really wants to learn to drive to help her mother attend hospital appointments.

Lyn has booked another test. She has decided to go out practicing, every night with her dad. Lyn has her fingers crossed and her hopes set high for next time.

Discuss: How would you describe Lyn's personality?



What exactly do we mean when we talk about resilience?

CLUE: 'I get knocked down, but I get up again...'

Learning outcomes:

Describe different strategies we can implement to be more resilient.

Explain how we can apply the different coping strategies throughout life to enable us to be resilient.

Psychological resilience – a person's ability to adapt to stressful situations and tough times. A resilient person will keep trying until they get the result they desire and have developed coping techniques to help them along the way.

Watch the following clips and complete the questions in your booklet.

['Mental toughness is the secret to success' | BBC Ideas – YouTube](#)
[8 Things Resilient People Do - YouTube](#)



What happened to Asha at the world trampolining championships?

How did she feel?

How has Asha re-framed her injury to be a positive thing?

What does Asha think we should all focus on?

What does resilience also help us with?

What is the link with resilience and kindness?

Why must you consider your limits?

Why does it help to spend some time alone?



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What happened to Asha at the world trampolining championships?

She fell, but didn't land right, which ruined her competition championship entry and injured her legs.

How did she feel?

Asha felt like she wanted to give up.

How has Asha re-framed her injury to be a positive thing?

She sees it as a chance to re-focus and re-learn.

What does Asha think we should all focus on?

We should focus on what is important to us and what makes us thrive.

What does resilience also help us with?

Our physical and mental health.

What is the link with resilience and kindness?

It enables you to be kind to yourself, allowing you to retry when you fail.

Why must you consider your limits?

You don't burn yourself out unnecessarily and practice good self care.

Why does it help to spend some time alone?

To help you process your ideas and reflect upon things like your goals.



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Discuss with your partner and using your learning from today, provide a paragraph of advice to each of the two case studies below. Be prepared to feed back.

1. Rana is competing in the county championships has lost her fifth squash game in a row. She is devastated. Her next match is tomorrow at 8am.

2. Alan has had his first choice university application turned down. There is an appeal process but he feels too negative to even try applying again.

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Useful mental health helplines and charities:

Childline. Support for people under 19 in the UK. Call: 0800 11 11

Young Minds. Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

Mind. Mind is a charity that provides advice and support for people experiencing a mental health problem in England and Wales. Call: 0300 123 3393 (Mon to Fri, 9am to 6pm)

Rethink Mental Illness. Support and advice for people living with mental health problems. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

SANE. National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

Mental Health Foundation. Information and support for anyone with mental health problems or learning disabilities.



How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know

How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>