

# The Resilience Framework



Together  for Families

START  
NOW



HEADSTART  
KERNOW



## Want to know more?

For more information about Resilience and how to get involved locally, visit: [www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk).

On the Start Now website you will find all sorts of tips and activities created by and for young people, the latest news, and events, as well as Information for parents, teachers, and carers.

You can reach us by email at: [headstartyouth@comwall.gov.uk](mailto:headstartyouth@comwall.gov.uk)

## Get Involved!

Join Cornwall's campaign to boost Resilience by following us on social media:



Remember to use **#HSKResilience** and **#ResilienceRocksKernow** to share your tips with others... Good luck!



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# Introducing The Resilience Framework and Resilient Moves

## What's Resilience?

Lots of answers to that question! If you googled 'resilience' you would find answers about elastic bands or bouncing balls or the strength of metals and other materials and... well, you get the picture.

**Resilience is often linked to phrases like "bouncing back" or "onwards and upwards".** Displaying 'grit' and 'determination' in the face of adversity, with little discussion about how to even get to that state of mind, when you feel you are at your lowest point.

But for us, **resilience is NOT simply about "maintaining a stiff upper lip".**

It's about understanding how our circumstances can affect the way that we feel about ourselves, how to make meaningful changes to our lives and **how to build on our core strengths, so that we find it easier to cope during tough times.**

Resilience is something that we all have a role in supporting within the family, school, and the wider community. That's why we're proud to introduce the Resilience Framework.

**We believe it can help us to make things better for all children and young people across Cornwall.**

## The Resilience Framework

The Boing Boing Resilience Framework and the Resilient Moves that make up the framework are **a way to help us share a positive and practical description of resilience**, along with some **practical tools** for young people, families, and schools.

**The Resilience Framework is divided into five pillars.**

Within each pillar, there are **Resilient Moves**. Each move is a positive suggestion that when applied to your daily life, **will help you to feel more resilient.**

**You don't have to start at any particular point - starting anywhere will be a good move.**

Wherever you start is likely to have a knock-on effect and build other areas of resilience.

We hope that by sharing the Framework across Cornwall we can encourage everyone to become more resilient, one step at a time.

Check out the following pages for tips, links and contact details where you can find out more!



# Resilience Framework - The 5 Pillars

## 1 Basics

- Good housing
- Money to live
- Feeling safe
- Access to transport
- Healthy diet
- Exercise and fresh air
- Enough sleep
- Play and leisure
- Mutual respect and freedom from judgement



**Basics** means ensuring the necessities needed for life are in place: like food, sleep, exercise, money, housing, a safe space, and the right to be free from prejudice and discrimination.

## 2 Belonging

- Somewhere to belong
- Find your 'place' in the world
- Tap into good influences
- Keep relationships going
- Foster healthy relationships
- Make the best of the relationships you do have
- Get together a support network you can rely on
- Uphold responsibilities and obligations
- Focus on good times and places
- Understand what has happened in your life
- Think positively about new experiences
- Make new friends



**Belonging** is all about encouraging good relationships, concentrating on positive times and places, feeling connected to your local area, and having people in your life you can count on.

## 3 Learning

- Try your best at school, college or work
- Engage mentors
- Plan for your future
- Be organised
- Recognise and celebrate your achievements
- Develop new life skills



**Learning** refers to having opportunities inside or outside of school or work to develop interests, talents, and life skills, including mapping out or having a view of the future.

## 4 Coping

- Understand boundaries
- Be brave when needed
- Be a problem solver
- Keep a positive outlook: Put on positivity glasses!
- Make time for the things you enjoy
- Know ways to calm down and feel better
- Remember 'Tomorrow is a new day'
- Lean on others when you need to
- Have a laugh!



**Coping** is all about developing the skills needed to manage the knocks of everyday life, like problem-solving, staying calm and leaning on others if needed.

## 5 Core Self

- Be hopeful
- Understand other people's feelings
- Know and understand yourself
- Take responsibility for yourself
- Nurture your talents
- Make use of local services, when help is needed



**Core Self** means to develop those qualities that help children, young people, and families to develop a strong sense of themselves, including ways to build and nurture their self-esteem, confidence, and character.

## The Noble Truths

### What are the Noble Truths?

The Noble Truths are 4 principles that describe key values that underpin every pillar of the Resilience Framework.

These fundamentals are an important starting point. Try to keep them in mind and think about how they could apply your life.

1

### Accepting

Accept who, what and where you are in your life in the present, regardless of whether you are in a good or a bad state.

2

### Conserving

Holding onto relationships, routines and activities that make you feel positive throughout your day-to-day life.

3

### Commitment

Continuing to try your best and encouraging others to do the same, even through difficult and challenging times.

4

### Enlisting

Being aware of how to get the right support, at the right time, from the right people and organisations that are there to help you.