

# Resilient Tutor Group Slide Resource

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Developed in partnership with

**YOUNGMINDS**

The voice for young people's mental health and wellbeing

**LISA  
WILLIAMS  
CONSULTING**



  
**University of Brighton**  
Community  
University  
Partnership  
Programme

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**Do I have the  
powers needed  
for a happy  
and successful  
life?**

**Am I  
*resilient* ?**



# Where Is My 'Home Sweet Home'?





# Having Enough Money To Live





# Where Am I Safe?





# How do I Get Around?





# Eating a Healthy Diet





“I love the feeling of the fresh air on my face and the wind blowing through my hair.” *Evel Knievel*



# Do I get enough sleep?





# How Do I Spend My Free time?



**“We must learn to live together as  
brothers or perish together as fools.”**

Martin Luther King Junior





# Where Do I Belong?



# The Importance Of Friends and Family





# Do I Tap Into Good Influences?



# Sticking at Relationships and



# Making Them Last



# Do I Make The Most Of Opportunities To Make Friends And Get To Know People?



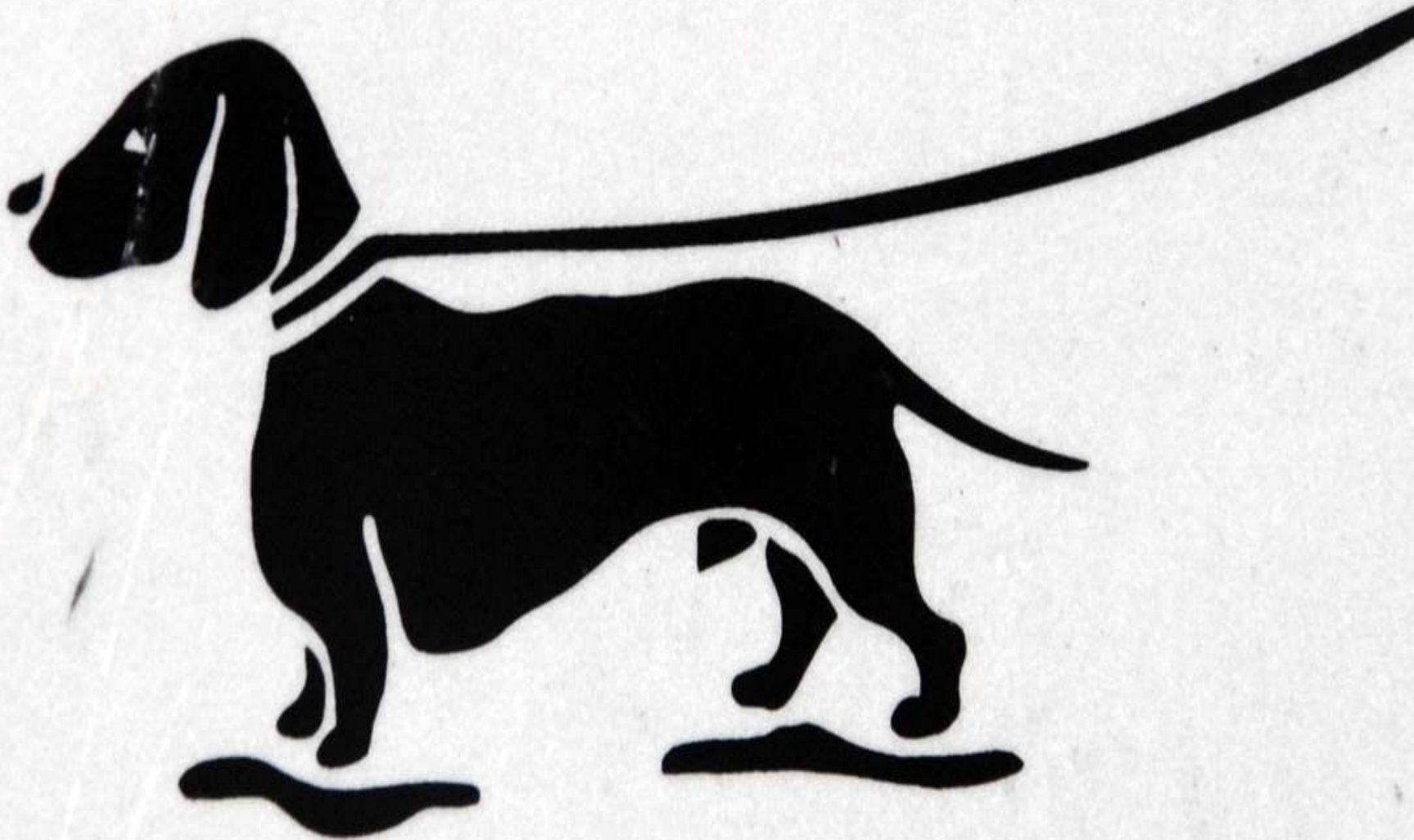


# Who can I count on?





# Taking My Responsibilities Seriously





# Where is my memorable place?





# Where Did I Come From?





# How Well Do I Mix With Others?





# Making School Work For Me



# Planning for the Future





# Being Organised



# How Well Am I Doing?





# Developing Skills For Life



# People Who Can Guide Me Through Difficult Times





**“Boundaries are to protect life, not to limit pleasures”**  
**Edwin Louis Cole**



**What powers do I have to help me cope?**





# How Do I Solve Problems?



# Is my cup half full or half empty?



Am I wearing my  
“rose-tinted spectacles?”





# Following My Interests



# Making Time To Relax?





# Let Go Of My Worries – Tomorrow Is Another Day



# Who can I lean on?





**Do I look on the bright side  
and have a laugh?**



**“The difference between a dreamer and a visionary is that a dreamer has his eyes closed and a visionary has his eyes open” *Martin Luther King Jr., I Have a Dream***





# Do I Consider How Other People Might Feel?



# How well do I know myself?





# Taking Responsibility For Me



# Am I Fostering My Talents?





# Who can help me?

