

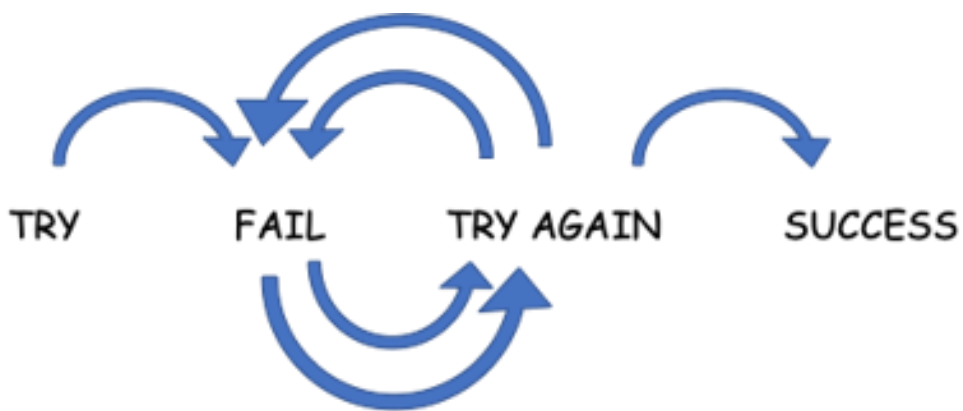
The Journey... Adventures in Resilience



Harvey McMillan Associates



What is Resilience?



Resilience is the ability to keep going when things don't go as we expect, and to have a way of thinking about and talking about our feelings.

Having resilience means we can face the ups and downs of change and take on the challenge of transitions. Resilience helps us get to where we want to go and overcome obstacles on the way.

Failing helps us to learn what doesn't work. You don't know what you're capable of until you try!



Hey, I'm Jo and this is my story!

Changes happen all the time and sometimes it's hard to know what to do about it .

Sometimes we don't know what or when it will happen... but suddenly, for no reason things change!

I know things have been changing since I was born, but nothing prepared me for the changes that have happened recently.

The Journey I have been on has been hard. Maybe some of my experiences and the things I have learned could help you too.

The Journey...



The Change

The Void

The Pit



The Help

The Uplift

The Light

The Learning



The Change



I can learn


I got sent home today, what's that about???

Me too!

What's going on?




Don't know

Crazy!!!

 Jo
@ResilienceAlph1

OMG! What just happened? We're being sent home from school...for ever! What is going on? This is happening so fast and we haven't even done anything wrong!

[#confused](#) [#frustrated](#) [#stuckathome!](#)

Help!

Space to Think...

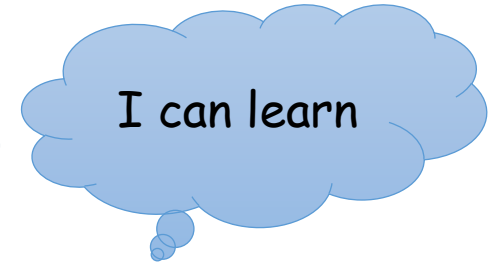
Capture this on paper
or digitally

My feelings

- 1.
- 2.
- 3.

My thoughts

- 1.
- 2.
- 3.



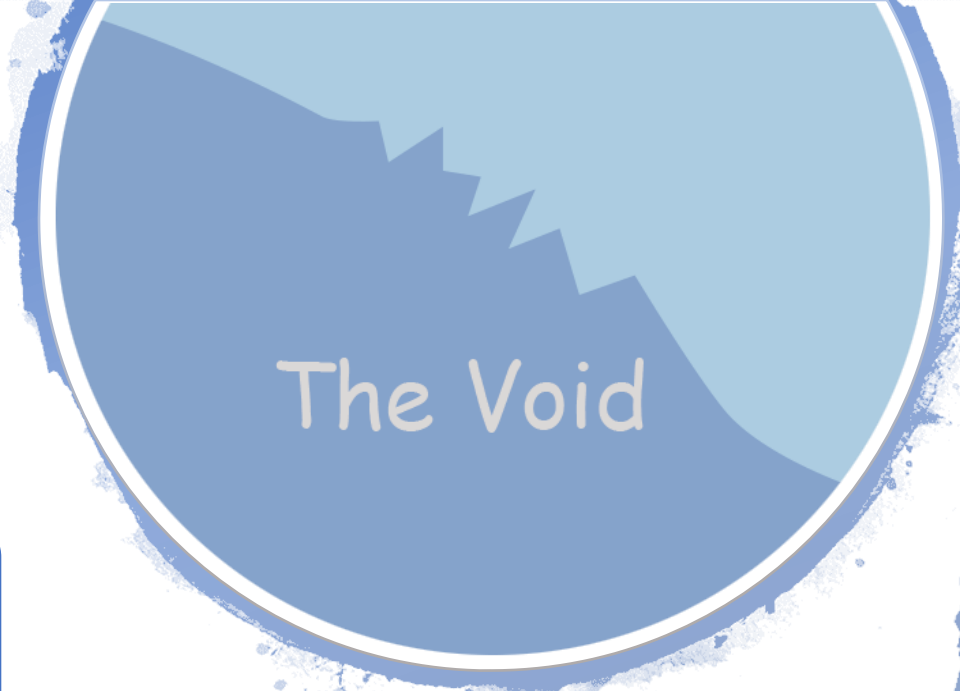
BIG QUESTIONS

How do I cope with this change?

Can I learn anything from this?



The Void



This week's my birthday and now it's not happening. Really???

Do you want to go for a walk?

No, I DON'T want to go for a walk!

Jo
@ResilienceAlph1

So much planned and can't do any of it! Birthday fail!!!
I miss you guys 🥺 When will this all end?
[#annoyed](#) [#empty](#) [#handswashed...again!](#)

Help!

Space to Think...

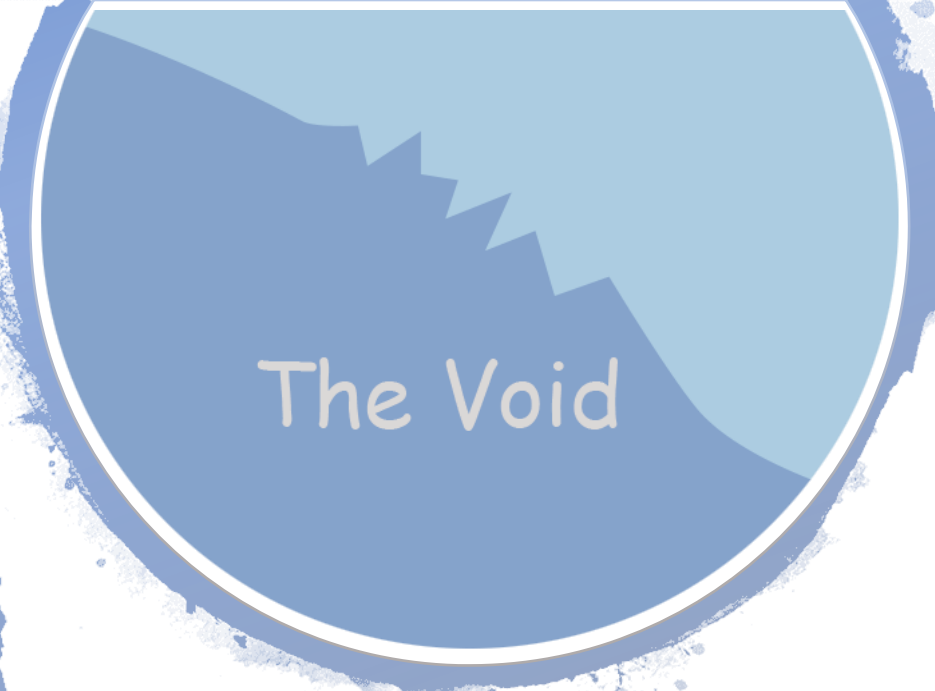
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My feelings

- 1.
- 2.
- 3.

My thoughts

- 1.
- 2.
- 3.



BIG QUESTIONS

How will this end?

What am I certain of?



Resilience
Alphabet!

Help!

The Pit



I am stuck

Is this ever going to end?

RU okay?

This is rubbish!

IKR!

I feel like I've been grounded for ever!!!!

 Jo
@ResilienceAlph1

Everyone is so grumpy! I haven't done anything, and I seem to keep getting in trouble 😞 Wish I could go out with my friends.

[#fedup](#) [#needingfriends](#) [#what'sthepoint](#)

Help!

Space to Think...

Capture this on paper
or digitally

My feelings

- 1.
- 2.
- 3.

My thoughts

- 1.
- 2.
- 3.

What I can do

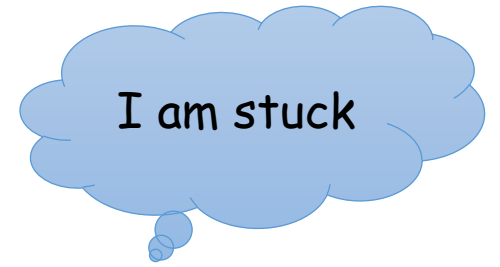
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- 2.
- 3.



BIG QUESTIONS

What can I do to feel better?

Who can help me?



The Help



I need others

Sooooo bored!!!

WUU2?

Staring at my screen!

Still in bed

What else is there to do?


Wanna catch up more often?

Yeah, that be good 😊

 Jo
@ResilienceAlph1

I need to do something! Hope things get better soon.
What can I do today to make it better? I think
I need some help.

[#makeaplan](#) [#dosomething](#) [#gethelp](#)

Help!

Space to Think...

Capture this on paper
or digitally

My feelings

- 1.
- 2.
- 3.

My thoughts

- 1.
- 2.
- 3.

My helpers

- 1.
- 2.
- 3.



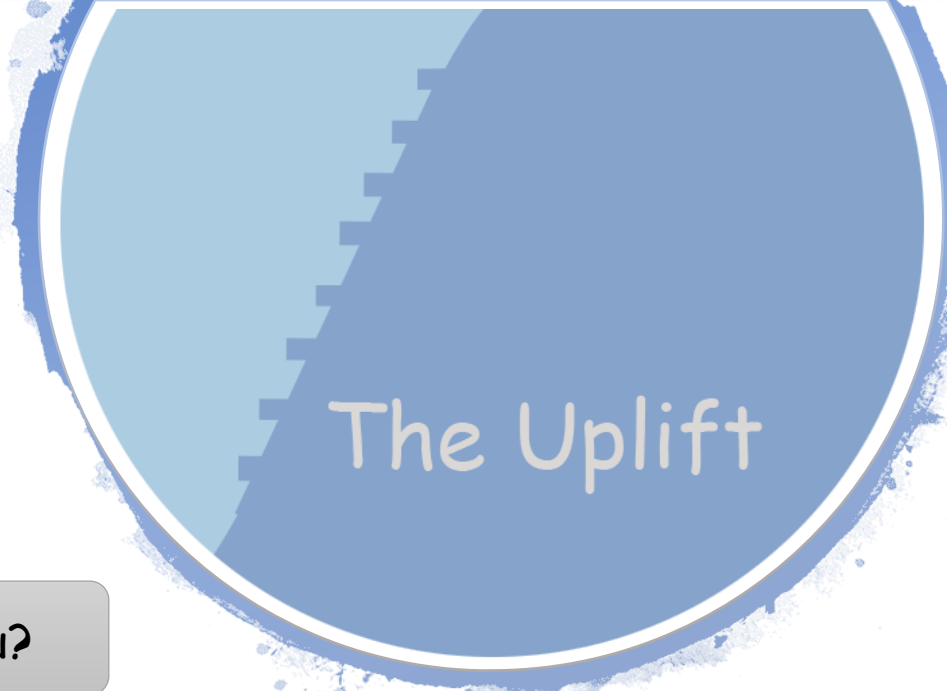
BIG QUESTIONS

How can I move forward?

What can I do with help?



The Uplift



I am strong

Hi, how are you?

Hey, good, you?

I'm not okay! 😞

...I'm not really ok either

Wow, I thought it was just me

 Jo
@ResilienceAlph1

It's not just me – amazing that I am not in this alone. This is the pits, anything is better! One step at a time is all that is needed.

[#hope](#) [#wecandothis](#) [#strongertogether](#)

Help!

Space to Think...

Capture this on paper
or digitally

My feelings

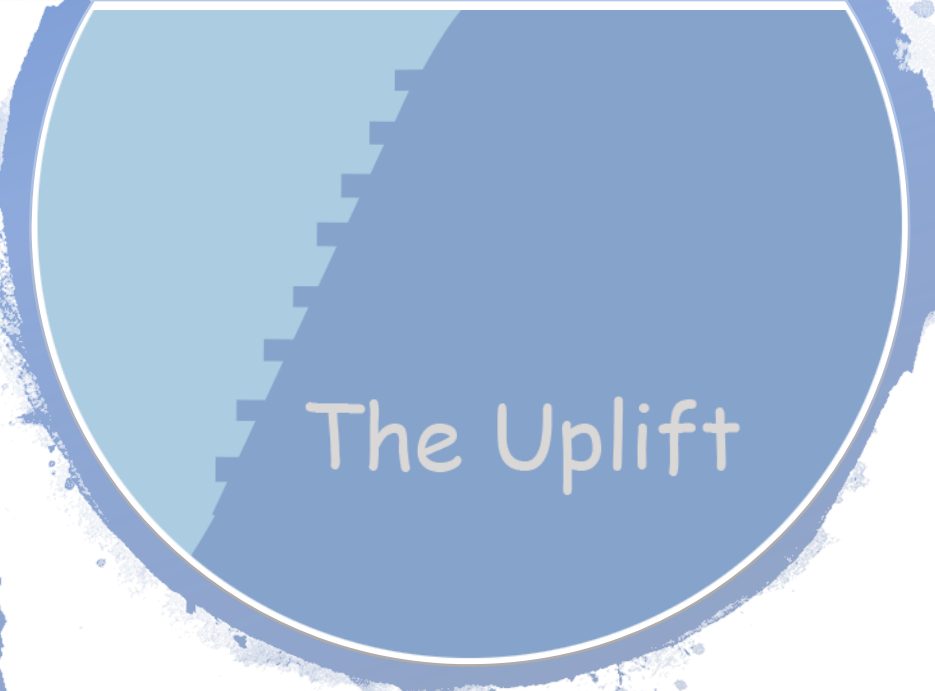
- 1.
- 2.
- 3.

My thoughts

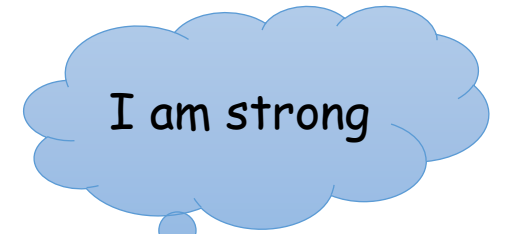
- 1.
- 2.
- 3.

What I can try

- 1.
- 2.
- 3.



The Uplift



BIG QUESTIONS

What am I learning about myself?

How can I keep going?

Resilience
Alphabet!

Help!

The Light

It's been really good talking to you

Yeah?

Good to know others are feeling the same as me, hope you're okay?

It's good to talk 😊

I'm going out for a walk



I'm OK



Jo

@ResilienceAlph1

I am stronger! Things are tough, but I am tougher!
Thank you for those who have listened and helped me. Thanks for being by my side! ❤️ 🌈

#outofthepit #resilience #managingchange



Help!

Space to Think...

My feelings

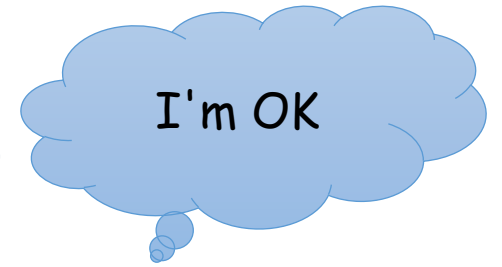
- 1.
- 2.
- 3.

My thoughts

- 1.
- 2.
- 3.

What I wonder

- 1.
- 2.
- 3.



BIG QUESTIONS

What helped?

Can I learn from this?

Resilience
Alphabet!

Help!

The Learning

Every big change
doesn't last
forever.



I can do it!

You can sit in the Pit
and expect something
to happen but finding a
tiny bit of strength
within yourself can help
you climb back to a
place where you are OK.

When life is
tough you
need to help
others and let
them help you.



Jo

@ResilienceAlph1

Everything will be alright, does not mean that
everything will stay the same. Change is hard but by
sharing The Journey and my learning with you, we
can let change help us grow! #TheJourney 🤔



Help!

Space to Think...

Capture this on paper
or digitally

My feelings

- 1.
- 2.
- 3.

My thoughts

- 1.
- 2.
- 3.

What I know

- 1.
- 2.
- 3.



BIG QUESTIONS

What do I know about change?

What have I learned about 'me'?

Resilience
Alphabet!

Help!

What helps?

I have strengths and supports that can help me when things get hard.

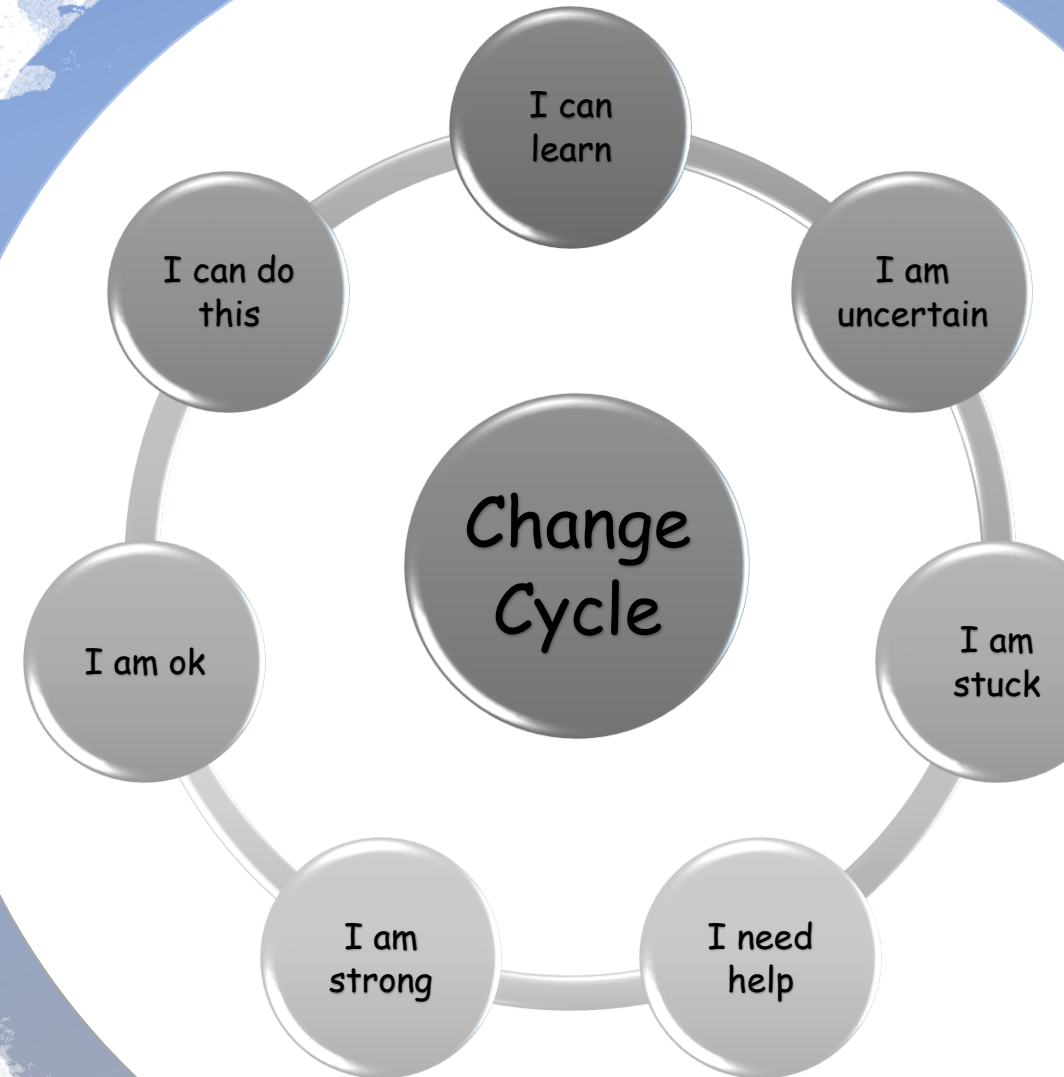
Support can come from people around me like friends, teachers and family

I can find my own strength and help myself too

Change is all around me, but it's not the end of the world

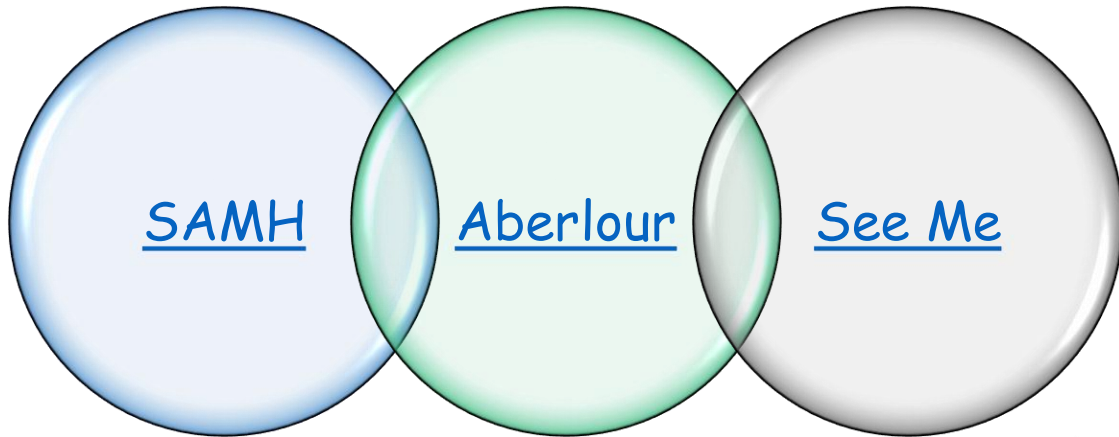
My feelings warn me that I need to think about something or take action

Whatever happens, I am strong and I can manage change

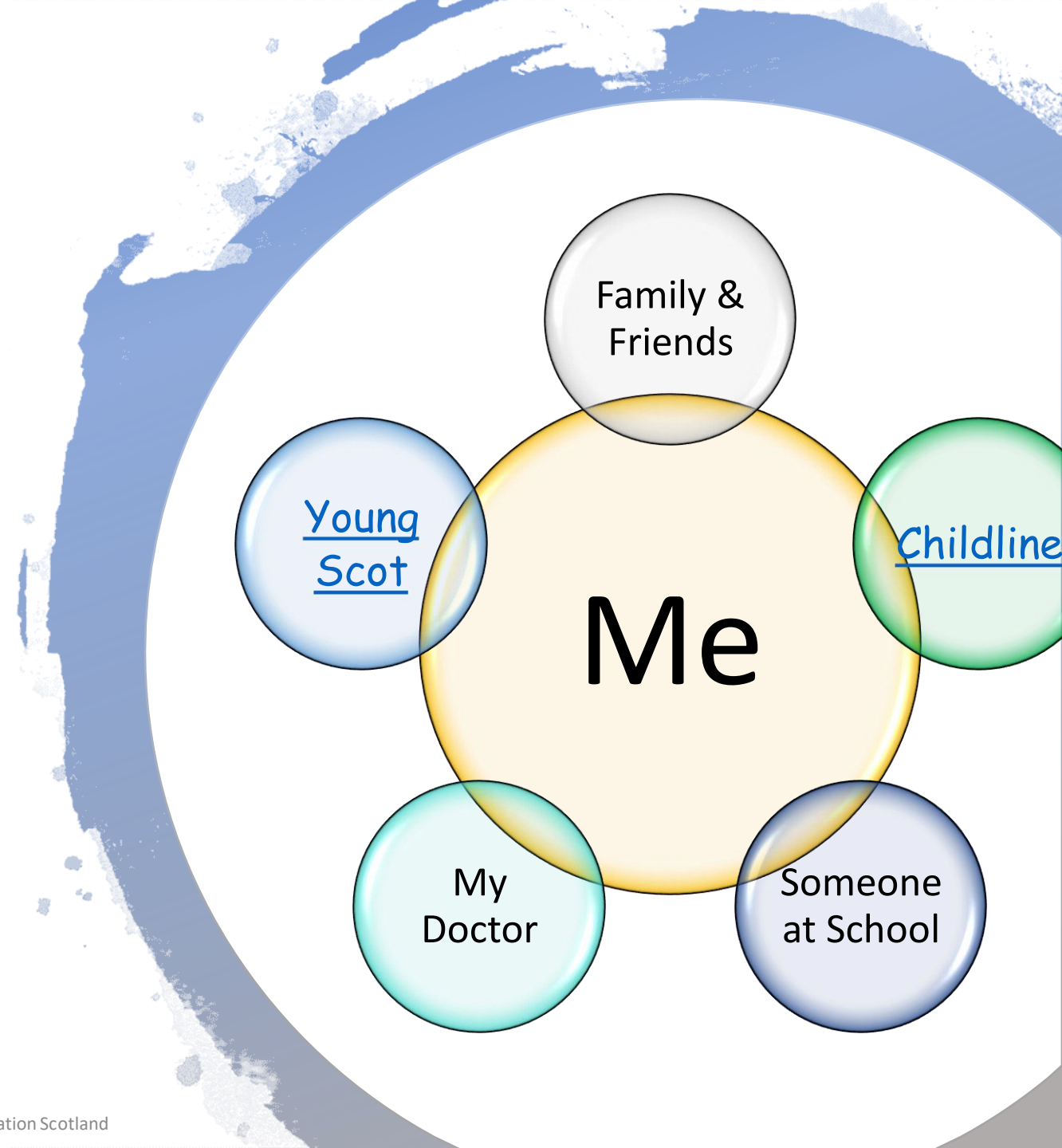


Who can help?

I have learned the importance of asking for help and these people can help me.



Click the arrow to return to My Journey



Resilience Alphabet - To help you think, understand and find your way through change!

Anger
It's OK to feel angry when we are facing change

Believe
I believe I can adapt to change well

Certain
What can I still be certain of?

Doubt
It's OK to be uncertain about things I have no control over

Emotions
My way of knowing how I am feeling

Frustration
It's OK to be frustrated when things don't go my way

Gratitude
It is good to think about all the good things I have

Help!
I can help myself, and others can help me too

Inner Strength
I become stronger every time I face change

Journal
Draw, Write, Doodle - a great way to handle our thoughts and feelings during change

Kind
Be kind to others during change. It's hard for them too

Loss
It's OK to be sad about the things we're missing

Music
Listen, Sing, and Dance your way through change

Network
Build a strong network one person at a time

Obstacles
I can go through, over, under, or around obstacles by using my determination

Pit
When I'm in the Pit, I will reach out for help

Question
What is the best thing I can do today to build my resilience?

Resilience
Building my inner strength and wellbeing

Smile
Smiling makes us feel good!

Think
I am in control of what I think

Uplift
The climb up to a place where I feel safer

Value
The things that are important to me when life is tough

Write
Writing things down can be a great way to get things out of my head

X-ray
The ability to see a way through something that may look scary at first

You
I've learned to navigate change and now I can help you too!

Z
The last letter of the Alphabet!

#resiliencealphabet
#I'mOK
#Icandothis

Click the arrow to return to My Journey



We've reached the end of Jo's Journey and we hope you've learned:

- Change happens all around us
- We can build our resilience to help us journey through change
- We can support others by sharing what we have learned



Harvey McMillan Associates



With special thanks to Rebecca Ross (Age 14)

