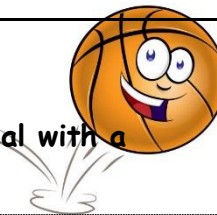


Bounce-back-ability Coping Skills

Here are just some of the things your Nurture Team do to help them bounce back when things are upsetting, tricky or tough.

Borrow some of our suggestions to help you face a fear, overcome a strong/emotion, manage obstacles, challenge yourself, deal with a terrible or difficult situation...**Take a tip slip!**



IMAGINE - that your family are by your side, even if they are not at the time.

MI AMIGO - ask yourself, what advice would you give a friend?

DETECT - be a feelings detective and understand what is going on inside to label the emotion.

SHARE - you are not alone, others might feel the same or have experienced similar in the past.

A.N.T (Against Negative Thoughts!) - get the situation in proportion, is it really a big deal?

CHALK IT UP! - remember this is a learning experience.

CHORTLE! - humour can help you relax!

BELT and BRACES - be as well prepared as you can be.

Sunnyside thinking - some negative situations can still have a bright side! It just might be a bit different to how you imagined.

SELF-LOVE - practise mindfulness, meditation, using calming deep breaths and positive self-talk.

GEE UP! - do a quick exercise or activity to get the blood pumping.

Take it easy - take time out, you may just need some space to process things.

Act it out - role play the situation, it might not be as bad as you imagine.

ACCEPT IT! - sometimes accepting what you cannot control is the best way to feel better.

Don't be a drama llama - try to stay calm. Don't react in a negative, unsafe way.

Watch the clock - set an end time in your head.

THINK! - practice solving the problem, sometimes you might need to be creative and 'think outside the box.'

R.A.P - reflect (why?), assess (how?) and process (what?)