

The Resilience Framework

Welcome to the Resilience Framework!

The Resilience Framework is a guide that contains 42 tips, known as “Resilient Moves”, which, if used regularly, can help people evolve into the most resilient versions of themselves. The moves have been organised into five key sections, also known as Pillars or Stages, to make them easier to digest:

Basics covers the bare necessities of life: Having a home where you feel safe, enough food and money to look after yourself.

Belonging has lots of tips on forming positive connections with others and building happy memories.

Learning Resilient Moves are all about preparing to become a pawsome adult with clear goals.

Coping contains advice to use when going through bad times.

Core Self is about how to develop all of your traits that make you unique!



How can I use it?

It's easy: Use the moves that you feel most comfortable with in your daily life and before you know it, you'll be feeling more resilient than ever before. You could circle your favourite moves, or highlight ones that you'd like to try in the future.

Remember, you don't have to use ALL 42 resilient moves at once - talk about overkill. But I dare you to try! Joking aside, picking one move from each Stage might be a sensible way to start.

The Noble Truths

Underpinning the Resilience Framework are "The Noble Truths", 4 key principles that are a good idea to keep in mind at all times during day-to-day life: **ACCEPTING, CONSERVING, COMMITMENT** and **ENLISTING**.

Don't worry, I created activity sheets for each Noble Truth. Keep an eye out for them within this guide for more information!

Who created the Resilience Framework?

The Resilience Framework has been carefully designed by Professor Angie Hart and her colleagues working at www.boingboing.org.uk from lots of evidence-based research, knowledge and input from other professionals, so you can trust that their advice is legit.

Boingboing has several versions of the Framework available on their website, including one for [adults](#) and even [blank templates](#) so you can make your own.

The one you are currently reading has been designed specifically for the Resilience Hero Visual Novel - by yours truly - with descriptions for each move.

Whew!

That's enough explanations for one leaflet.

Let's get Resilient together!

- Hotdog

Stage One: BASICS

01. Good Housing

Wherever it is that you call "home" right now, remember your bedroom is your temple: Look after it, make it yours, and keep your things organised so you'll always have a great place to relax after a busy day.

02. Enough Money

Look after the pennies and the pounds will look after themselves.

Taking care not to waste small amounts of money and saving for bigger purchases is a great habit to get into and will give you more freedom when you are older!

03. Being Safe

Part of being resilient is knowing how to navigate the big, wide world.

Regularly make mental checklists of places where you feel safe, as well as where you don't. This will make you feel more self-assured when travelling to new locations.

04. Access to Transport

Public transport can be the ticket to independence and adventure! So long as you know where you are going....Take some time to familiarise yourself with local bus and train routes. The more prepared you are, the more confident you'll feel, the more pleasant your journeys will be.

05. Healthy Diet

If you want to be a Resilience Hero, you gotta fuel like one! What you choose to eat affects more than your body, it can affect your mood too. Aim for balanced meals at regular times. Then you'll have room for well-earned treats (who doesn't want room for treats?).

06. Exercise & Fresh Air

The best remedy for a low mood is to get oxygen pumping through your brain and the quickest way to do this is with E-X-E-R-C-I-S-E... A sport you love, a scenic walk, or even some stretching outside can often do the trick!

07. Enough Sleep

Without a good night's sleep, I am dead on my feet. Literally. To avoid turning into a zombie yourself, keep well-rested with regular bedtime habits so you're always ready for whatever tomorrow brings!

08. Play & Leisure

All work and no play makes humans very cranky. So give yourself plenty of time for fun activities and hobbies.

They can help you develop socially, physically, intellectually, culturally and emotionally too!

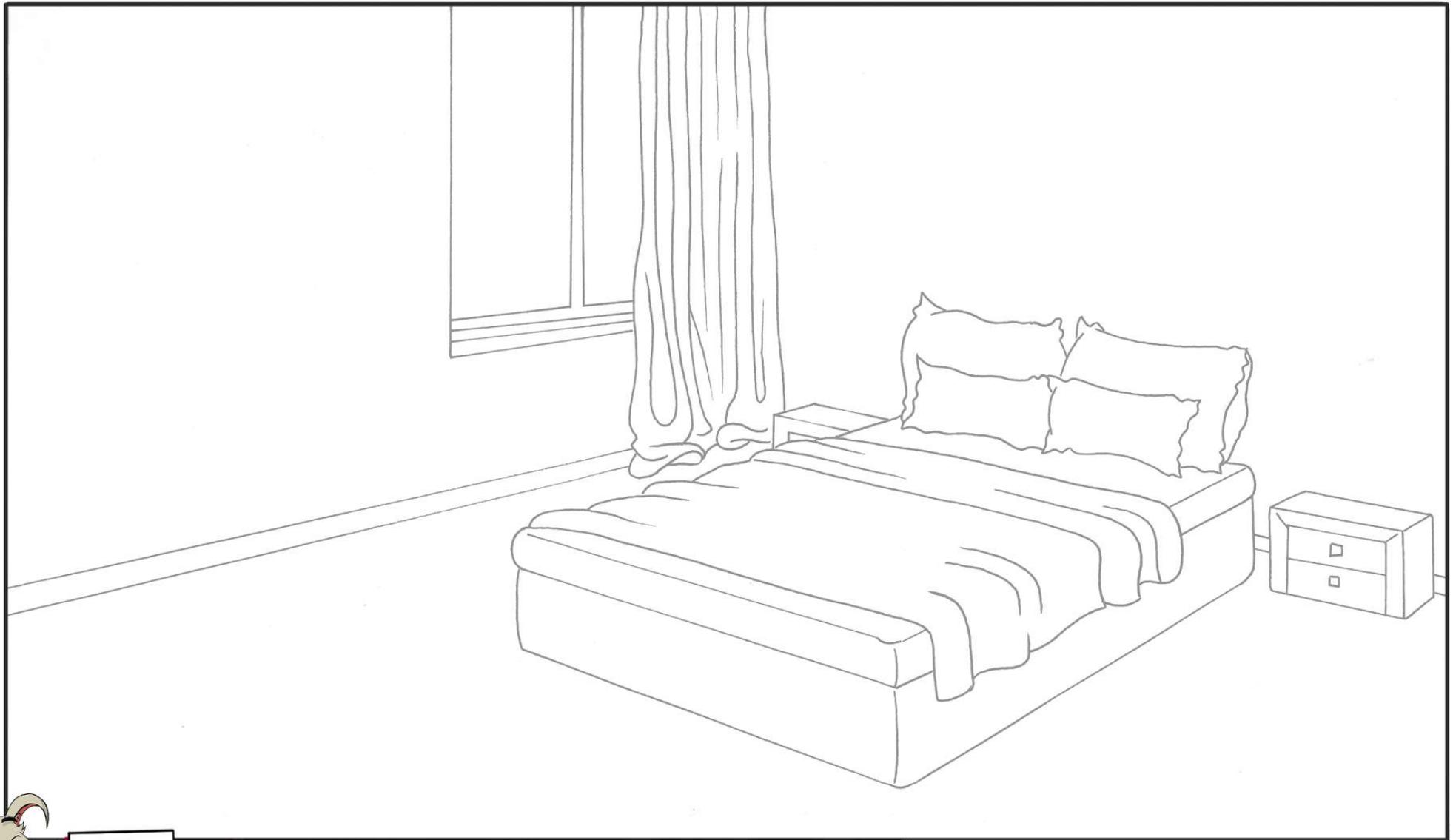
09. Free from judgement

It's important that we stand together to stamp out discrimination so that everyone can feel safe in their community. If you are being bullied, or witness bullying taking place, let someone know right away and don't delay.

NOBLE TRUTH **01. Accepting**

Accepting is all about accepting who, what and where you are in your life right now, regardless of whether you are in a good or a bad state. But no matter where you are, you deserve your own safe space:

An Awesome Bedroom!



Hotdog

You might be stuck with this room... But let's make the best of it and DECORATE!
Draw your favourite things and add some colour to really make it your own.

#ResilienceHero



Stage Two: BELONGING

10. Somewhere I belong

Do you have a favourite place to hangout?

It could be your playground, a local club, the beach, or even just an ol' tree nearby! It doesn't really matter where it is, so long as you feel happy and safe there.



11. My place in the world

Your identity is formed from all sorts of things, like your family, your beliefs, ethnicity and gender.

Be mindful of them, and learn about the other's backgrounds too. This will help you form your sense of self and understand those around you!



12. Tap into good influences

I bet there are few people in your life that you think are really cool. Maybe you'd like to be like them when you grow up, or talking to them makes you feel better?

Whichever it is, prioritise spending more time with them, and less time with people who you do not admire...



13. Keep relationships going

Relationships are like houseplants: you need to water them every now and then, otherwise they shrivel up and start to smell weird.

Make an effort to keep in touch with all the good people you know: they'll really appreciate it and I know you will too!



14. The more the merrier!

It's important that we have lots of positive connections with people to outweigh the few bad apples we come across from time to time.

Think about what a healthy relationship feels like, and do your best to be a positive connection for the people around you too.



15. Take what you can from hopeful relationships

Your pals may seem like the obvious choice here, but don't discount the other cool people you know!

Relatives - even the embarrassing ones - staff at school, kind neighbours, all of the ones you enjoy talking to can help you to feel hopeful about the future.



16. Know who you can count on



Everyone knows that reliable adults and trust-worthy friends are the go-to source for support when you are having a hard time.

Take a moment to think about who you would turn to when having a crisis - this posse is your support network!

17. Responsibilities to Others



Volunteering, or offering help to others is not only an awesome act of kindness:

It will make you feel valued and could open opportunities to do fun things you never imagined doing before!

18. Focus on the good times



“Bottling up” memories of good times, means that you can recall them more easily when you happen to be having a hard time.

Picture a favourite place, or time in your life where you felt at peace; The more you practise, the easier it gets. Hummmmmmm...

19. Remember your roots



No matter how wonderful, weird, embarrassing or complex your family history may be, never feel ashamed of where you came from.

Celebrate positive family stories by sharing them with others, and If you need help understanding negative things that may have happened, open up to a trusted adult. They'll be happy to help.

20. Predict positive experiences!



You don't have to be a fortune-teller, but predicting positive experiences is easy if you are optimistic!

If you prepare yourself with information before trying a new activity, you can feel more confident about having a good time, rather than worrying the worst will happen.

21. Mix & make new friends



What's better than having one great friend?
Having LOTS of them!

Look for opportunities to befriend new people. Welcome them into your friendship circle and before you know it, you'll have lots of interesting people to hang out with.

02. Conserving

Conserving is about making sure we take the time to remember all of the positive connections we have in our lives: from good relationships with others, to having fun at our favourite places.



Favourite places in Cornwall?



C	K	R	T	E	E	D	E	N	P	R	O	J	E	C	T	W
D	A	H	S	T	A	N	A	W	O	L	O	G	H	T	T	T
R	D	R	R	P	D	E	L	T	B	P	G	A	S	D	S	R
L	A	U	N	C	E	S	T	O	N	C	A	S	T	L	E	A
U	R	G	E	G	O	D	I	W	L	N	U	O	V	R	O	H
O	O	W	M	E	L	N	H	O	T	L	E	R	N	T	M	B
S	P	E	T	S	N	A	H	T	U	R	D	E	B	P	E	O
E	K	E	H	F	I	L	Z	O	H	E	L	I	G	A	N	W
S	O	K	I	R	O	N	N	E	Z	H	N	A	G	G	A	B
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T	A	N	K	T	O	D	N	U	O	U	E	A	N	N	E	T
T	E	O	E	S	O	N	C	H	E	B	N	D	I	I	S	L
W	F	I	N	S	G	E	U	T	D	N	S	H	N	I	N	E

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Hotdog
 Cornwall has so many cool places to visit... I can't remember any of 'em!
 Help unscramble my brain by finding all the hidden locations.
 (Watch out for pesky backwards and diagonal words!)

Stage Three: LEARNING

22. Make school work for you!

Like it or not, we spend most of our time at school; it's important that school sucks as little as possible.

If you're struggling or feeling unhappy with school life, remember there are people who can lend a helping paw: friends, family and teachers too!



23. Engage Mentors

Having a good role model in your life can help you build confidence and reach your full potential.

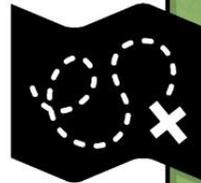
A good role model should be somebody who you admire and who has a positive influence on your life. This could be a family member, older student or other cool person you know!



24. Plan your Future

Becoming an adult may seem like ages away, but it's never too early to start thinking about what you want to be when you grow up.

Thinking about who you want your future-self to be is a great way to stay motivated in the here and now: Think of all the great things you have to look forward to!



25. Stay Organised

Why keep track of all the stuff you have to do in your head? Getting organised makes balancing school and life junk SO much easier!

Making to-do lists and schedules frees up extra space in your brain to think about other, cooler stuff. Like hotdogs. Yum.



26. Highlight Achievements

It's okay to "toot your own horn" once in a while, I do it all the time!

Write a list of all of the things you have done that you are proud of. Big things, small things, anything you can think of. You never know when you're going to need to remind yourself of how awesome you are.



27. Develop Life Skills

There are some skills like cooking, cleaning, managing your money and time that are important to learn.

The more you learn, the quicker you can become independent! And who wants to rely on their parents forever?



03. Commitment

Commitment means to be realistic about the goals you set for yourself, and commitments to others. But to not give up or expect things to change overnight: commitments take time!

The Commitment Corkboard



Hotdog

It's a good idea to keep track of what you want to do for YOURSELF, goals at school and any commitments you have to your friends or family - or even the community!
Let's have a think and write down one doable commitment or goal in each box.

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Stage Four: COPING

28. Setting Boundaries

It's okay to say no to people sometimes, even those you like! This is called setting a boundary. Boundaries are a list of things you feel comfortable doing and not doing. Everyone has their own boundaries, so be respectful of others, and they will respect yours.



29. When to be Brave

No one expects you to be a superhero all the time, but occasionally, we all have to do things that make our toes curl. But practising being brave by taking on small challenges every now and then can help you feel more confident! Now, where did I put my cape?



30. Solve problems - together!

There is no "I" team... or problem! When you're stuck, reach out for help from those you trust: Many brains are better than one.



31. Look on the bright side!

When you're caught in a bad moment, it's easy to forget that tough times don't last forever. Try to imagine fun things you have to look forward to in the near future: Movies, Birthdays, your favourite meal!



32. Focus on your interests

How you feel about yourself is linked to your interests. So making sure you have lots of ways to engage them is really important. If School is boring, don't check out: Speak to a teacher about your interests! They may come up with inspiring activities for you. Which is 100% better than doing nothing.



33. Practice self-care

Self-Care is all about giving yourself a break and recognising when you need it. People do all sorts of things to soothe themselves when they feel overwhelmed: Some like to meditate, have quiet time and others listen to music - or dance! Find what works best for you.



34. "Tomorrow is a new day!"

It sounds cliché, but the more you can believe that tomorrow will be better, the easier you will find it to get through a bad day.



35. Lean on others

I bet sometimes you don't like to bother people with your problems... But you absolutely should and here's why: Carrying too much stress alone will burn you out. Reach out for help before this happens, so that you can get the support you deserve.



36. Having a laugh

Laughter is the best medicine: you don't have to worry about the aftertaste...*ahem* Whatever makes you giggle, turn to it when you've had a stressful day and the endorphins will turn that frown upside down!



NOBLE TRUTH **04. Enlisting**

Enlisting means knowing when to ask for help, who the right people are to ask for support when you need it, and recognising when it's time to move on from those who might have let us down...



Your Support Network!

I can share my thoughts and feelings with

.....

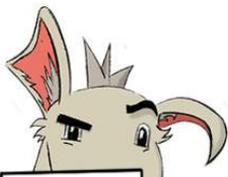
I can speak to about any physical or mental health concerns.

..... will listen to me if I have any problems at school.

..... really makes me LAUGH!

When I need important advice, I know I can chat to

I can rely on if I am in any trouble or danger.



Hotdog

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Pssst, your "support network" is all of the friends, relatives and other people that you know you can rely on, when things get tough. Let's make sure yours is up to date! **Finish the sentences with names of the people you trust.** (you can add more than one name or the same name to different sentences!)



Stage Five: CORE SELF

37. Be Hopeful

Hope is being able to see a light at the end of a tunnel.

Feeling hopeful can make stressful situations easier to bare, so practise dreaming of lots of different positive experiences you have on the horizon!



38. Understanding Others

Empathy is the best superpower because it allows you to connect emotionally with others.

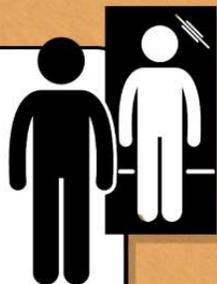
To level up your Empathy, make sure you listen to the feelings of those you know, so you can understand what it might be like to live in their shoes for a day.



39. Know Yourself!

As you get older, you will have ups and downs that affect the way you think and feel about yourself and the world around you.

So when life gets heavy, take 5 to remind yourself of all the things that make you, YOU. And not some other human, that would be weird.



40. Take Responsibility

We cannot control the decisions of others...

But we CAN control our own. So take responsibility for your own well-being. This will make you feel very self-assured indeed and ready for whatever life throws your way!



41. Nurture your talents

Fact: Every person on this planet has a skill or talent that they are good at. If you know what yours is... go and do it right now!

If you haven't discovered yours yet, ask someone who knows you well what they think your talent is. Friends and family can often see your potential, even when you can't see it yourself.



42. Asking for help

Feeling unwell? Struggling with your mood? House caught fire?

Sometimes you may need assistance from people who have the correct expertise to help. Make sure you know who to call when you need support for specific problems, so you can get back to focusing on being the best you.



Ready to test your Resilience...?

If you think you know the Resilience Framework front to back, back to front, upside down and inside out... See how well you score on the **Resilience Hero Visual Novel**.



<https://resiliencehero.itch.io/headstartkernow>

The game and this guide are free to use, just remember to use the hashtag **#ResilienceHero** if posting online!

Get in touch!

For enquiries, or to pass on your thoughts, you can get in touch with us at hello@resiliencehero.co.uk

Acknowledgements

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Useful Links & Contacts

Headstart Kernow | Educator & Parent resources

www.headstartkernow.org.uk

Start Now Cornwall | Young People's resources

www.startnowcornwall.org.uk

Your Way | Mental Health support in Cornwall

www.your-way.org.uk

Cornwall Council | Health & Social Care services

www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-support-for-parents-and-young-people/

Connect Card

www.headstartkernow.org.uk/sec-sch-support/connectcard/

Boingboing Resilience Research and Practice

www.boingboing.org.uk

Resilience Hero | game page

<https://resiliencehero.itch.io/headstartkernow>

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