Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself

1



3



5





2



4



6

Reflecting on your experience

What did I learn?

What stood out for me?

How can I use these skills?

What's next?

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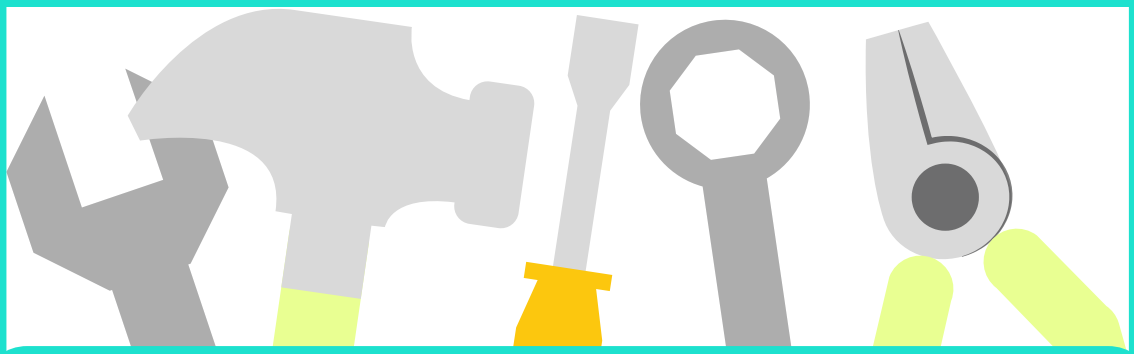
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Building Resilience: Helping You To Help Yourself

Resilience Skills Toolbox



Relaxation
Thoughts on trial
ABC thinking check
Posture
Communicating better
Planning
habits

Short intense exercise
Reframing failure
Assertiveness
Positive self-talk
LASHES
helping others
Motivation
self-care

Grounding
Breathing
Distance thoughts
Change thoughts
Personal strengths
Managing conflict
Building relationships
Problem solving

Distraction
Soothing
STOP & distract
Saying "no"
Visualisation
Gratitude
ways to stop procrastinating
building routines



For jobs and applications, as well as our own learning, it can be helpful to pick out key things from the course and think of an example where you used these skills

Try it below! Check the toolbox for a list of the skills we covered in the course to get you started...

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What did I learn that was helpful?	Example of when and how I used this

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What did I learn that was helpful?	Example of when and how I used this

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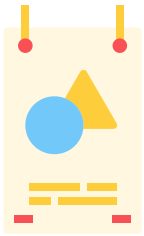
Making My Toolbox

Your toolbox can be whatever you want it to be! Think about something that you can get to or find easily when you might need it

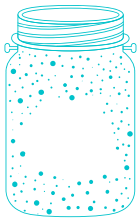
Box



Poster



Jar/pot

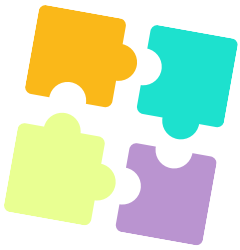




Computer folder

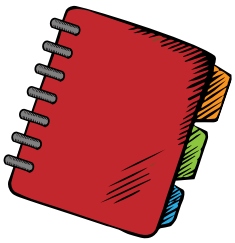
Bag

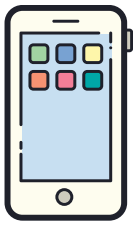




Post-its /stickers

Folder /book



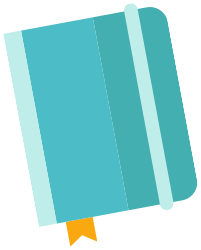


Phone list /notes

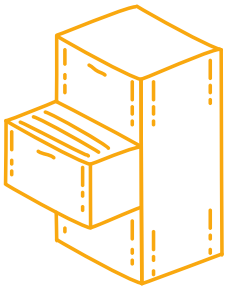
Drawer



Cards



Journal



Here's some ideas!
You might want to think out of the box
(see what we did there!)

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