

## **About Off the Record:**

We deliver free, self-referral mental health support to young people aged 11-25 in Bristol and 11-18 in South Glos.

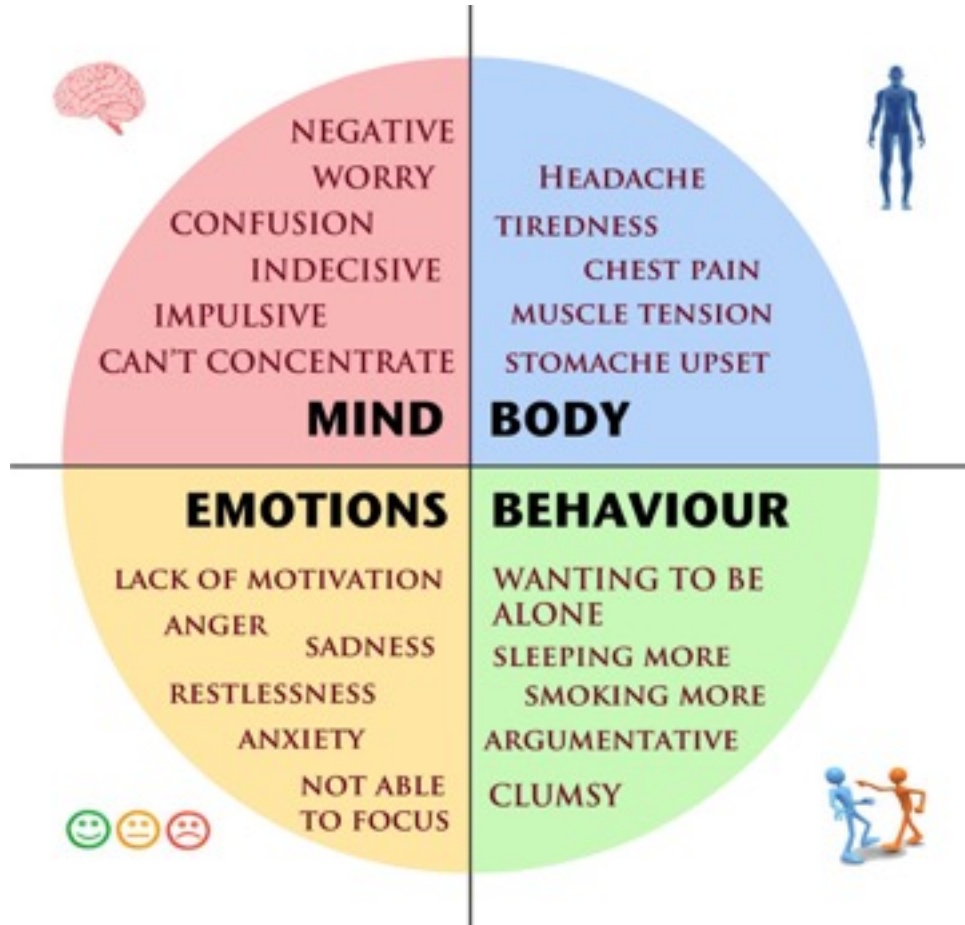
1:1 therapies, targeted youth work, resilience training and social action projects.



**Stress is like a game of jenga - if you let it build up it can all come crashing down**



# How stress affects us



# What is Resilience?

How well you face adversity

Life is like an  
experiment. It's not  
about avoiding the bad  
stuff, but how well you  
bounce back

# **You may be more resilient than you realise**

Think of a challenging time in your life. What helped you get through it?

STRATEGIES - what did you do?

RESOURCES - stuff that helped

STRENGTHS - who you are

# If in doubt, breathe it out

Tense your shoulders as you breathe in through your nose,

Relax as you breath out through your mouth.



# Physical Resilience - get moving!

Exercise improves physical resilience

Keep moving and do things you  
**ENJOY!**





# Emotional Resilience

Positive emotions can help build resilience

Balancing out every negative emotion with three positive ones will swing the scales to optimism



# Reaching out

Spend time with other people

Join a club or after school group

Send a text to someone who cares about you

No-one's perfect, it's ok to ask for help



# Gratitude

*Training your mind to notice the good things and not the bad.*

Writing three things down that went well, you were thankful for, that lightened up your day.

Gratitude is an important (and proven) way to improve our mental health without medication.



# It's *who* you are not *what* you do!

Identify your strengths and use them every day!



# Workshop dates

Bristol:

Wednesday evenings, 6-7

Perry Road (Near Zero Degrees)

South Glos:

Thursday evenings, 5.30-6.30

The Armadillo, Yate