NICOLA MORGAN

BE RESILIENT

Make Your Own Resilience-boosting dice

This fun activity will help you take control of your life in small ways which will build up. It can act as a thinking or journaling prompt, and create a few moments each day to nudge your mind and body into healthy, resilient ways. On page 2 you will find a template for creating a 12-sided shape. Simply print out and...

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* Pick 12 of the prompts below that resonate with you and the areas you want to be focusing on. Feel free to add your own too.

* Write the prompts onto each of the dice faces, cut along the edge, fold and glue, and your personal dice prompt is ready to roll...!

* When you're ready, find a peaceful place (or use headphones), and roll the dice. Whatever action is asked of you, be as thoughtful and deliberate as you can. For example, if you have "I'm proud that..." spend several minutes thinking about this and saying it to yourself so that it helps colour your day. If you keep a journal, you could then write about it. Then you can roll the dice again, if you like. Perhaps three times a day?

With the more practical things, such as switching your phone off, remind yourself what the benefits of this action could be and focus on getting those benefits. (You can do it now or over the next day.) The more deliberate you are about any positive action, the more benefit you'll get. This is for you!

- I'm proud that...
- I'm lucky that...
- I'm happy that...
- If I practice a bit more, I can...
- I'm excited that...
- Some people like me because...
- One thing I like about myself is...
- I am kind, loyal and supportive
- I am hard-working and determined
- Make a card for someone
- Today I will find an opportunity to rise to a positive challenge
- I can take fair criticism but when people are mean it's their problem
- Today I will push all worries out of my mind
- My exercise goals for the next week are...
- Today I will make three good decisions
- Contact ..... and ask how they are
- Three good things about yesterday were...
- My future me will be more ... and less ...
- Dance to music in my room
- Find a photo of a happy time and focus on the memory
- Do a helpful thing for my parent
- This evening, I'll switch my phone off and ...
- Contact friends and fix a meet-up
- Contact a friend who needs support
- Do a task I've been putting off then have a reward
- Take time being observant outdoors - notice everything!

WALKER BOOKS

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