

HANDY GUIDE FOR RESILIENT THINKING

2.

THIS CAN BRING ON FEELINGS THAT CAN MAKE US FEEL BAD

3.

THE GOOD NEWS IS... NO FEELING LASTS FOREVER!

4.

MORE GOOD NEWS... WE CAN DO SOMETHING ABOUT IT!

1.

SOMETIMES LIFE FEELS DIFFICULT, UNCOMFORTABLE, OR UNFAIR

5.

THE BEST NEWS OF ALL... IF YOU CAN'T WORK IT OUT YOURSELF, AN ADULT WILL HELP YOU. JUST ASK!

