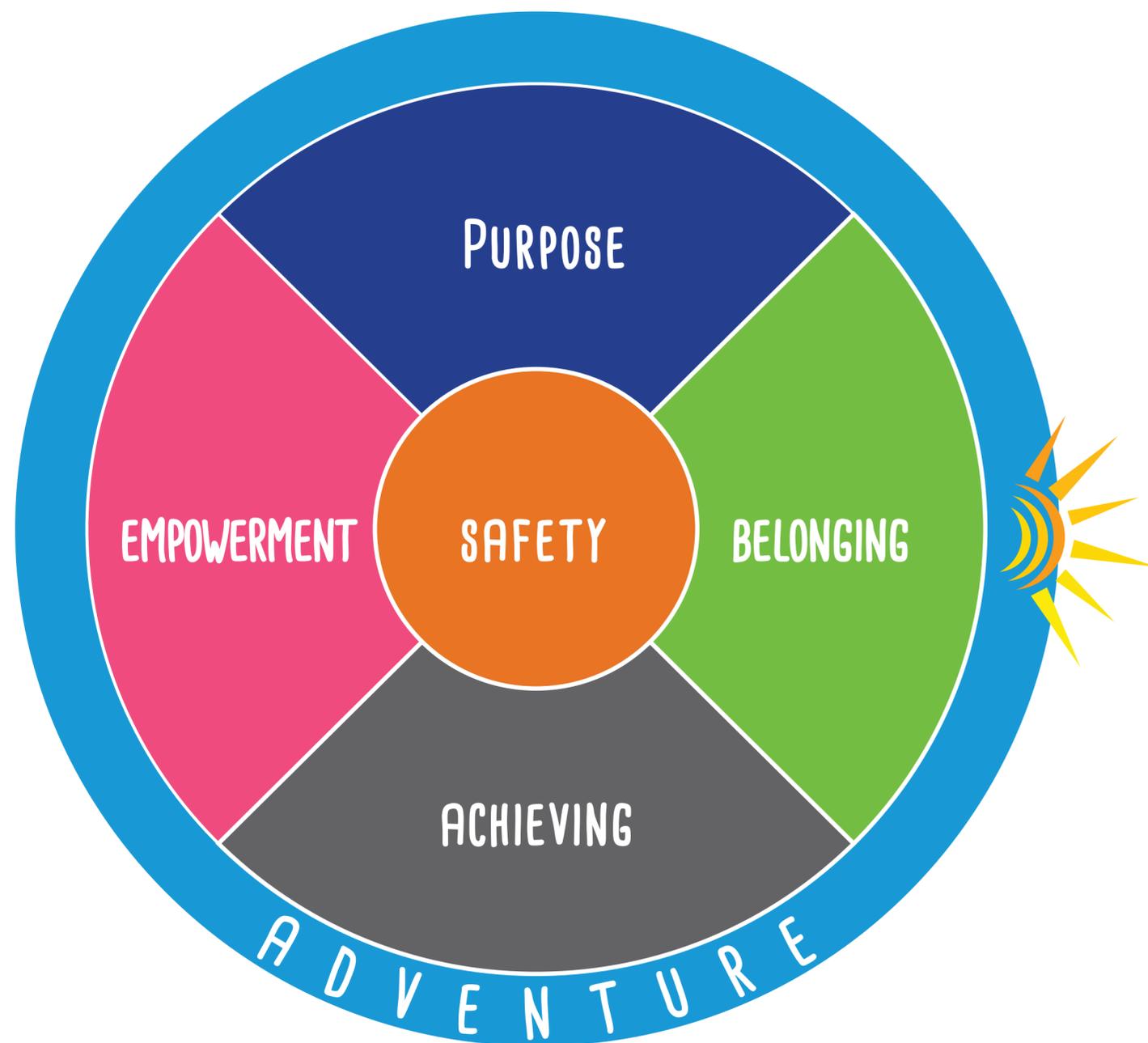




THE HARINGEY RESILIENCE WHEEL



BELONGING

WHAT IT IS

Feeling that we fit in and that we are accepted for who we are

WHY WE NEED IT

It helps us feel safe and secure and increases our confidence

ACHIEVING

WHAT IT IS

→ Knowing we have done something well

→ Sharing skills

→ Celebrating success

WHY WE NEED IT

→ When we achieve something it helps us feel good

→ We get a feeling of satisfaction and our confidence grows

EMPOWERMENT

WHAT IT IS

→ Having choice and control

→ Self-belief, knowing we have something to say that matters, being listened to

WHY WE NEED IT

When we have some control over our lives it helps us to be independent and to know that our opinions are valued

PURPOSE

WHAT IT IS

→ Helping others – generosity

→ Contributing to community

→ Feeling valued & knowing our role

WHY WE NEED IT

→ Feeling a sense of purpose can give life meaning and helps us feel we are part of something bigger

→ It improves how we feel about ourselves

SAFETY

WHAT IT IS

→ Physical safety: i.e. food, shelter, free from physical harm

→ Emotional safety: surrounded by love and kindness, free from blame, shame, sarcasm and disapproval

WHY WE NEED IT

→ Helps us develop healthily

→ Feel happy & learn well

→ We feel secure, more confident and can handle tough times better

ADVENTURE

WHAT IT IS

→ Exploring new places, trying new things

→ Facing challenges with excitement

WHY WE NEED IT

→ Brings joy and excitement

→ Improves our wellbeing