

💛 Wellbeing Focus: Resilience & Bouncing Back

Life is full of challenges, setbacks and unexpected changes. Resilience is not about avoiding difficulties or always staying positive; it is about adapting, learning and finding the strength to move forward when things feel tough. Every challenge we face can help us grow, develop new skills and discover strengths we did not know we had.

Building resilience starts with small, everyday actions. Taking time to recognise our achievements, asking for support when we need it, showing ourselves kindness and focusing on what we can control can all help us bounce back from difficulties more effectively. Remember that setbacks are temporary, and progress often comes from taking one small step forward at a time.

This week, take a moment to reflect on a challenge you have overcome in the past. What helped you through it? What strengths did you use? Those same strengths are still within you today. By celebrating small wins, connecting with others and practising self-compassion, we can build our resilience and support our overall wellbeing.

"Resilience is not about never falling down; it's about having the courage to get back up each time we do."

🌟 Wellbeing Reminder

💛 Progress, not perfection. Every small step forward is a sign of strength 💛

A Weekly Wellbeing Challenge

Building Resilience One Small Step at a Time

"Fall seven times, stand up eight."

This week, focus on small actions that help build resilience, strengthen wellbeing and remind yourself that setbacks are part of growth.

🌱 MONDAY: The Power of YET

When you catch yourself thinking:

❌ ***"I can't do this."***

❌ ***"I'm not good at this."***

Try adding one small word:

➡ **YET**

✅ ***"I can't do this yet."***

✅ ***"I'm not good at this yet."***

Why?

A growth mindset helps us see challenges as opportunities to learn rather than reasons to give up.

 TUESDAY: Remember Your Strength

Think of three challenges you've overcome.

Ask yourself:

- ✦ What helped me through?
- ✦ What did I learn?
- ✦ What strength did I discover?

Remember: You've overcome difficult things before—you can do it again.

 WEDNESDAY: Build Your Support Circle

Take 5 minutes to identify:

- 💛 Someone you can ask for help
- 💛 Someone who encourages you
- 💛 Someone you can encourage

Resilience grows through connection, not isolation.

 THURSDAY: Reframe a Setback

Think about something that didn't go to plan recently.

Ask:

- ✅ What can I learn from this?
- ✅ What is still within my control?
- ✅ What might this challenge be teaching me?

Every setback contains a lesson.

 FRIDAY: Celebrate Small Wins

Before you finish the day, write down:

- ✅ One thing you achieved
- ✅ One challenge you handled well
- ✅ One thing you're proud of

Progress, not perfection.

🌟 SATURDAY: Spot Your Strengths

What strengths have helped you through difficult times?

- 👊 Determination
- 😄 Humour
- ❤️ Kindness
- 🌈 Optimism
- 🕒 Patience
- 🦁 Courage

Choose one strength and intentionally use it today.

🌱 SUNDAY: Pause and Reflect

Take a few quiet moments to ask yourself:

- ★ What challenged me this week?
- ★ How did I respond?
- ★ What helped me keep going?
- ★ What have I learned about myself?
- ★ What strength will I take into next week?

Remember: Rest and recovery are part of resilience.

💛 Weekly Wellbeing Reminder 💛

Progress, Not Perfection

- 🌱 Bend, don't break.
 - 🌱 Every setback is a setup for a comeback.
 - 🌱 You are stronger than the challenge you face today.
 - 🌱 Resilience grows one small step at a time.
 - 🌱 It's okay to pause. Just don't give up.
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💡 Quote of the Week 💡

"Resilience isn't about never falling down; it's about finding the courage to get back up every time you do."

Jump Back Up July 2026



ACTION FOR HAPPINESS

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



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