

BOUNCEBACK

When things go wrong for you, or you get 'knocked down' by what happens in your life, you can decide to BOUNCE BACK! and be yourself again.

Bad times don't last. Things always get better. (OPTIMISTIC)

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset.

Nobody is perfect-not you and not others.

Concentrate on the positives (no matter how small) and use laughter (OPTIMISTIC)

Everybody experiences sadness, changes, hurt, failure, rejection, and setbacks sometimes. They are a normal part of life. Try not to personalise them.

Blame fairly –how much of what happened was because of you, because of others and because of bad luck or circumstances? (OPTIMISTIC)

Accept the things you can't change (but try to change what you can first)

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's one part of your life and doesn't have to spoil everything else (OPTIMISTIC)