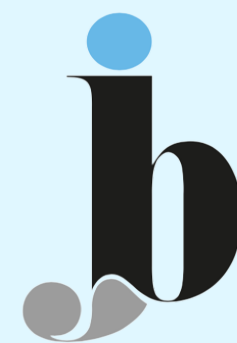


RESILIENCE



AND THE FOUR 'S' MODEL

JAKE BAILEY

WHAT

Resilience is the ability to overcome and recover from both big and small challenges we face in our lives (adversity)

WHY

Things will go wrong for us all at some point. There's no way to avoid this, so it pays to prepare with resilience

HOW

The 4S Model - Four key tools to use during tough times, derived from lived experience and proven by research

SLOW DOWN

Break up big challenges and adversity into a series of smaller goals, or you risk becoming overwhelmed. Focus on getting through each week, day, or hour at time, whatever you can manage, before tackling the next one. Eyes on where your feet are going next, not the summit of the mountain

SALVAGE

Deliberately seek out anything good within challenging situations. Any piece of happiness, no matter how small, is crucial to capture during tough times. Try to feed all incoming information through the lens of "what in this is positive?" - even if those answers are quite creative

STREAMLINE

Where possible, spend part of each day away from the common worries and anxieties we all face, or else these can keep you weighed down when you're already fighting to keep above the water, and can even rewire your brain to process all information through the worry part of your brain rather than the problem solving part

STAND ALONGSIDE

Don't climb mountains alone. People who face adversity on their own have far worse outcomes than those who are part of something bigger than themselves - be that a family, friend group, sport, religion, culture, club, etc. You need to begin building these networks of support before the time comes when you need them