

THE RESILIENCE PROJECT

aims to teach positive mental health strategies, through practising G.E.M, which leads to a happier more fulfilling life.

WHY?

- 1 in 7 primary schools kids have a mental illness
 - 1 in 4 adolescents have a mental illness
- 1 in 3 girls suffer from an anxiety disorder, and 1 in 5 boys.
- 65% of adolescents do not seek help for mental illness

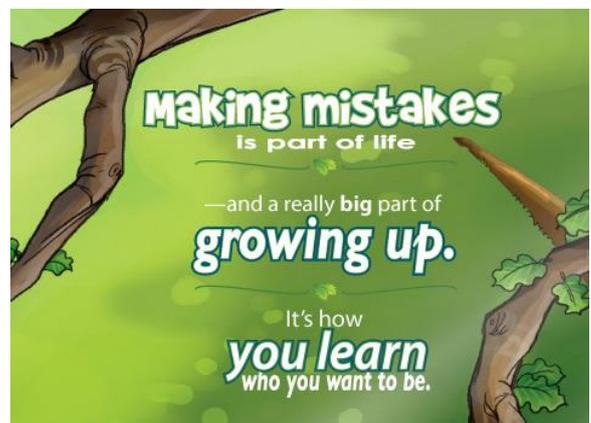
Do you want to help improve these statistics? We need your support...

Through [The Resilience Project presentations](#), the teachers and students of Cardinia Primary School have been inspired to practise these evidence based strategies to build resilience and improve mental health...

We encourage families to practise the strategies in this booklet at home, in the car, on the weekend, anywhere you can to help build your child's resilience!

FAILURE = GROWTH

It is important for your children to learn how to deal with failure now, while they have guidance and support, rather than later in life when they don't have the same support to deal with it. Take a step back and allow your child to face their problems and have a go at working them out for themselves. Be there to support them, but don't provide an immediate solution.



Gratitude...

is the feeling of being grateful and the ability to focus on what you do have, as opposed to worrying about the things you don't have.

In only 21 days of practising gratitude you...

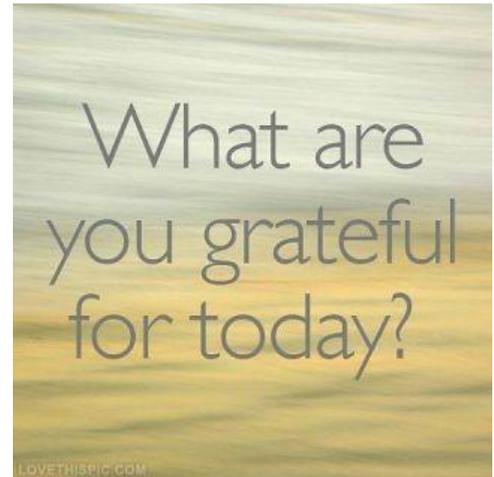
- Can rewire your brain to scan the world for the positives

After 42 days of practising gratitude you....

- Are less likely to get sick
- Have higher levels of energy
- Feel happier
- Are more enthusiastic
- Are more attentive
- Are more determined
- Are more optimistic
- Have a better quality of sleep
- Have lower levels of depression and anxiety

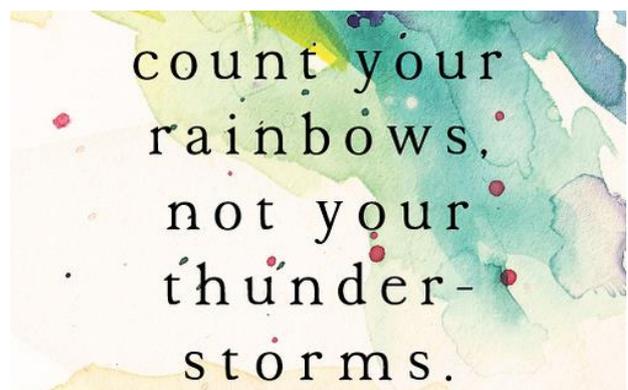
Ideas on how to practise gratitude (write down or talk about)...

- What/Who made you laugh today?
- What are 3 things you did well today?
- Who is someone you felt really grateful for and why?
- What are you looking forward to most about tomorrow?



start each
day with
a grateful
heart

DIS



Empathy (kindness)...

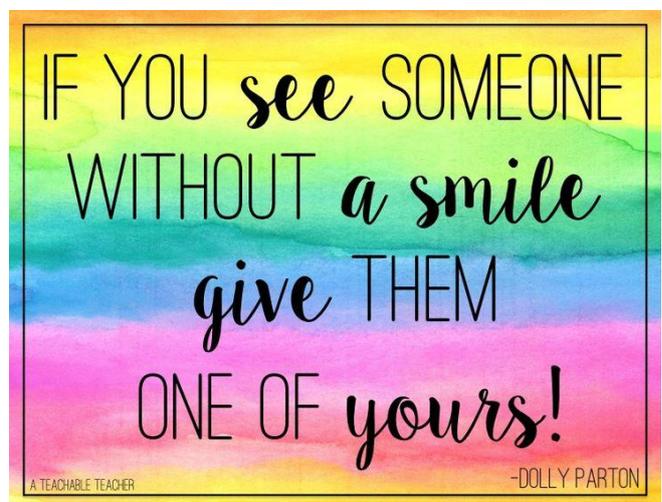
is to be aware of how other people feel and to put yourself in someone else's shoes. It's when you put selfless thought into action.

Everytime you do something kind for someone else, your brain releases oxytocin. This leads to...

- Increased self esteem and confidence
- Increased energy
- Increased levels of happiness
- Increased levels of positivity

Ideas on how to practise empathy...

- Who made you feel happy this week? Make sure you thank them.
- Go out of your way to help someone else during the week.
- Ask someone who looks lonely, to play with you.
- Offer to help someone. What could you do to help someone?

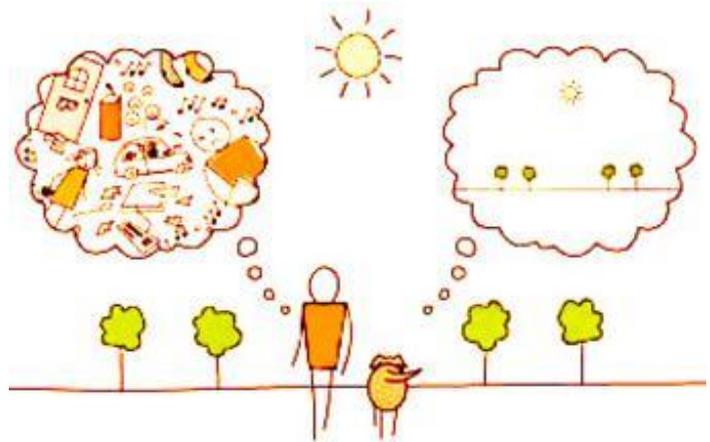


Mindfulness...

is enjoying and focusing on the present moment.

Benefits of being mindful...

- Reduced depression and anxiety
- Improved decision making
- Improved ability to focus
- Relieved stress
- Improved sleep
- Makes you less nervous



Mind Full, or Mindful?

Ideas on how to practice mindfulness...

- Colouring in or drawing a picture
- Completing puzzles or making origami
- Exercising
- Meditating
- Listening to music
- Walking around, and listening to the sounds of nature

You can also download meditation/mindfulness apps on your phone...



Smiling Minds



Headspace



Buddhify

The Resilience Project App



Visit for further details: <https://theresilienceproject.com.au/about-us/>