



# Are you resilient?



**Find out more**  
**DRAW YOUR OWN SOLUTION.COM**



#KentResilience  
@drawyourownsolution

# Draw Your Own Solution is a campaign to help young people in Kent become more aware of what resilience is and how to become more resilient.

Resilience helps you to get through hard times and cope better in difficult circumstances. You can become more resilient by:

- Spending time doing something you love. Putting time and effort into your talents and interests builds confidence and can help you to learn about overcoming setbacks.
- Taking care of your health by choosing to eat healthily, exercising regularly and taking time to look after your mental wellbeing.
- Speaking to someone you trust about your worries can help you to cope when your emotions become overwhelming. It can make you feel more in control over your emotions and behaviours.
- Having positive friendships. Friendships can be difficult, especially as a young person, but having a good support system and positive friendships around you can help you in difficult times.

To find out more about resilience visit  
[www.drawyourownsolution.com](http://www.drawyourownsolution.com) |  [drawyourownsolution](https://www.instagram.com/drawyourownsolution)

If you have a story to tell about how you coped during a difficult time, get in touch! Sharing your experiences and tips could help others.

**Send us a direct message on Instagram**

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