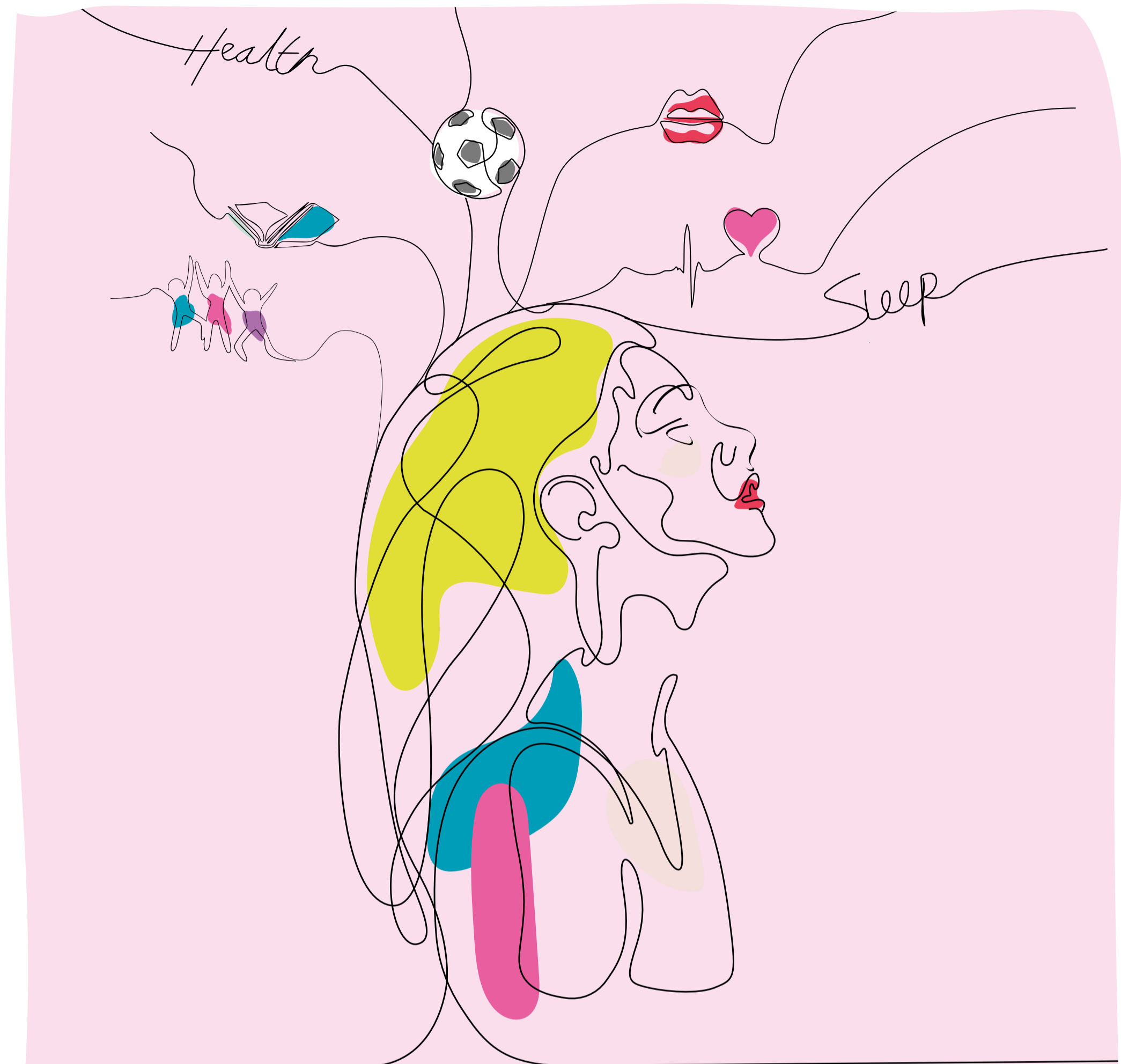


# Problems?

Making time for positive friendships is one way to build **resilience**...  
**resilience** will help you get through.

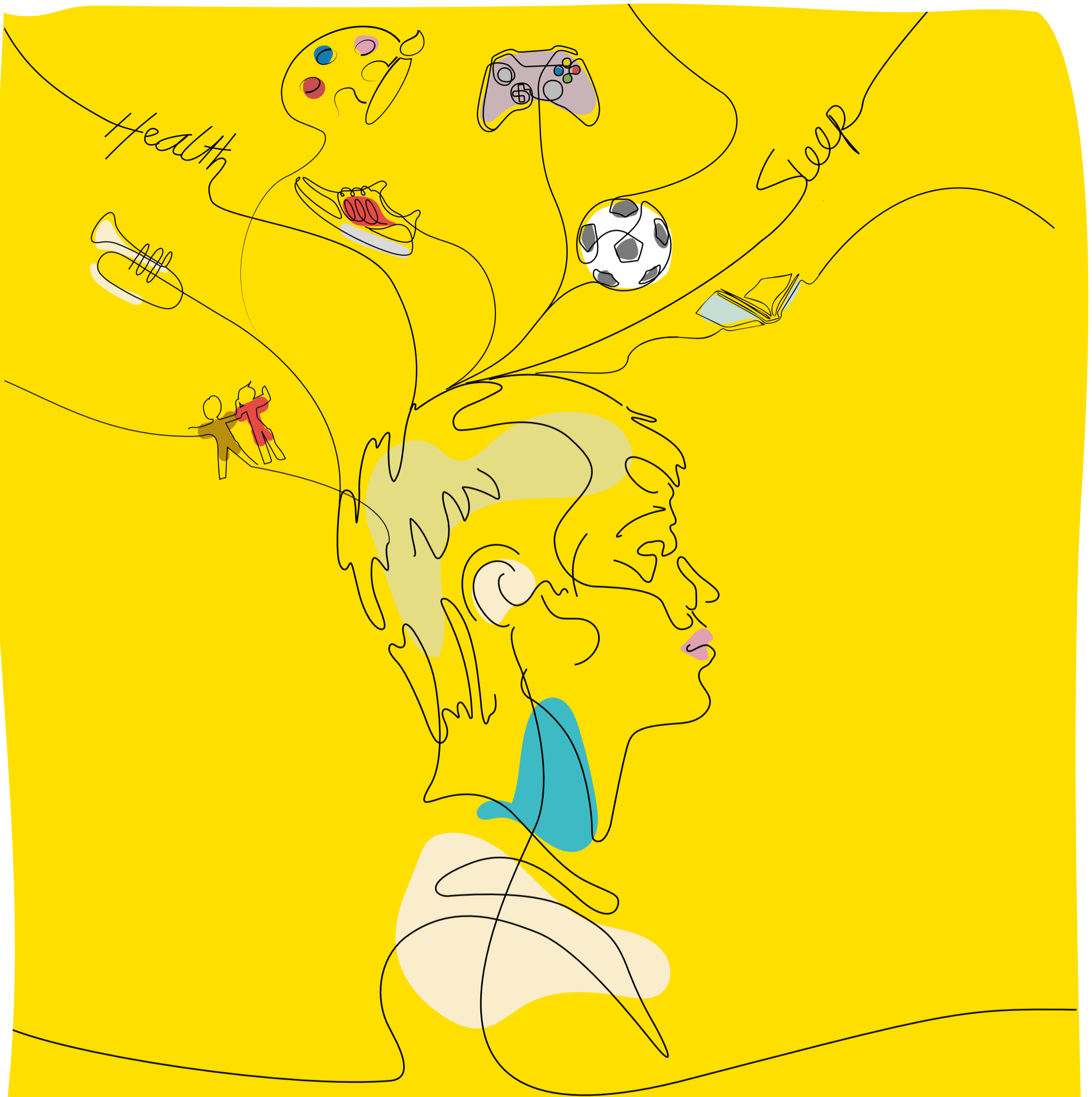
 drawyourownsolution  
#KentResilience



# Problems?

Accepting yourself the way you are is one way to build **resilience**...  
**resilience** will help you get through.

 drawyourownsolution  
#KentResilience



# Having a hard time?

Keeping active is one way to build resilience...  
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 drawyourownsolution  
#KentResilience

**MOOD  
SPARK**




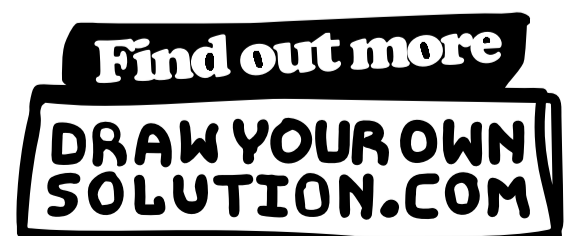
**Find out more**  
**DRAW YOUR OWN  
SOLUTION.COM**

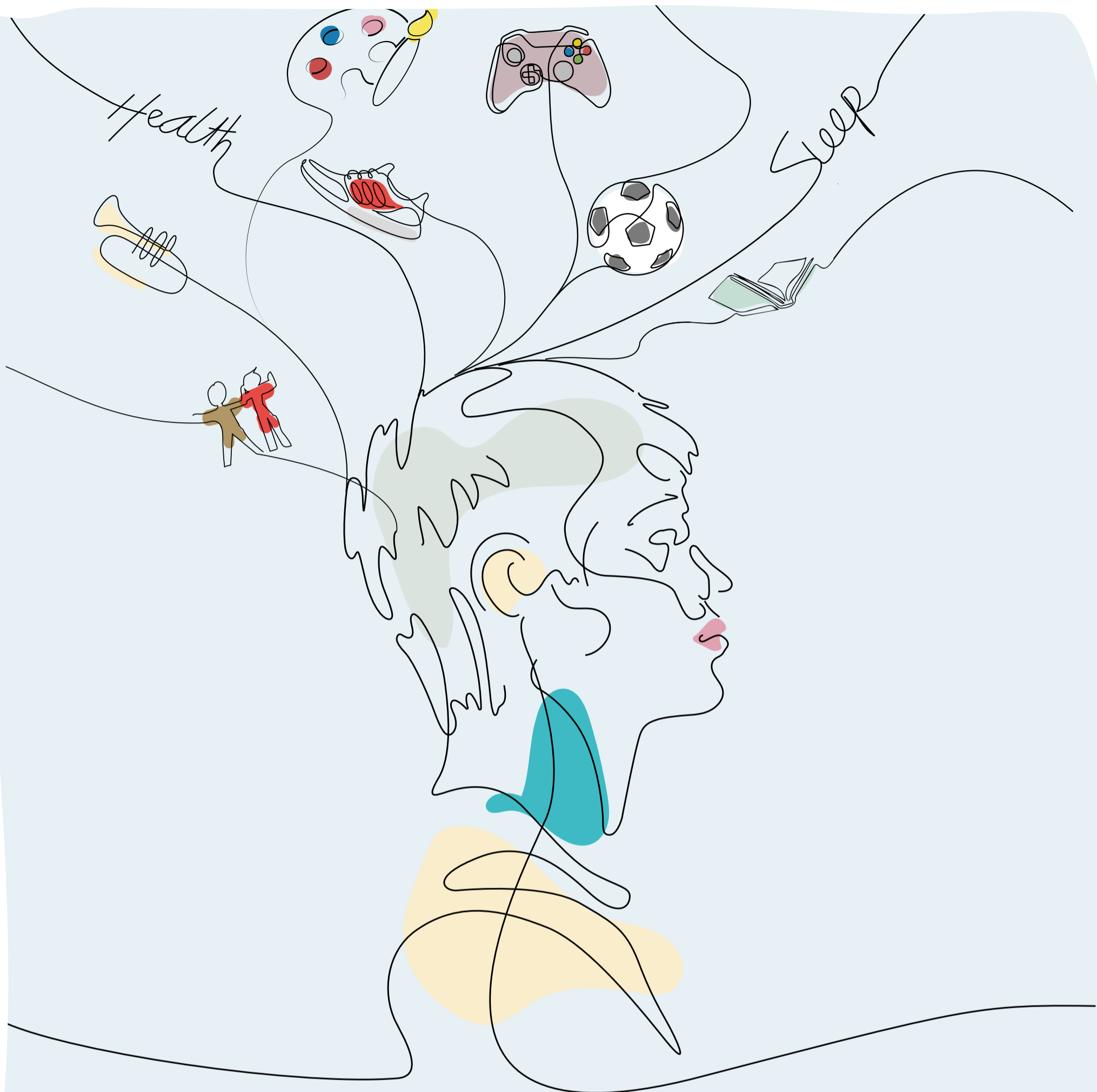


# Problems?

Spending time doing things you enjoy is one way to build **resilience**...  
**resilience** will help you get through.


 drawyourownsolution  
#KentResilience





# Not ok?

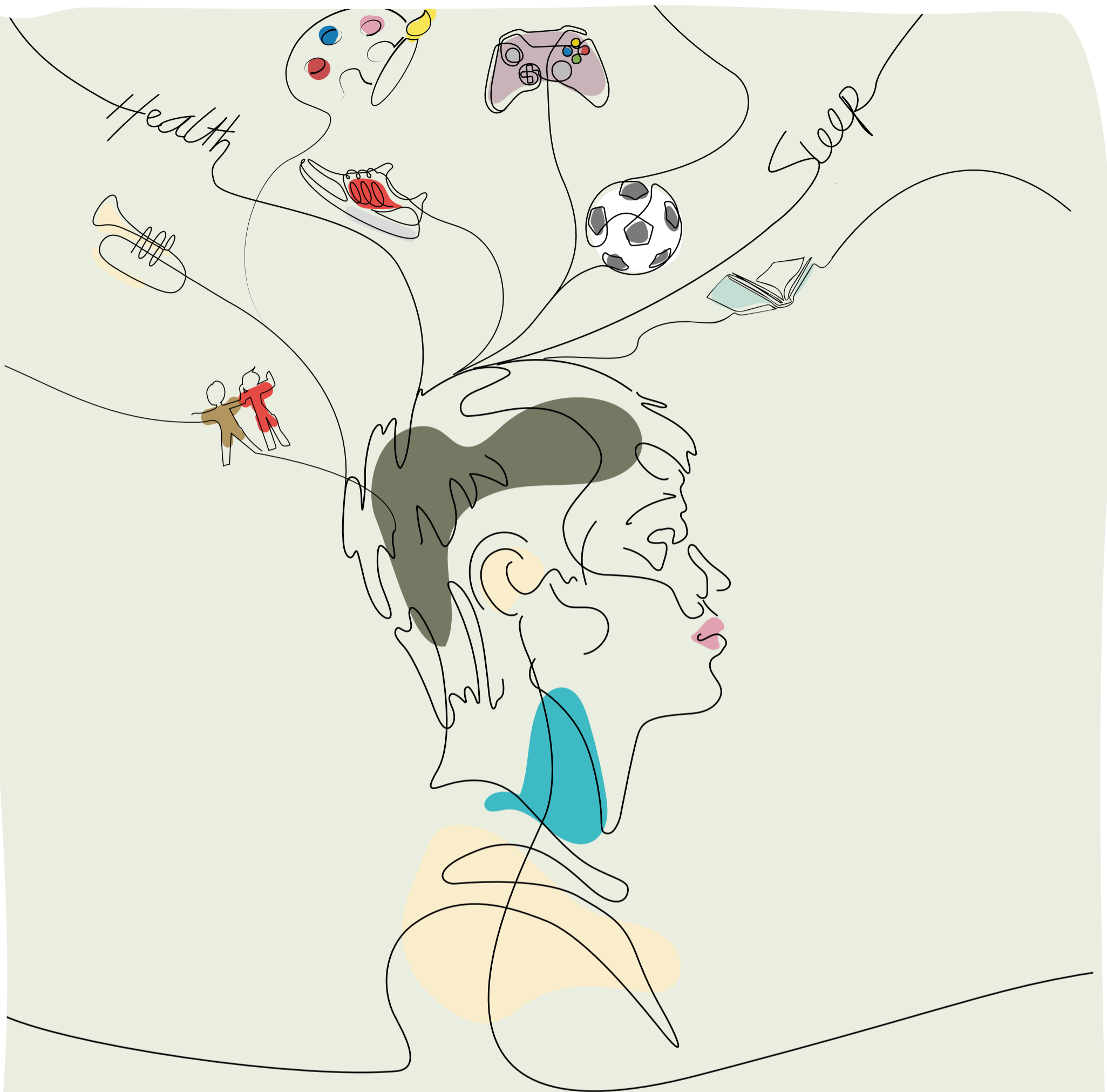
Talking about your worries with someone you trust  
is one way to build **resilience**...  
**resilience** will help you get through.

 drawyourownsolution  
#KentResilience

**MOOD  
SPARK**




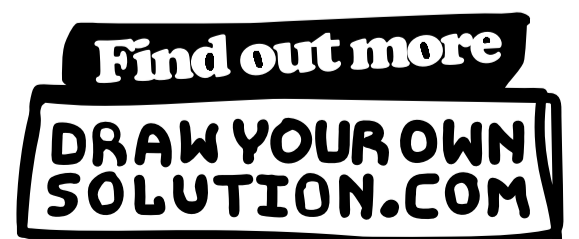
**Find out more**  
**DRAW YOUR OWN  
SOLUTION.COM**

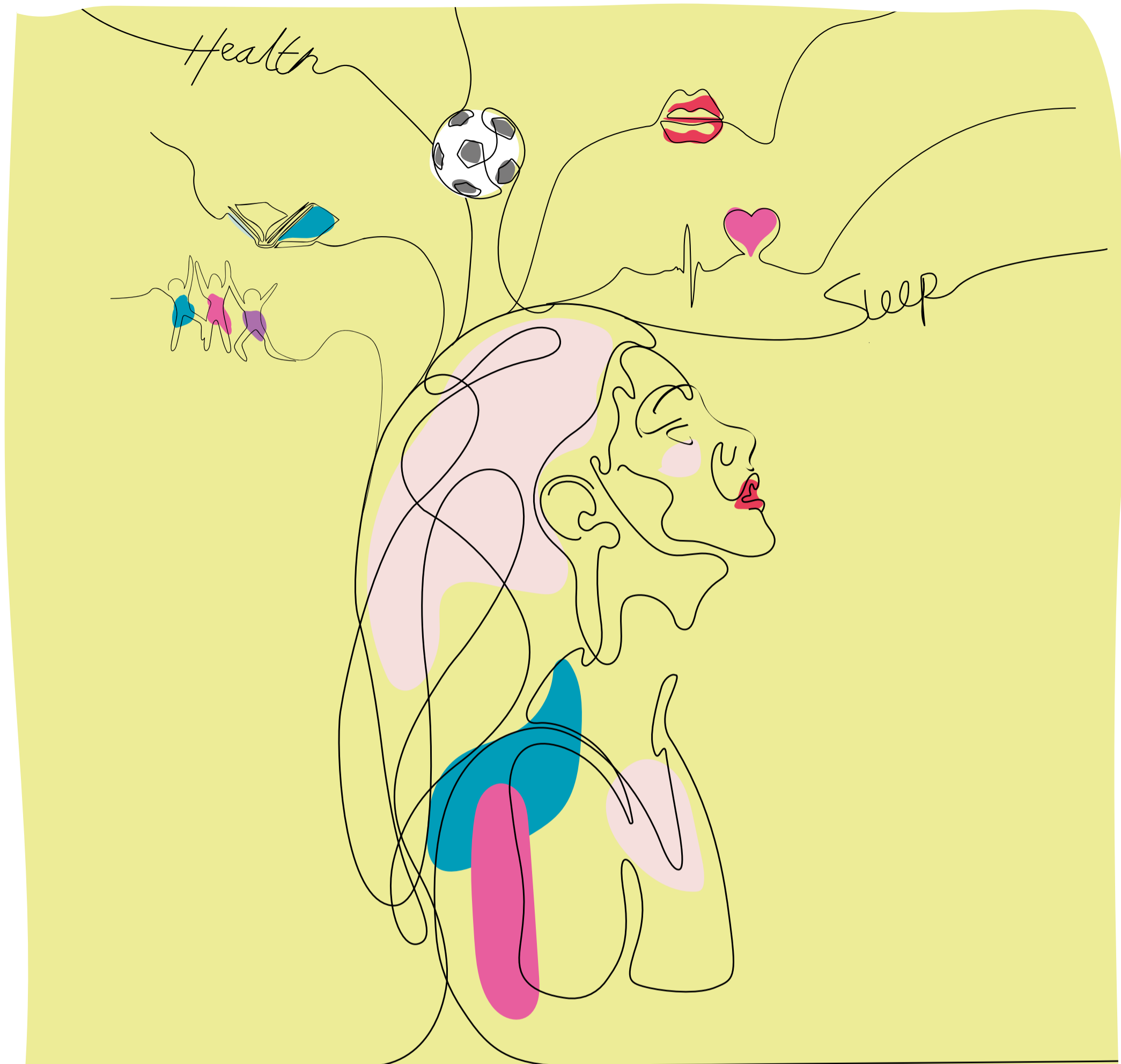


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 drawyourownsolution  
#KentResilience

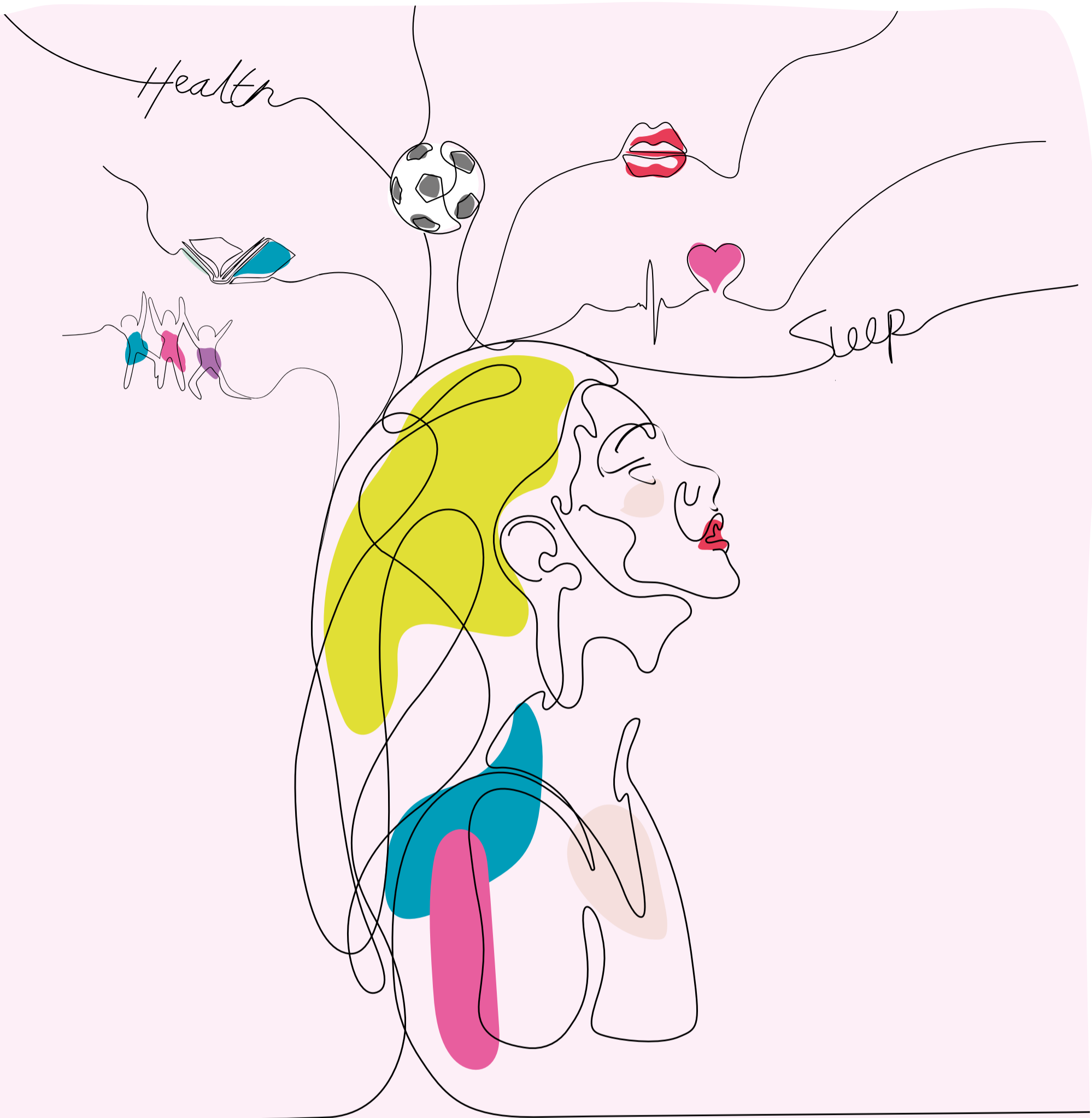




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