



Road to Resilience Workbook

“
I Am
Resilient &
Can Get
Through
Anything
”



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Remember that this is a safe space.
The **Resilience Workbook** is designed
for pupils to receive information
but also to be able to get involved in
conversations around topics that are
relevant to the lives of young people.



This workbook has been made possible by **Pieta** and **Electric Ireland**. Since 2013, Electric Ireland has proudly supported Pieta's Darkness Into Light campaign, the annual sunrise event which raises awareness of suicide prevention in local communities across the island of Ireland and around the world.

In Northern Ireland, the **Electric Ireland Game Changers** campaign, in partnership with the Irish FA, has played a pivotal role in supporting girls' and women's football both on and off the pitch, with record numbers of young girls trying football for the first time through the Electric Ireland Shooting Stars entry programme, through to successful Challenge Cup and NIWFA (Northern Ireland Women's Football Association) campaigns.

The emotional, physical and mental benefits of playing sport are well documented, but as the women's game continues to grow, one constant remains: participation among girls across all sport starts to dip in early teenage years (12-15). This is not just in Northern Ireland but recognised globally. Current research shows that while teachers, parents and guardians can verbally explain / instruct what resilience is, it is through playing team sports, interacting with others, and putting these skills into practice that young girls are more likely to build resilience.

Electric Ireland wants to take this conversation a step further. As part of this new campaign, Electric Ireland commissioned qualitative and quantitative research with parents of teenage girls and PE teachers across Northern Ireland to provide insights into girls' attitudes towards sport and the role sport plays in building resilience.

Key findings show that:

- **60%** of parents are unaware of the positive impact sport has in building resilience, with over half of parents (**57%**) thinking girls can build resilience by maintaining positive self care practices, and **55%** by observing positive role models
- Less than half (**46%**) of parents think girls are more resilient than they once were. The top factors given by parents affecting girls' resilience are social media (**80%**) and body image pressure (**72%**).
- When asked about sport's impact on resilience in girls, **81%** of parents believe playing sport will give their daughter more confidence, while **73%** believe it teaches them to overcome challenges and difficulties.

To make this research relatable for young people, Electric Ireland commissioned Tinderbox to produce a one-woman performance, **Gameplay**, that speaks directly to young girls to communicate the benefits of continuing to play team sports and the life skills – resilience, confidence, teamwork – that sport will help them develop to meet the challenges life throws head on. Post performance, an insightful panel discussion took place and both it and the play are available to watch at: www.electricireland.com/resilience

Gameplay, the panel and this workbook, which **Electric Ireland has developed in close collaboration with Pieta**, is a resource for schools and those involved with young people. We are making this freely available to schools across Northern Ireland to support teachers and their work in this area.



Hello.

You have set foot on the **Road to Resilience**, an educational workbook developed by **Pieta** with support from **Electric Ireland** for pupils and teachers to help promote positive mental health and build resilience.

This workbook sets out five sections with activities and practical tools to build emotional resilience as an important life skill.

Pieta has partnered with **Electric Ireland** to bring this workbook which, together with the **Gameplay** theatre production and panel discussion, form a resilience resource for secondary schools across Northern Ireland.

The resource is part of the **Electric Ireland Game Changers** movement, which is all about supporting girls' and women's football from the grassroots up.

Included in the **Road to Resilience workbook** are five sections covering:

1. **Dealing with Change**
2. **Connections**
3. **Mental Health**
4. **Resilience**
5. **Sport & Resilience - Did You Know?**

This is your student workbook and it contains all the activities that you can take part in. Keep it safe and feel free to read it at home.

At the end of every section there is space for "Notes" so write down any information that you feel is important to you or somebody you may know.

What's in the Road to Resilience Workbook?

Section 1

Section 1 is about '**Dealing with Change**', our coping skills and the positives and negatives which come along with change.

Section 2

Section 2 focuses on '**Connections**', who our connections are, why having connections is important, and how to deal with conflict that will arise within our connections.

Section 3

Section 3 takes a closer look at '**Mental Health**'. We take a look at things that can help contribute to positive mental health. We will also talk about stress, what causes it and what are some of the best ways we can deal with it.

Section 4

We look at '**Resilience**' in this section. We will look at building our resilience, the importance of practising self-care, and developing skills which will allow us to do so. We will also be looking at our support network and where we can go for help if needed.

Section 5

In Section 5 we look at how sport can help build resilience, and some surprising facts around the positive role it has to play.

If at any time you feel uncomfortable with the subject or topic being discussed, please make it known to your teacher and other arrangements can be made for you. You will not be made to take part if you don't feel comfortable. Also, during the Road to Resilience workbook, the classroom is known as a 'safe space'. That means that everyone is treated with respect and kindness.

We hope you enjoy this workbook and that it provides you with information on some very important topics.

Section 1. Dealing with Change

Welcome to the Dealing with Change section

In this section there are a number of short activities along with space for you to make notes if you choose to.

Aim: To identify change, the impact of change, and to promote coping skills.

In this section we'll support you to:

- Identify change and different types of change
- Respond to coping with change

What does change mean to you?

Notes on Change

Activity 1. Nine Boxes

The nine boxes represent nine different areas in your life and the idea behind the boxes is so we don't put all our eggs in one basket, i.e. we are not giving all our time and energy to one area. If you focus all your energy on one area of your life, you may find it difficult if that area is no longer available to you. So it's important to have spent time on other areas in your life that could support you.

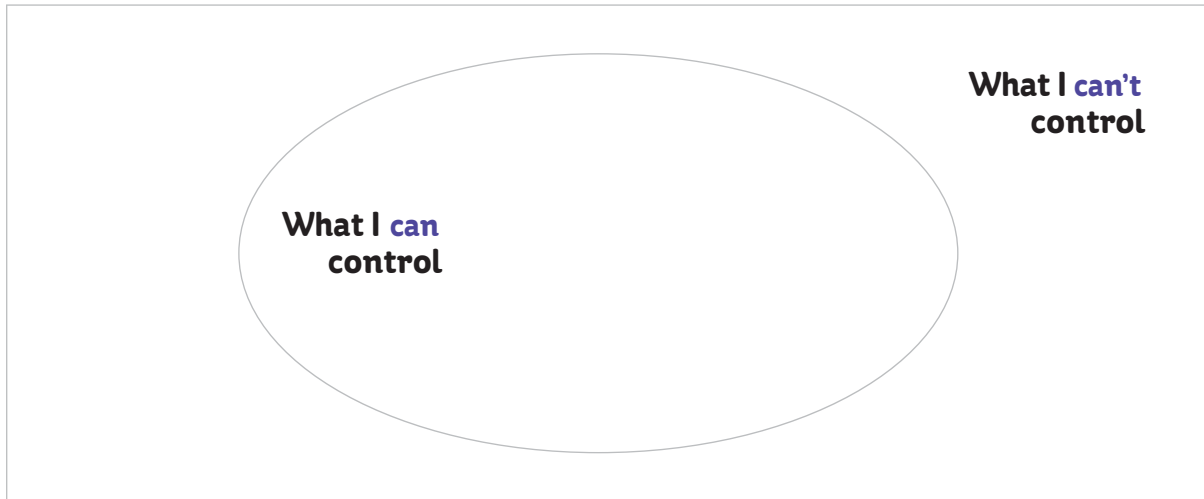
Friends	Family	School
Physical Health	Self-Worth	Relationships
Fun	Values & Beliefs	Technology

In each of the nine boxes above, note one change that has happened for you since the start of secondary school. For example:

- Technology** - spending more time on the laptop for schoolwork

Activity 2.1. Coping with Change

Complete the image to decide what you can and can't control. This will help you to focus on acceptance of what you can and cannot control.



Activity 2.2 Choosing Change - Setting Goals

Take one area from the previous activity that you are in control of and apply it to the GOALS acronym in this activity.

G

What **GOALS** do I want to achieve and why?

O

What **OBSTACLES** may set me back?

A

ALL THE SKILLS, behaviours and attitude needed.

L

LIST THE STEPS. What steps will I take and when?

S

What **SUPPORTS** can I use to help me achieve my goals?

Notes

Well Done!

You've completed the 'Dealing with Change' section

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Section 2. Connections

Welcome to the Connections section

In this section there are a couple of short activities along with space for you to make notes if you choose to.

Aim: To identify your own connections, and why it's important to stay connected with others, what skills we can learn and use to improve these relationships, and help promote coping skills for ourselves and others if struggling.

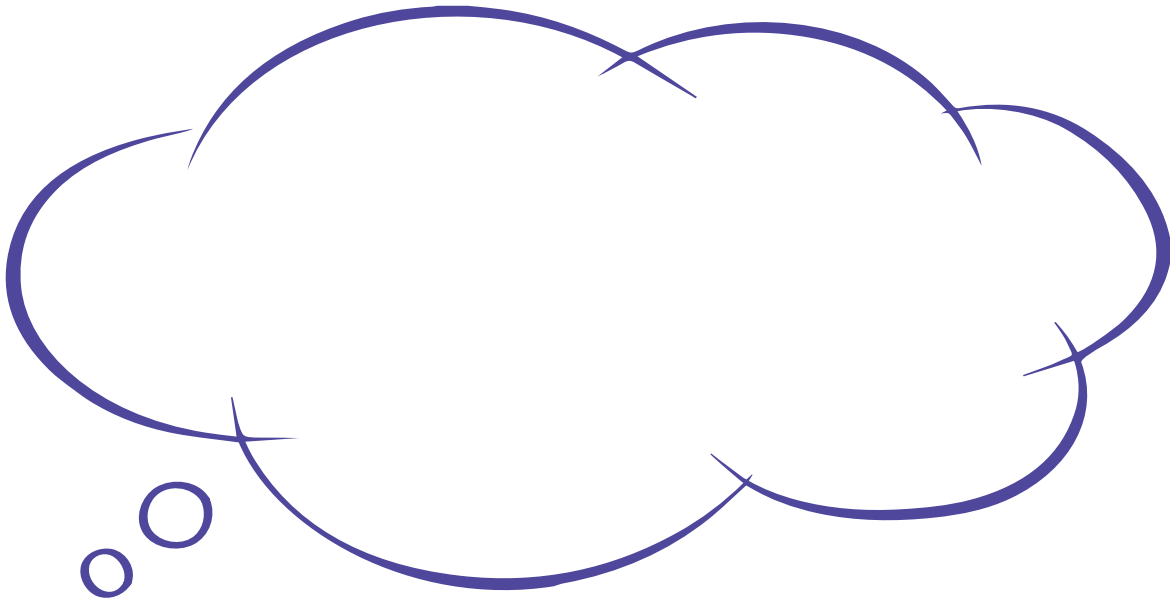
In this section we will support you to:

- Identify individual connections
- Understand various ways of communicating and communication skills
- Conflict management: reasons for conflict and tips for conflict resolution
- How to be a good friend and how to support a friend in need
- Identify a trusted adult/available services for support
- Understand the importance of social relationships and support

What is a Connection?

Activity 1. Reflection

Think about your own connections in your life and write them in the thought bubble...



Communication

What are the 4 different types of communication?

Ways to improve communication

Conflict Management



Conflict is a normal part of life, it's healthy for all friendships and relationships **to have certain conflicts** from time to time

Conflict Resolution Tips:

Talk About It

Respond - Don't React

Listen Actively

What Can Be Learned From This Situation

Take Responsibility

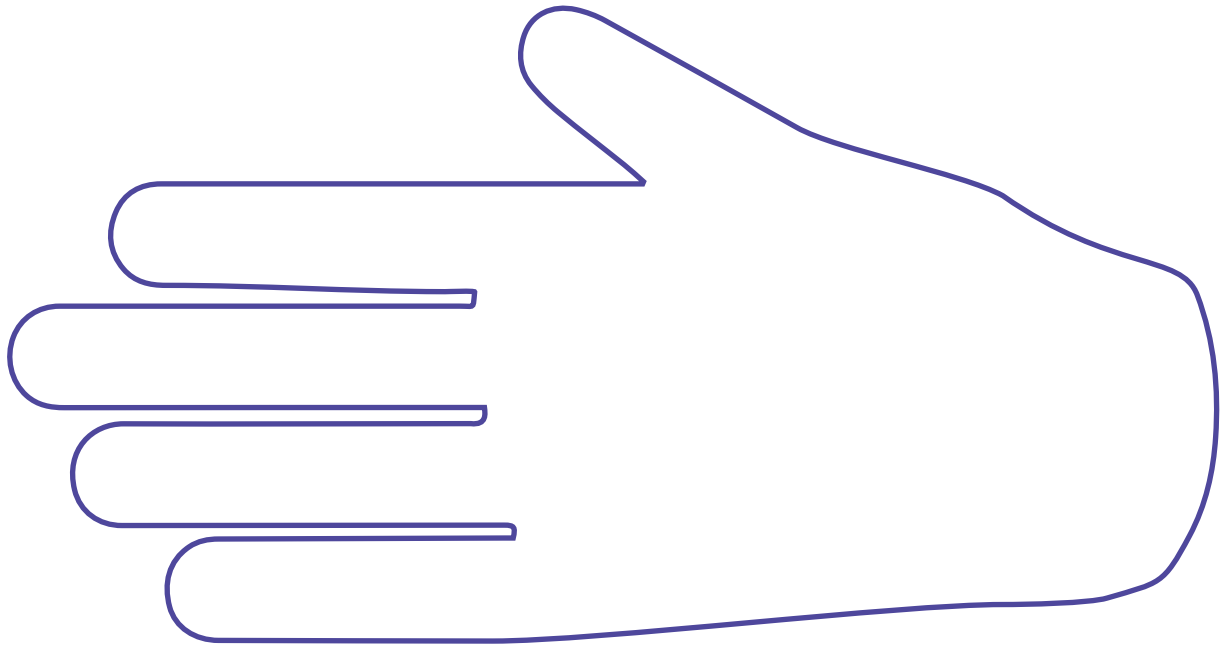
Find the Positives

Identify Your Feelings



Activity 2. Helping Hand

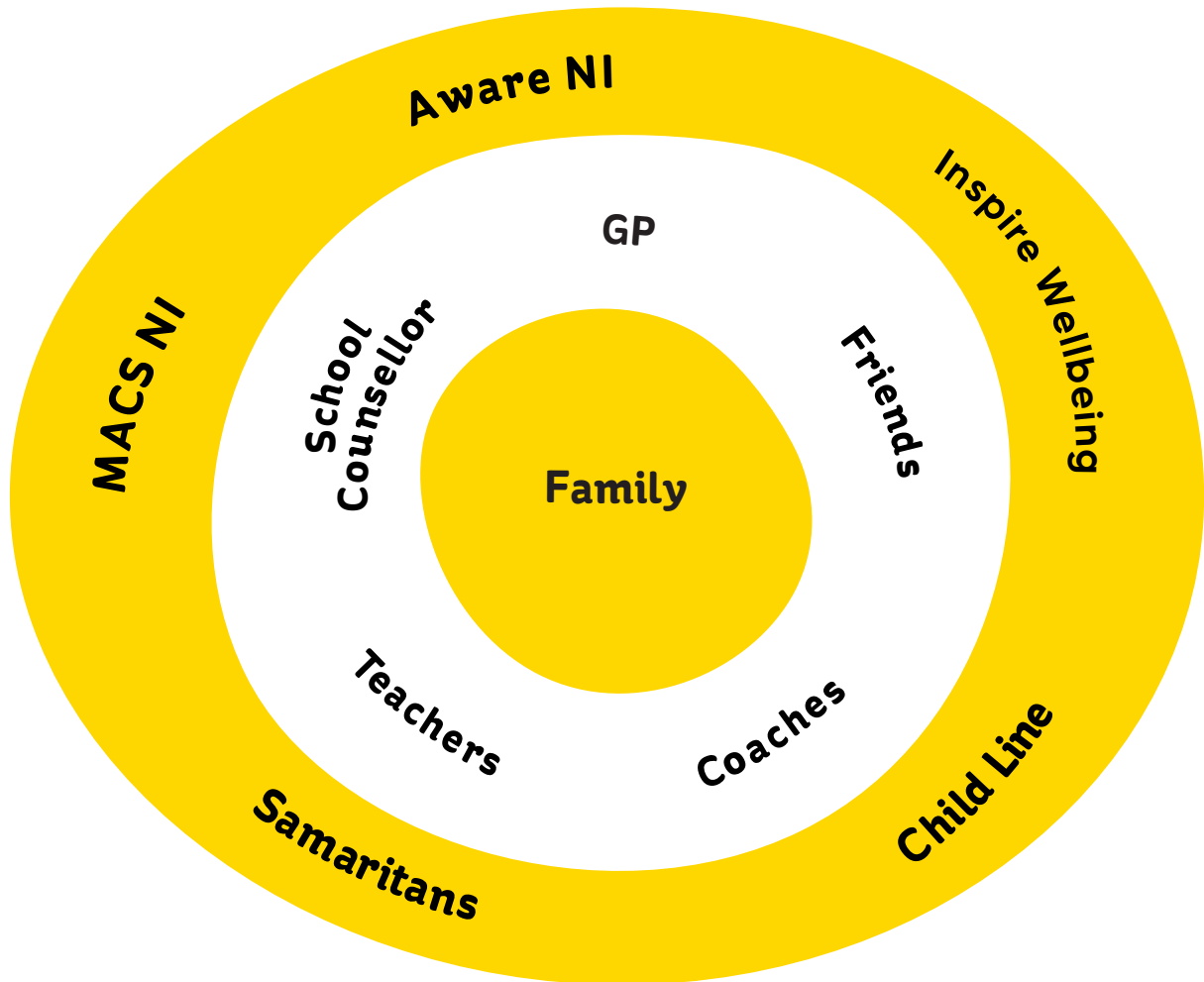
Can you identify 5 trusted adults or support services you could contact if in need of good advice or support? Write these in the fingers and thumb of your helping hand...



How to improve connections with friends - Be kind!

Tips on supporting a friend

Wheel of Connections & Services



Notes

Well Done!

You've completed the **'Connections'** section



Section 3. Mental Health

Welcome to the Mental Health section

In this section there are a number of short activities along with space for you to make notes if you choose to.


Aim: To gain an understanding of mental health and to recognise how best we can look after our mental health.

In this section we will support you to:

- Understand mental health and what contributes to positive mental health
- Identify what causes low mood and when to seek support
- Discuss sleeping patterns and the importance of a good nights sleep
- Explore stress, how it affects us and how to cope with stress

Activity 1. Mental Health

What does positive mental health mean to you?



Stress

Stress is a normal part of life

What is stress?

Activity 2. Now that we have identified signs of stress, let's look at **your** signs of stress

In the boxes below write down how you know when you are feeling stressed.

Body	Emotions	Behaviour	Thinking

Managing Stress

Activity 3. How to deal with stress in a healthy way and manage your emotions

What top 3 strategies do you use / could you add to help manage your stress levels and emotions.

- 1.
- 2.
- 3.

Notes

Well Done!

You've completed the **'Mental Health'** section



Section 4. Resilience

Welcome to the Resilience section

In this section there are a number of short activities along with a space for you to make notes if you choose to.

Aims: The resilience section aims to equip you with the ability to identify, explore, build and support your resilience for life.

In this section we'll support you to:

- Understand the key components of resilience
- Identify factors that impact on resilience, mental health and wellbeing
- Recognise and implement positive coping strategies to support resilience

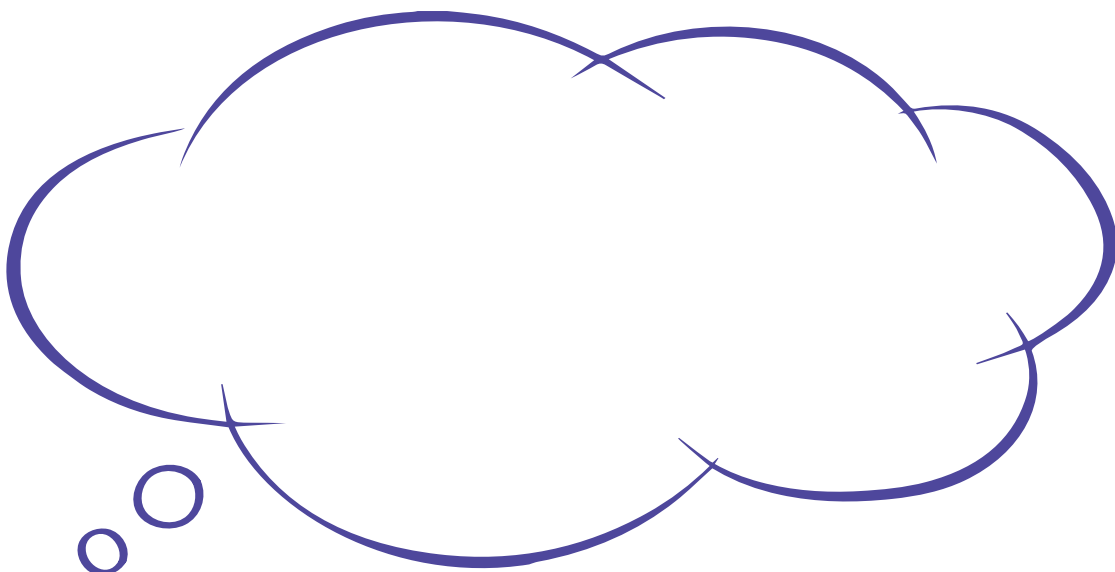
Activity 1. Resilience

What does being a resilient person mean to you?

A resilient person is...

Activity 2. Thinking Patterns and Self-Talk

Write down 3 positive thoughts or affirmations for your day in the thought bubble below:



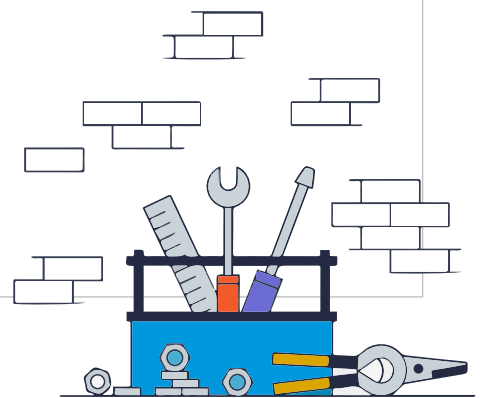
My Self-Care Plan

Think about the ways in which you could practise self-care and write them below.



Activity 3. Resilience Toolkit

What strategies do you have or can you add to your personal resilience toolkit?



Pieta's Nine Boxes

- Which boxes do you think might support you at this time and how?
- Consider what you can add to any of the nine boxes to support your resilience and add your thoughts into the boxes below.

Friends	Family	School
Physical Health	Self-Worth	Relationships
Fun	Values & Beliefs	Technology

Notes

Well Done!

You've completed the '**Resilience**' section



Section 5. Sport & Resilience

Did
You
Know?

Welcome to the Sport & Resilience section

Aims: In the sport & resilience section you will learn some surprising facts about sport and the positive role it can play in building resilience.

Fact #1

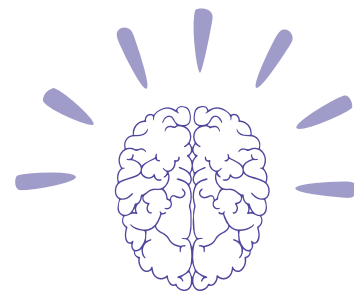
The word **Resilience** originates from recommends the Latin word '**resilire**' meaning to '**jump or spring back**'.

Bouncing back is seen as a key feature of resilience in sport - for example how quickly an athlete returns to their normal level after a defeat or setback.



Fact #2: The **Public Health Agency** recommends children and teenagers aged 6-17 take part in **60 minutes** of **moderate-to-vigorous physical activity** every day.

Fact #3: Resilience is often described as an '**emotional muscle**', and new research shows that exercising our physical muscles is one way to increase our capacity to cope when something unexpected happens.



Fact #5

Team sports have been shown to help develop a host of life skills beyond resilience.

These include:

Listening

Discipline

Teamwork

Perseverance

Emotional Wellbeing

& More

Fact #4: Sport and **physical activity** stimulate brain chemicals called **neurotransmitters** that have been **shown to boost mood and make you feel** better long after the final whistle goes.

Notes

Well Done!

You've completed the **'Sport & Resilience'** section



Signposting

What is available to **support you**? Where can you go for help?

Electric Ireland supports a number of Pieta's partner mental health charities across Northern Ireland as part of the annual Darkness Into Light campaign. Some of those organisations and supports that are available to you when you need them are listed below.

Your local youth groups / youth information centres may have resources that you don't know about, so always try to engage with them if you feel you need to.



Mental health support in the area of depression and bipolar disease.

Phone: 028 9035 7820
Email: info@aware-ni.org
www: www.aware-ni.org



Offering mental health and wellbeing schemes and support for people who have a family member in a mental health crisis.

Phone: 028 9032 8474
Email: hello@inspirewellbeing.org
www: www.inspirewellbeing.org

Mental Health support service.

Phone: 116 123
Email: jo@samaritans.org
www: www.samaritans.org

Looking out for the welfare of young people regarding any issue that may be affecting them.

Phone: 1800 666 666 (24h)
Free Text: 50101
Live chat: childline.com
www: www.childline.com



Wellbeing support service can help you with coping, staying safe and confidence building.

Phone: 028 9031 3163
Email: wellbeing@macsni.org
www: www.macsni.org

Summary

Thank you all for completing the **Road to Resilience** workbook, we hope you enjoyed it and were able to take something from the five sections.

Let's take a quick run through of what we covered in each of the sections.

Section 1. Dealing with Change

During this section we talked about:

- the inevitability of change and how it can be positive or negative
- the pace of change - some of us will get back on track quicker than others and that's perfectly normal.

Section 2. Connections

During this section we discussed:

- who our connections are, how we make them, how we can maintain them and what supports we have if something happens with our current connections
- communication skills and conflict management
- the 'One good adult' video and taking some time to determine who yours is.

Section 3. Mental Health

During this section we explored:

- what we can do to contribute to our mental health
- how to identify low mood and its causes
- the importance of sleep
- stress, what it feels like for us, and ways to manage it.

Section 4. Resilience

During this section we learned that resilience is our ability to bounce back after a difficult experience in our life:

- we discussed 6 ways to develop our resilience
- and worked on our personal resilience toolkit.

Section 5. Resilience & Sport - Did You Know?

During this section we learned some surprising facts about the positive role sport can play in building resilience.

Thank You for completing our Road to Resilience workbook.

Notes

Sport & Resilience References

- Fact 1.** Ruud. J. R. Den Hartigh, et. al (2022) Resilience in sports: a multidisciplinary, dynamic, and personalised perspective, International Review of Sport and Exercise Psychology.
- Fact 2.** 2022 Ireland North and South Report Card on Physical Activity for Children and Adolescents. Available at: <https://research.hscni.net/2022-ireland-north-and-south-report-card-physical-activity-children-and-adolescents>
- Fact 3.** Elissa Epel, a professor of psychiatry at the University of California at San Francisco and the author of "The Stress Prescription: Seven Days to More Joy and Ease."
- Fact 4.** Developing life skills through sports, Health Direct.gov.au
Available at: <https://www.healthdirect.gov.au/developing-life-skills-through-sports>
- Fact 5.** Same as above.



Road to Resilience Workbook

developed by

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with support from:

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