



## FINDING RESILIENCE

To grow and move forward after something difficult—this is resilience. For many people, cultural barriers and experiences of exclusion add unique challenges to this process. These barriers can make it harder to access support, feel a sense of belonging, or see yourself reflected in the spaces around you. A resilient person knows the struggle, feels their emotion, and still moves forward despite obstacles. Resilience does not mean you've never faced discrimination, misunderstanding, or isolation; it means finding strength in how you respond. Overcoming these barriers can foster growth, confidence, and a deeper understanding of yourself and others.

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## What makes a person resilient?

There are a few similarities among resilient people: many have healthy outlets for stress, connect with people and spaces that are inclusive and are in touch with what motivates them.

- Healthy outlets for stress—like art, exercise, or journaling—help build resiliency by giving you safe ways to release emotions and recharge.
- Being part of a community - whether at school, in your culture, or with friends - helps you build resilience. We're not meant to go through life by ourselves.
- Surrounding yourself with people and spaces that are supportive and inclusive helps you feel grounded and less isolated.
- Celebrating small wins keeps you motivated and reminds you that each effort, no matter how minor it feels, brings you closer to your goals!



# ACTIVITY

## TRACK YOUR SMALL WINS FOR ONE WEEK

### Why Do This?

Noticing small wins helps you see progress and stay motivated—even when life feels challenging. You're allowed to feel good about your progress!

### How It Works:

For one week, take time each day writing down your "small wins". A small win can be anything positive you did, accomplished, or handled well—no matter how tiny.

### Examples:

- Finished a homework assignment
- Did something fun with a friend
- Took a break to take care of myself
- Made someone smile

### Each day, answer these journal prompts:

- What is one small win I had today?
- Why does this win matter to me?
- How did it make me feel?

# RESOURCES



[Click here for the resource](#)

Children's Healthcare of Atlanta Strong4Life has put together a variety of coping skills. You'll see what works best for you and your environment.



[Click here for the resource](#)

This Resilient Georgia resource provides simple, evidence-based strategies for building resilience through connection, wellness, purpose, and healthy thinking.



988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

[Click here for the resource](#)