



## RESILIENCE

Resilience is your ability to keep moving forward through challenges and setbacks. It doesn't mean you never struggle or always feel strong. It means you allow yourself to feel your emotions, learn from your experiences, and keep going even when things are difficult.

You may face barriers that make life more difficult, such as feeling excluded, misunderstood, or like you don't belong. Resilience is about believing in your strengths and finding support.

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.

### Celebrating small wins keeps you motivated



& reminds you that each effort, no matter how minor, brings you closer to your goals!



## RESOURCES

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.



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



**988** SUICIDE & CRISIS  
**LIFELINE**

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

# ACTIVITY:

## Track your small wins this week

| WHY?                                                                                                                                               | HOW?                                                                                                                                                               | EXAMPLES                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Noticing small wins helps you see progress and stay motivated - even when life feels challenging. You're allowed to feel good about your progress! | 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. | <ul style="list-style-type: none"><li>• Finished a homework assignment</li><li>• Did something fun with a friend</li><li>• Took a break to take care of myself</li><li>• Made someone smile</li></ul> |

## 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? |
|------------------------------------|---------------------------------|--------------------------|
|                                    |                                 |                          |

Follow for more resources!  
[@freeyourfeelsga](#)



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**ACCESS MORE  
RESOURCES AT  
[FREEYOURFEELS.ORG](https://freeyourfeels.org)**