



Take care of yourself:

Although it is normal to experience painful feelings, there may be times where you need to avoid experiencing them to continue functioning. Focus on doing those things that you enjoy, find relaxing and keep you healthy. These may include:

- Take a bath or soak your feet in water and focus on how it feels.
- Eat something you really enjoy and really focus on the tastes in your mouth
- Imagine or remember a time when you were happy and focus on this memory
- Listen to music, nature or the sounds around you and focus on what they are and where they are coming from.

It's also important to express yourself in ways that are safe. These may include:

- Writing in a journal or using art to express your feelings
- Exercise – Burn off some energy. Try running, walking, swimming, cycling. Join a sport.
- Scream or sing loudly into a pillow.
- Punch a mattress or punching bag.

Some people may have difficulty in some of these areas. When this occurs a counsellor or support worker may be useful in supporting you to bounce back by addressing these issues with you.

Getting help

If you do decide to get some counselling or join a support group here's some services that you might want to get in contact with:

Phone Counselling

Kids Help Line **1800 551 800**

Confidential phone counselling, 24hrs (5-18yrs)

Web chat or email a counsellor at: www.kidshelp.com.au

Lifeline **13 11 14**
Confidential phone counselling, 24hrs (all ages)

Mental Health Support Services

YouthLink/YouthReach South/Youth Axis **1300 362 569**
Counselling & Psychotherapy (13-24yrs)

ARAFMI Youth Services **9427 7100**
or **FREECALL 1800 811 747 (rural)**

Association of Relatives and Friends of the Mentally Ill
182-188 Lord St, Perth
Support for family & friends (8-18yrs), statewide

Child and Adolescent Mental Health Service Head Office **6389 5800**

Specialist assessment, treatment & service to children, adolescents and their families experiencing severe emotional, psychological, behavioral, social & or mental health problems (0-18 yrs)
<http://pmh.health.wa.gov.au/general/camhs>

Youth Focus **6266 4333**
Counselling, Education, Peer Support (12-18yrs)

Lynks Counselling **9328 3522**
Counselling services (15-25yrs) **9328 3566**
Leederville, Perth

Headspace
Australia's Youth Mental Health Foundation
<http://www.headspace.org.au/> **1800650890**



Geoffrey Sambell Centre
23 Adelaide Terrace,
East Perth 6004
Web: www.anglicarewa.org.au
Email: step1@anglicarewa.org.au
Ph: (08) 9325 7033
Mob: 0418 942 475



223 James St
Northbridge WA 6003
Web: www.youthlink.perthwa.net
Ph: 9227 4300
For referrals: 1300 362 569

Produced by Step 1 Street-Work Program Anglicare WA and YouthLink – Department of Health, WA.

Information correct as of July 2013



a **YOUTHLINK** production...

Bouncing back

AVPUSCGH Ref.

What is resilience?

When people adapt well to difficulties in their life, they are resilient or can “bounce back”.

Have you ever met one of those people that seems to just be able to “roll with the punches” no matter what life seems to throw at them. They might lose a job, or even have gone through abuse, and they get upset, but they’re able to overcome it and move on with their lives with the help of resilience.

Being able to help yourself bounce back can help you deal with problems and stress more easily.

But being resilient isn’t a gift and it isn’t extraordinary – it is something you develop with time and effort.

Bouncing back includes what we do, think and how we behave.

12 tips to bouncing back

1 Make connections with others:

- Developing good relationships will make your supports greater. Occasionally, relying on others can improve your capacity to be resilient. Seek out and focus on relationships which you experience as positive supports. Contact a friend, family member or worker and share some of the things that are bothering you. Then congratulate yourself for sharing the load.

2 See crisis as an opportunity to learn and an obstacle that can be overcome.

3 Accept that change is part of life and it is normal for problems to occur.

4 Move towards your goals:

- Make realistic plans and carry them out.
- Focus on small tasks that will move you a little closer towards your goals. Your long term goals will be achieved by taking small steps.
- Set yourself a time period to see the gains you have made and think of those things that are making it difficult for you to move forward.
- Plan again and follow through with these actions

5 Take action – when you experience problems or stress:

- Stop
- Think - make a decision
- Act on your decision.

Little may change for you if you do nothing, or if you act without thinking.

6 Develop skills in communication:

- Listen to others before providing your point of view.
- Express yourself – Let others know how you feel and talk if you have something to say.
- Tell people what you want.
- Accept that disagreements will occur.
- Act assertively rather than aggressively.

7 Stay positive:

- Have a positive view of yourself and develop confidence in your strengths and abilities.
- Spend some time each day thinking of things you’ve done well, what you could have done better and what are the limits to what you can achieve.

8 Maintain hope:

- Notice when good things happen to you and expect that things will continue to get better.

9 Keep things in perspective:

- Think about the problem in the broader context and long-term perspective of your life. Some people find having a connection to a belief system or faith creates a sense of meaning for problems they encounter. Developing some sense of meaning for events in your life can be helpful.

10 Continue to look at yourself :

- Even in tragedy, it is important to see how we have experienced it and learn a little more about ourselves. By doing so we also learn about our strengths and limits.

11 Stay flexible and balanced in your life:

- Have other interests like your favourite bands, art, sports, hobbies and work can provide variety in your life and make sure that we don’t get too focused on just 1 thing.
- Take the healthier option and chill out (eg. Use less drugs, eat healthier, exercise). Building on you health and your ability to bounce back.