

FAST & FEMALE BOUNCING BACK WORKSHEET

Think about a time in your life when you have 'bounced back', either in your sport, competition, school, or at home. Write out and draw what you did to 'bounce back'!

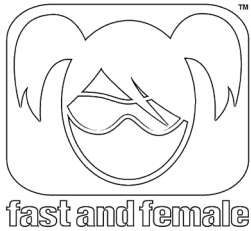
What happened?

How were you feeling?

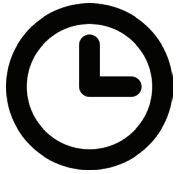
Did you ask someone for help? Who?

Write out what you did to bounce back:

Draw what you did to bounce back!



BE YOU. BE REAL: 7 SKILLS TO BOUNCING BACK



TIME: take time to stop and think about your options. A great technique is to stop and take three big breaths, in through your nose and out through your mouth.



EMPATHY: If there is someone else involved, take a moment to put yourself in their shoes and try to understand the situation.



CONFIDENCE: You can tackle things head on and bounce back. Have confidence in yourself and the difference that your actions can make.



QUESTIONS: Reflect back on how this situation happened. What happened? Why? What can be done differently? How can I move forward?



RESILIENCY: The ability to bounce back. Take on life's opportunities and make the best out of every situation. Don't get locked into negativity or fear failure.



TEAMWORK: Ask for help! It is a strength to acknowledge that we need support at times and it's ok to ask for help. Reach out to a friend or family member.

What other skills and approaches can you think of?