



Resilience



Questions to think about...



RESILIENT

- Do I believe that I have the coping skills to deal with life's challenges?
- Do I know where I can go for help?
- Do I believe that with effort I can achieve?



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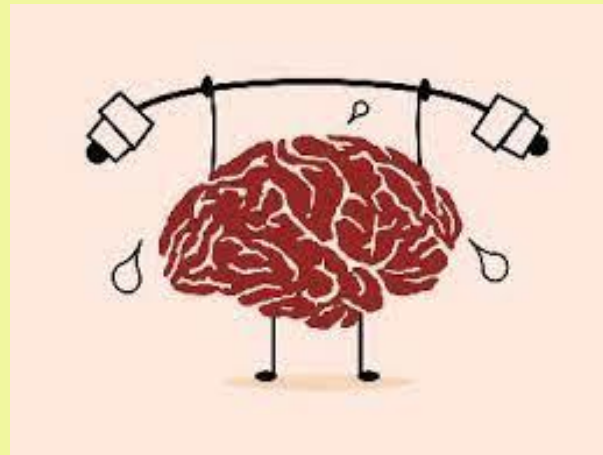
*In my thinking and
my learning*



Resilience in our learning



Is it okay to 'strain the brain'?





'Neuroplasticity'

How flexible is our brain?
Can we 're-wire' our brain to learn
and think differently?

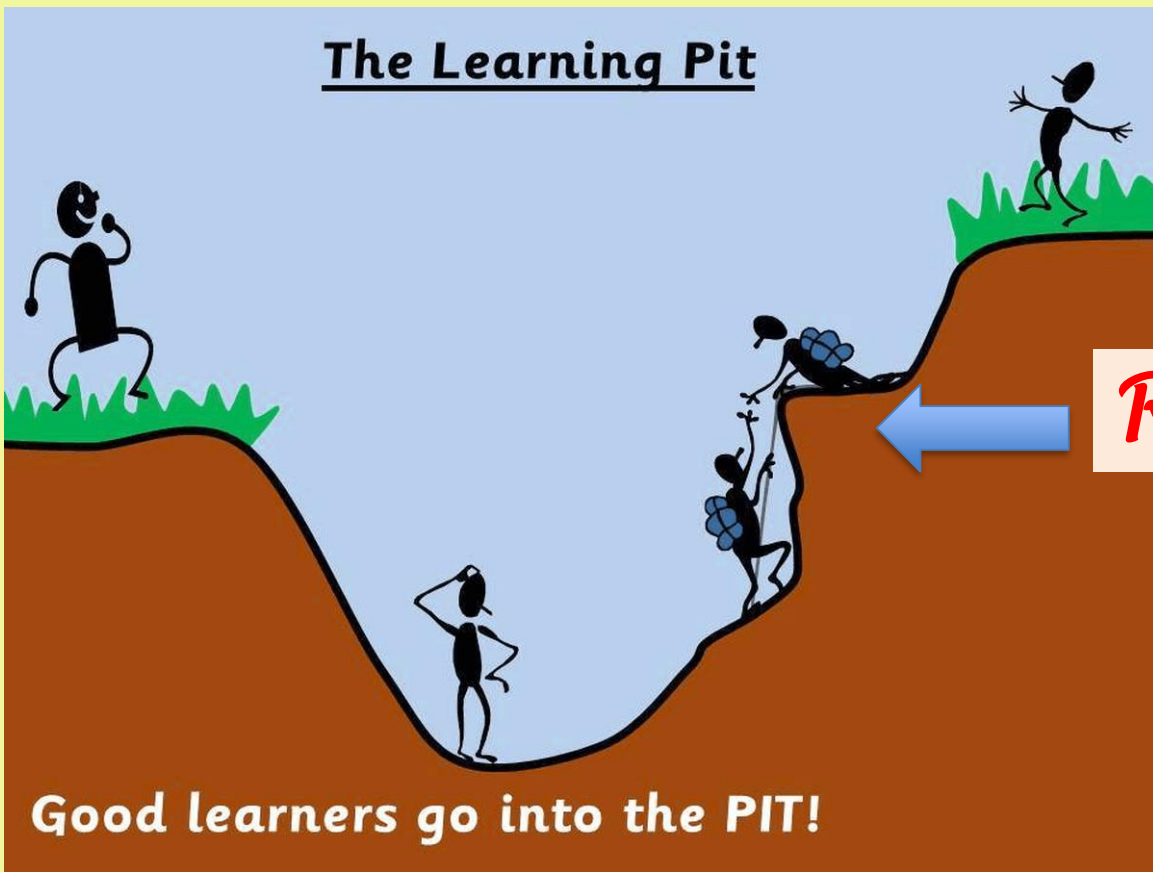


[neuroplasticity](#)



Have Faith in your Brain!

Keep trying and you will make a change



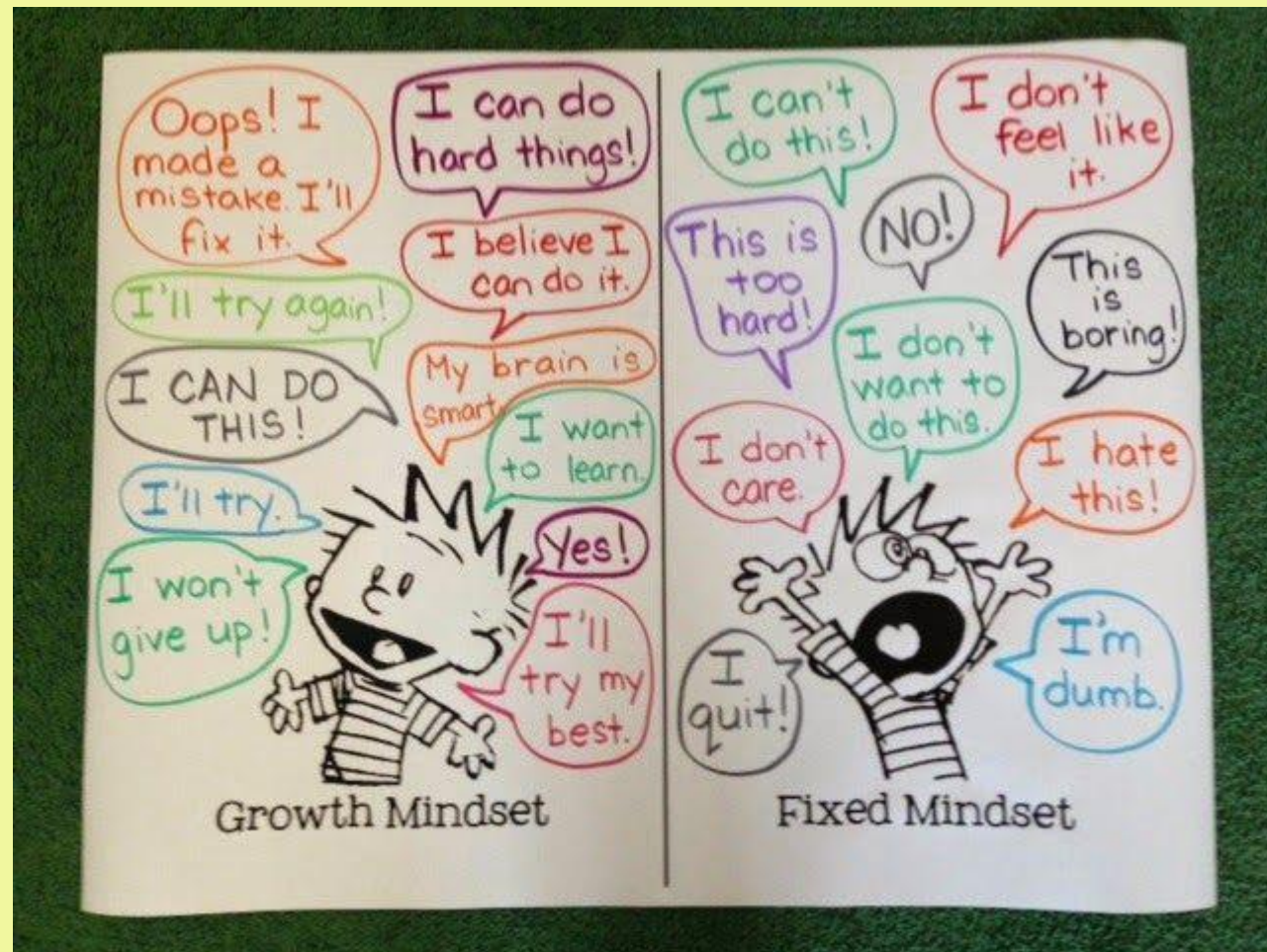
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