

**BOUNCE
RIGHT
BACK!**

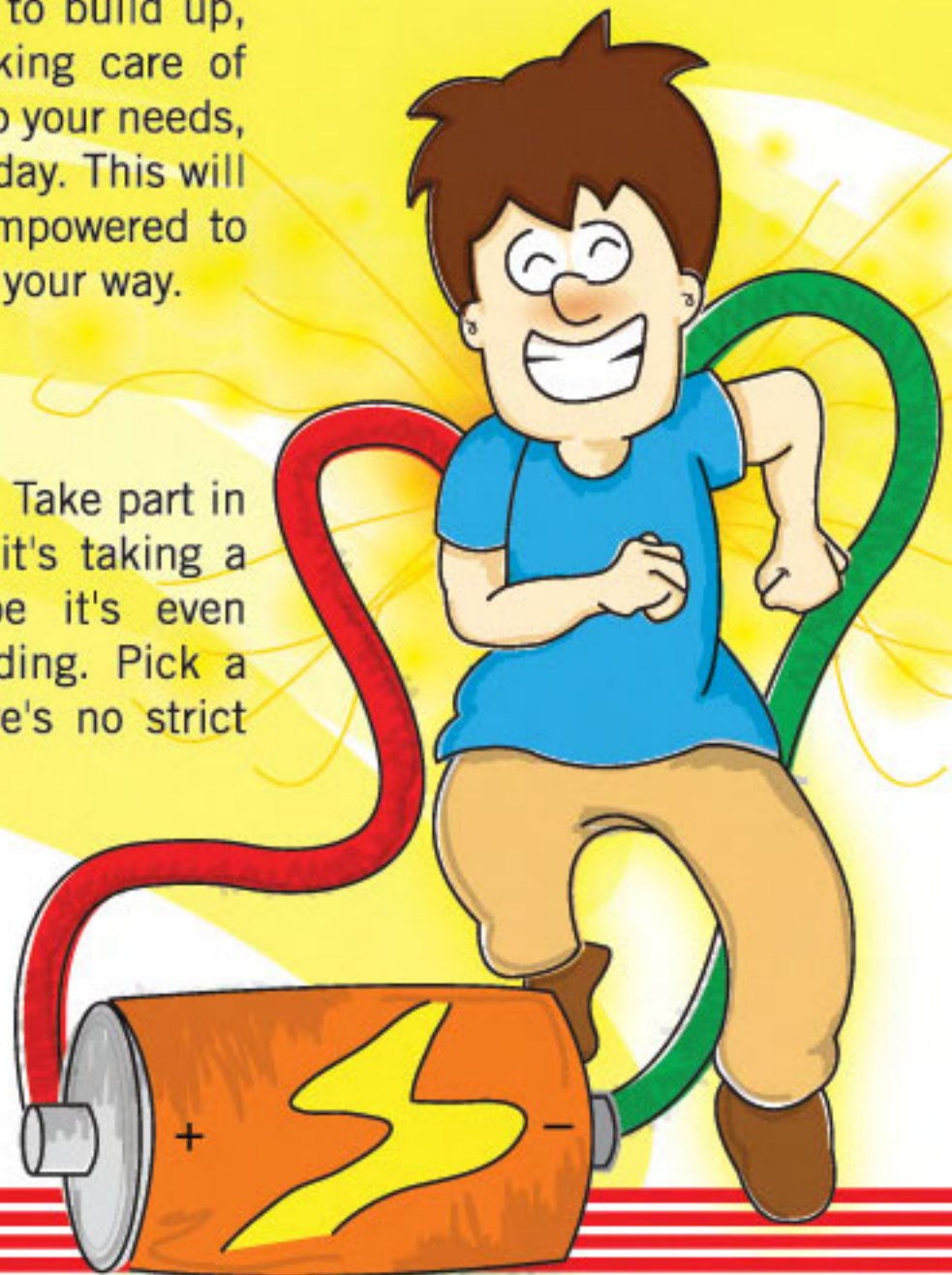


RECHARGE YOURSELF DAILY

Sometimes, we get so caught up in our daily chores that we forget to recharge ourselves. This allows stress and negative feelings to build up, which may result in burn-out. Taking care of yourself is essential! Pay attention to your needs, and do something for yourself everyday. This will help you regain strength and be empowered to overcome the challenges that come your way.

Practical assignment:

Set aside some "ME" time everyday. Take part in activities that you enjoy. Perhaps it's taking a short walk on the beach. Maybe it's even catching up on your favourite reading. Pick a time that works best for you; there's no strict timetable!



EXERCISE YOUR CHOICE TO ADOPT A POSITIVE OUTLOOK ON LIFE

"Life's not about waiting for the storm to pass, it's about learning to dance in the rain."- Vivian Greene

We make choices in life everyday, but sometimes what we are not conscious of is we can also make choices about our attitudes towards life. Choosing to see things in a positive light will help keep us going even during the hardest times, motivating us towards overcoming the challenges ahead. Make the best out of any situation!

Practical assignment:

Maintain a positive outlook on life by doing a positive stock-take of your life! Give the old adage "Count your blessings" a try and make a list daily.



Why so unlucky!
I am so angry!

Well, now I have
a reason to get
new shoes!

SUPPORT FROM OTHERS

Sometimes, we may feel it is a sign of weakness to get support from others, or that we should not trouble our family and friends with the difficulties that we are facing. It takes great courage to show our vulnerable side to them. When we cannot manage alone, having a listening ear and or receiving practical support from others would be useful.

Practical assignment:

Family and close friends can be good sources of support - strengthen these relationships. Make time for that long overdue dinner appointment that was postponed due to your busy schedule.



INSTILL A SENSE OF OPTIMISM

We frequently meet with difficult situations in our lives. Sometimes, things don't go our way. We may even encounter a series of failures. It is easy to be disheartened and give up, thinking that things will never get better. How can we make things better? The answer is being optimistic! Remember three things. One, experiencing failure in one area of life does not translate to being defeated in other areas as well. Two, while taking responsibility for what happened, acknowledge that some circumstances are beyond our control. Three, bad events are temporary. So look beyond the dark clouds that may gather, and know that "there is always sunshine after the rain".

Practical assignment:

The next time you experience disappointment over a failure, remember **A.R.T.**:

Acknowledge that certain things are beyond your control,
Recognise your other accomplishments, and
Trust that the present situation is only temporary.

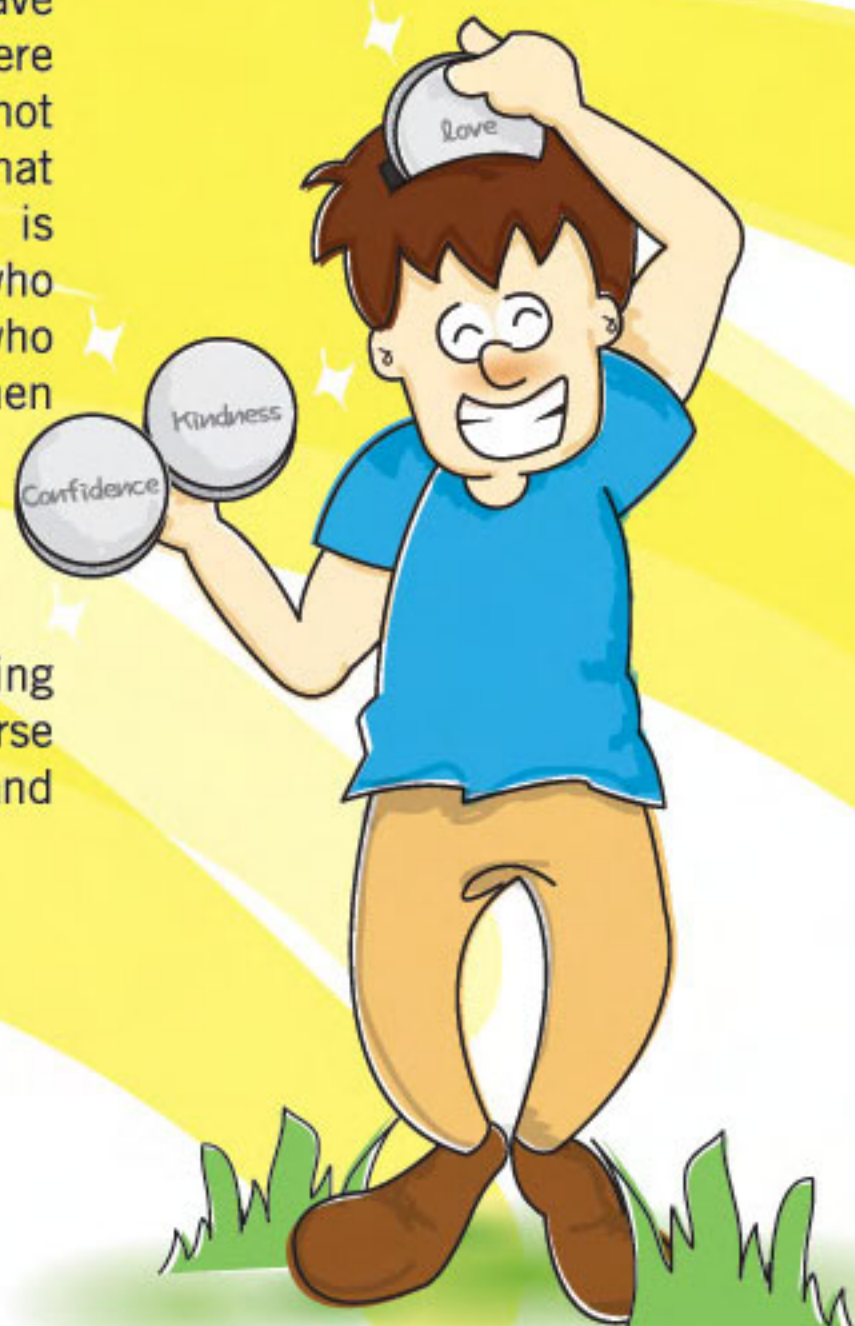


LOVE YOURSELF FOR WHO YOU ARE

Self-acceptance is important. We all have different strengths and weaknesses, and there may be some aspects of ourselves we may not like. Instead of focusing on weaknesses that we cannot change, accept that no one is perfect and learn to be comfortable with who we are. Only when we love ourselves for who we are and believe in ourselves can we then function to the best of our abilities.

Practical assignment:

Look at yourself in the mirror every morning and identify a strength you have. In the course of the day, put that strength into action, and strengthen that strength.

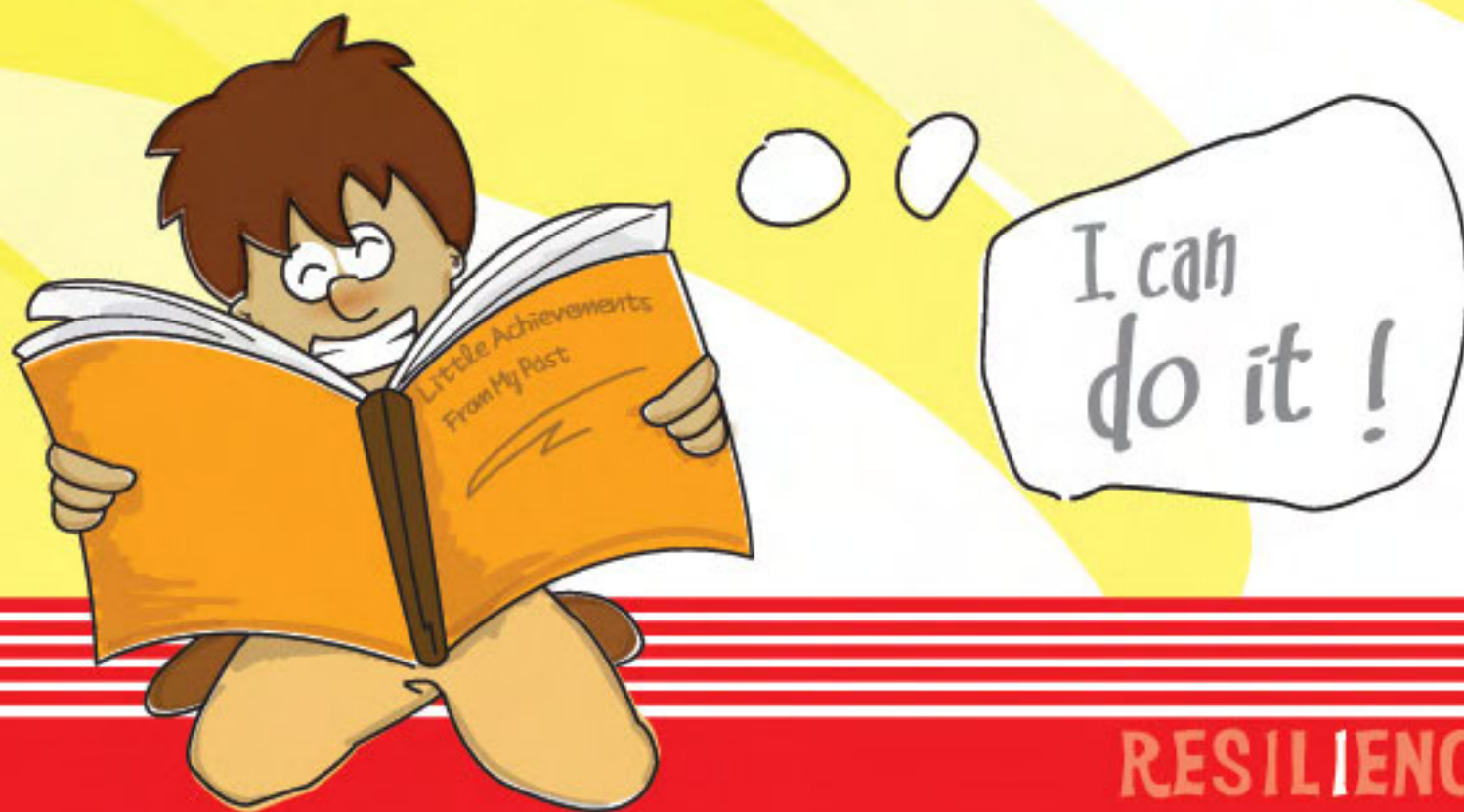


INSIGHTS FROM THE PAST

When troubles come our way, it is easy to dwell on the problem and magnify it to great proportions. Instead, it may be helpful to take a couple of steps back and think of situations in the past when we were able to overcome certain problems. Such insights from the past allow us to reflect on what has enabled us to overcome challenges previously – confidence, determination, drive, etc. Through this reflection, we can draw strength from previous experiences and realise that our current problem is not insurmountable. Remember, "when there's a will, there's a way".

Practical assignment:

Take some time out of your busy schedule to reflect on the past and list the little achievements in your life. Recollect how you overcame challenges to achieve your goals and tell yourself you can make it happen with future challenges too!



ENRICH YOUR LIFE BY HELPING OTHERS

"The purpose of life is not to be happy - but to matter, to be productive, to be useful, to have it make some difference that you have lived at all." - Leo Rosten

We are usually aware that when we offer support to others, we can help others become stronger and more confident in overcoming their problems. What we may not be aware of is that we also gain in other ways. When we help others through a crisis, we not only demonstrate that we have the ability to manage difficult situations, but also enhance our resilience in the process. In doing so, it also strengthens our confidence.

Practical assignment:

Do an act of kindness no matter how small it may seem to you. Say words to affirm and encourage someone today!

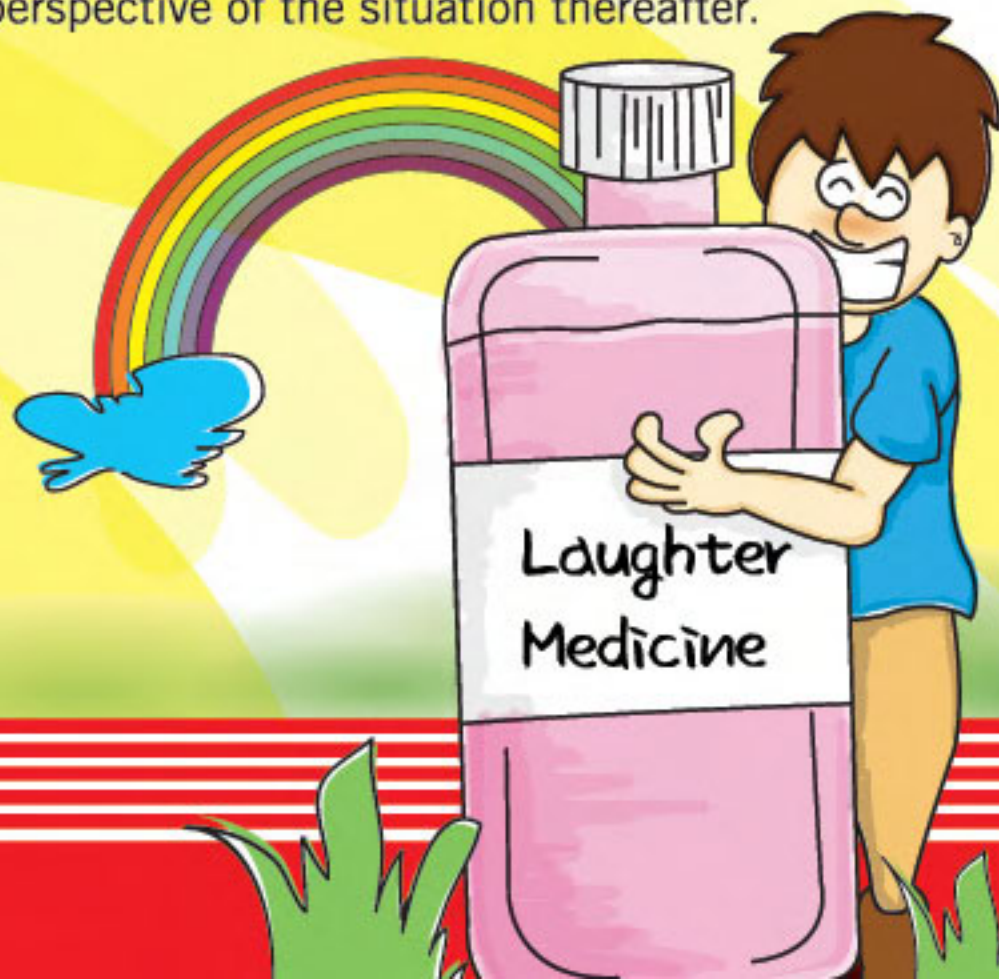


NOTHING BEATS HUMOUR

As they always say, “Laughter is the best medicine”. It is important to have a healthy sense of humour and be able to laugh at ourselves or the situation. Being able to make light of the situation allows us to detach ourselves momentarily and offer a different perspective on it. “Looking for a better view” is a useful adage to live by.

Practical assignment:

When you feel overly uptight or overstressed at a situation, take a break and enjoy a good laugh by watching a comedy or spending time with your loved ones. When you return, evaluate the situation and make changes where necessary. You may just gain a new perspective of the situation thereafter.



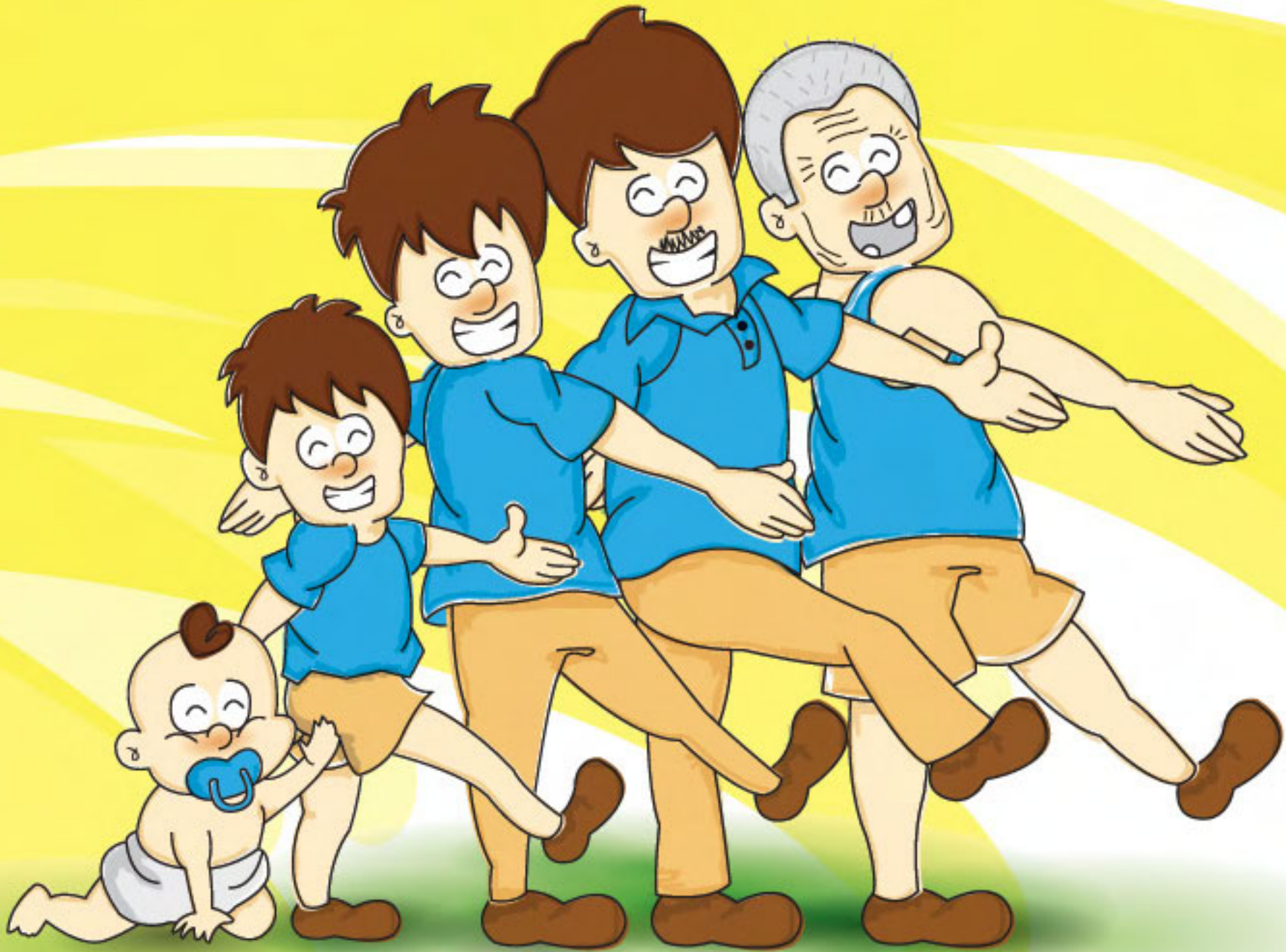
CHANGE IS A PART OF LIFE

"The only constant in life is change."- Francois de la Rochefoucauld

Change is often thrust on us. We may feel lost in a new and uncertain situation, and experience loss of control. Thus, many people dislike, or even fear change. Yet, change occurs around us on a daily basis. So how do we cope with it? Acknowledge that change is part and parcel of life. Re-consider our goals. New goals can replace those that have become unattainable in the new circumstances. Focus on factors in our lives that we can alter, and look forward to the new opportunities that changes bring.

Practical assignment:

Think about one goal you have set for yourself. How far are you from achieving this goal? What are the barriers that are hindering you from achieving it? Is there a need to re-evaluate or even set a new goal in light of the changes in your life circumstances?



EMBRACE CHALLENGES

"Growth is the only evidence of life."- John Henry Newman

Taking up challenges may mean treading on uncharted waters. While there may be some risks involved, don't let them deter you from thriving in those challenges and missing the opportunities for more learning and growth. Nothing ventured, nothing gained, but careful consideration of the risks must be taken into account.

Practical assignment:

Look at a new challenge that you have set for yourself, or was tasked to you. Reflect on your abilities, assess the risks and make an informed, responsible decision.



*I will give it
my best shot!*

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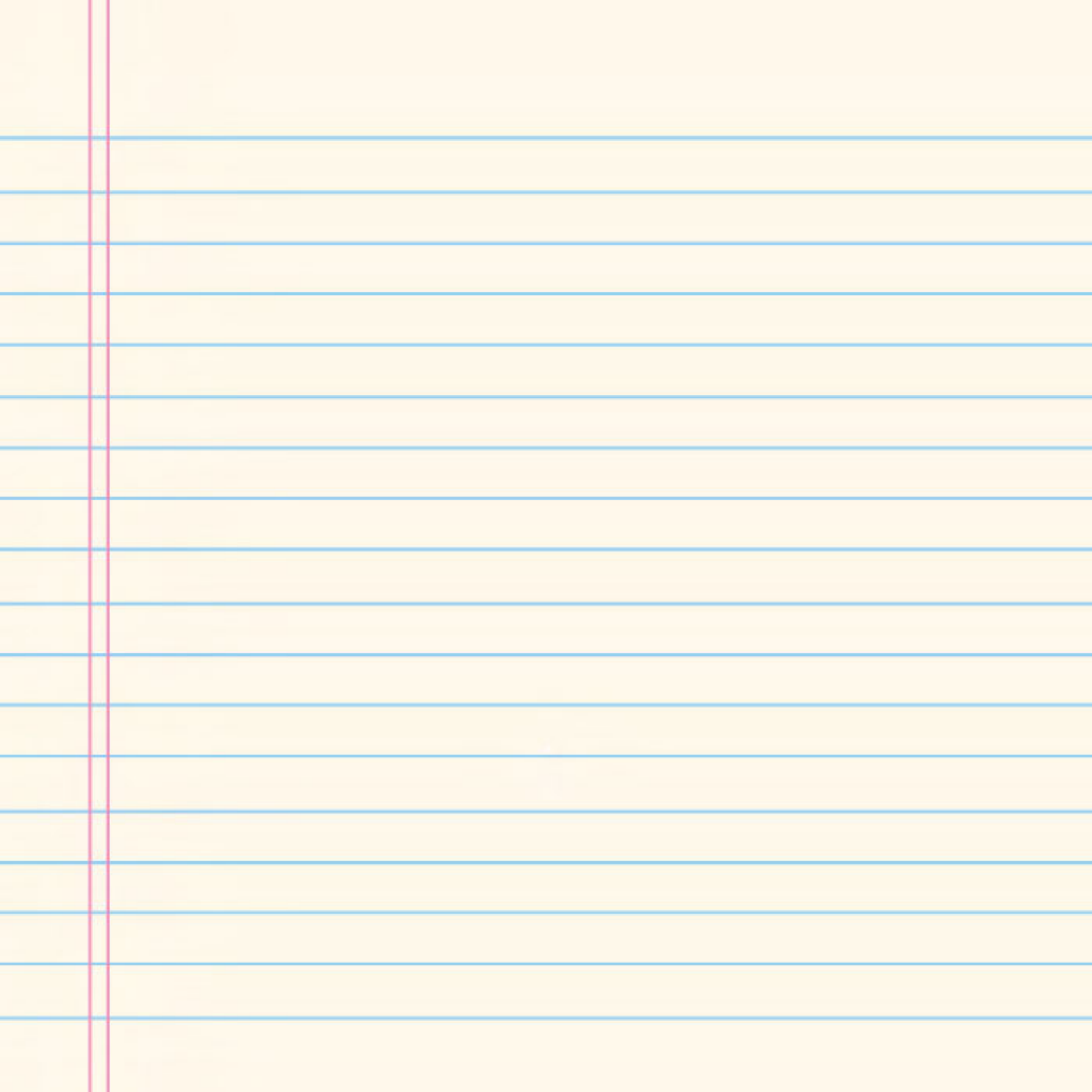
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NOTES



COUNSELLING SERVICES & HELPLINES

-Samaritans of Singapore

Tel: 1800 221 4444 (24-hour service)

-Institute of Mental Health (IMH)

Tel: 6389 2222 (24-hour service) / 6389 2200 (appointment)

-IMH, Child Guidance Clinic

Tel: 6389 2200

-Mount Elizabeth-Charter's Helpline

Tel: 1800 738 9595 (24-hour service)

-Raffles Counselling Centre

Tel: 6311 1222 (24-hour service)

-Singapore Association for Mental Health (SAMH)

Tel: 1800 283 7019 / 6283 1576

-AWWA Centre for Caregivers (for caregivers)

Tel: 1800 299 2992 / 6511 5318

-Family Service Centre Hotline

Tel: 1800 838 0100

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SINGAPORE



NOTHING BEATS HUMOUR

A cartoon illustration of a young boy with brown hair and glasses, wearing a blue t-shirt and brown shorts. He is climbing a grey rock face using a rope and a harness. A speech bubble next to him says "I will give it my best shot!".

*I will give it
my best shot!*

EMBRACE CHALLENGES



CHANGE IS A PART OF LIFE



ENRICH YOUR LIFE BY HELPING OTHERS



LOVE YOURSELF FOR WHO YOU ARE



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RECHARGE YOURSELF DAILY



LEARN FROM PAST ACHIEVEMENTS