

## Introduction to **WELLBEING & RESILIENCE WEEK**

Hello and welcome to those of you who are familiar with **Shaping Futures**, and to the new faces as well! We are here to help the young people across Merseyside to make **informed decisions** about their future by providing **information, advice and guidance** focusing on careers, college and university. Throughout this week we will be sharing resources and activities to **promote your wellbeing** and to help you on your way to becoming a **resilient young person**.

### *But what does that mean?*

**Wellbeing** is defined in the dictionary as 'the state of being comfortable, healthy or happy'. It is a very broad concept, but essentially it is a partnership of our physical and mental health.

**Resilience** is defined as 'the capacity to recover quickly from difficulties'. It is also known as our 'bounce back' ability. Being resilient allows us to cope with and overcome tough situations. Our aim is to provide you with the **knowledge and skills** to cope with the ever-changing world we live in, and look beyond the present day towards what **your future** may hold. We will cover lots of topics, including managing stress, physical wellbeing, mental wellbeing and reflection.

Our content has been designed to be **inclusive and accessible** for young people of *secondary school age*, however if anything is not clear you can always **contact us to ask a question**. The activities can be enjoyed by children and adults alike, as we're **never too old** to take some time to reflect on our feelings.

Each day we will focus on a **new theme** and provide you with an understanding of the topic, an opportunity to **reflect** on your own abilities and some tips to help you **develop skills** in that area. We'll also signpost to other places for information, advice and guidance. You can work through these resources on your own, with class mates or with friends if you prefer. We'll be on hand to answer any questions that you might have. You can **contact us** through our Talk to Us section of our website [here](#)

This week is all about understanding **who you are** and how you **look after yourself**. After all, your wellbeing is the **most important thing right now and always will be!** Once you have developed useful strategies for overcoming the barriers that life can put in our way, we'll go on to look at other topics such as Student Finance and Budgeting, Study Skills, Careers and lots more!