

# BOUNCEBACK

When things go wrong for you, or you get 'knocked down' by what happens in your life, you can decide to **BOUNCE BACK!** and be yourself again.

**B**ad times don't last. Things always get better. (OPTIMISTIC)

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset.

**N**obody is perfect-not you and not others.

**C**oncentrate on the positives (no matter how small) and use laughter (OPTIMISTIC)

**E**verybody experiences sadness, changes, hurt, failure, rejection, and setbacks sometimes. They are a normal part of life. Try not to personalise them.

**B**lame fairly –how much of what happened was because of you, because of others and because of bad luck or circumstances? (OPTIMISTIC)

**A**ccept the things you can't change (but try to change what you can first)

**C**atastrophising exaggerates your worries. Don't believe the worst possible picture.

**K**eep things in perspective. It's one part of your life and doesn't have to spoil everything else (OPTIMISTIC)