

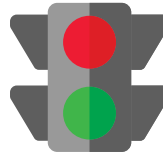
# IT'S ALL ABOUT YOU

## BUILDING RESILIENCE



Caring for and educating young children is physically and emotionally demanding work. By taking time to learn resiliency practices and self-care you can increase feelings of happiness and satisfaction. These positive emotions can improve your ability to face daily stressors such as challenging behaviors with empathy, patience, and intention. The good news is that you can start learning resilience at any time; it develops with practice.

## GREEN LIGHT, RED LIGHT



Positive or green light thinking is one approach to building resilience. Just like the traffic lights, green light thinking focuses on moving forward in a positive direction. Red light thinking instead dwells on the negative and puts up obstacles to finding solutions. Choose to think in a green light way!

- Acknowledge how you are feeling.
- Reflect and think.
- Are your thoughts red light or green light?
- Choose green light thinking. Look for the positives and find a solution.

## IDEAS TO TRY

Set a personal goal or note the strategies you are excited to try.

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## HOW DID IT WORK?

Jot down what worked well and how you felt about trying it. Is there something you'd like to do differently? Note that, too!

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