

# Resilience Framework

(Children & Young People) Oct 2012 – adapted from Hart & Blincow with Thomas 2007

	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere you feel you belong	Make college work as well as possible	Understand boundaries and keep within them	Develop a sense of hope
		Find your place in the world			
	Enough money to live	Tap into good influences	Engage mentors	Be brave	Understand other people's feelings
	Being safe	Keep relationships going		Problem solve	
		The more healthy relationships the better			
	Access and transport	Take what you can from relationships where there is some hope	Learn how to make life plans for your future	Put on rose-tinted glasses – focus on the good things in life	Know and understand yourself
	Healthy diet	Get together with people you can rely on			
	Exercise and fresh air	Meet your responsibilities and obligations	Organise yourself	Make time for your interests	Take responsibility for yourself
		Focus on good times and good places			
	Enough sleep	Make sense of where you have come from	Highlight your achievements	Learn to calm yourself and make yourself feel better	Foster your talents
	Play and leisure	Predict good experiences of someone or something new			
	Free from prejudice and discrimination	Make friends and mix with others	Develop life skills	Lean on others	Use tried and tested treatments for specific problems
		Have a laugh			
<b>NOBLE TRUTHS</b>					
ACCEPTING		CONSERVING	COMMITMENT	ENLISTING	