

Bouncing *Forward*



BEING

COURAGEOUS



Bouncing *Forward*

is the ability to continue to push forward either during or after being challenged. These challenges can take many shapes and sizes. Possessing the ability to do so, allows you to continue to. **BE COURAGEOUS** in overcoming these challenges and continue to thrive.

Young people often face adversity and change, and it is vital that they develops the skills to cope effectively with these challenges. Everybody at some point will face challenge - and we have no choice but to move forward the best we can.

This resource has been designed to help students, parents and teachers to explore and develop the steps that can be taken to spark the mind and body into readiness in order to **BE COURAGEOUS**.

The focus is centred around building positive routines, eating healthy, exercising, positive mindset, sleep and cultivating gratitude..



Morning Routine

A strong morning routine sets you up to take ownership over the day, leading to more positive outcomes. The more often you experience positive outcomes, the better your self efficacy becomes and your motivation enhances. This allows you to accomplish more in your day and with greater ease.

Here are 10 concepts that you can choose from to incorporate into your morning:



- *Think about your morning routine, is it setting you up for success?*
- *What might you be able to incorporate into to your morning that allows you to Bounce Forward into the day?*



Diet

Making connections between your eating habits and your wellbeing is one of the simplest ways to improve your mental health. You're already eating and drinking things every day that provide your mind and body with fuel, you don't need to add anything new to your routine. Instead, think deeply in order to make changes and adjustments to your diet that ensure you're optimising your ability to **BE COURAGEOUS**.

Some of the foods that contribute positively to your ability to *Bounce Forward*



- *Think about your diet, is it setting you up for success?*
- *What foods can you add to your diet in order to Bounce Forward?*



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Exercise

Moderate to vigorous physical exercise is the catalyst for enhanced mental health and improved brain function. Exercise is a natural process that increases your level of endorphins, which are natural mood lifters.

Some of the benefits of exercise are:

Better sleep

Decreased stress

Greater self efficacy

More efficient brain cell recovery

Improved neural pathways

Improved multi tasking

Improved memory

Bigger attention span

Enhanced decision making

Greater self control

- *Think about your exercise routine, is it setting you up for success?*
- *What might you be able to build exercise into your day in order to Bounce Forward?*



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Mindset

noun

the established set of attitudes held by someone.

A growth mindset means that you embrace challenge, and don't see failure as an outcome. However, as a springboard to *Bounce Forward*, grow and enhance your knowledge or skill set. You believe that your intelligence (intellectual and emotional) and abilities have the ability to develop. The opposite, a fixed mindset is the basic belief that you're unable to develop your intelligence and abilities talents, traits, in other words, you are who you are and that's that.

Here are some ways to build a growth mindset

Believe that change is possible.

Overcome challenges by working toward your goal.

Understand it's your effort that matters not the result.

New challenges should be seen as opportunities to grow.

Cultivate ways of improving by adding 'yet' to the end of 'cant' sentences.

Enable growth by asking "what am I missing?" Rather than saying "I'm not good at this!".

- *Think about your mindset, is it setting you up for success?*
- *How might you be able to bounce your mindset forward?*



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Sleep

Sleep recharges your brain so that you can take ownership, make connections, think deeply and be courageous.

Is sleep important

- Repairs your body
- Improves learning, creativity and memory
- Lowers stress
- Maintains your immune system

How can I improve my sleep

- Avoid big meals before bed
- Exercise on a regular basis
- Turn of the phone, computer and TV an hour before bed
- Keep your bedroom quiet, cool and dark

What if I don't get enough sleep

- Increase Anxiety, depression and other mental health problems
- Lead to impaired decision making
- Decrease your immune system
- Cause headaches, poor vision and lowers concentration levels

- *Think about your sleep hygiene, is it setting you up for success?*
- *What might you be able to improve your sleep in order to Bounce Forward into your day?*



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Gratitude

The benefits of cultivating gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

today I am grateful for:

Ways of cultivating gratitude:

- Journalling
- Thank you note
- Phone call
- Email
- Gratitude circle
- Photo wall

Some tips:



- *In what ways do you express gratitude to those close to you?*
- *How might you be able to cultivate gratitude into your routine in order to Bounce Forward into your day?*



My Self care Strategies

	Listen to music	Imagine	
Talk to a friend		Cook	Enjoy a bath
Dance	Sleep/nap	Exercise	Draw
Meditate	Read	Get absorbed in awe	
Spend time with a pet	Write a gratitude list		Game

- Can you fill in the blank squares with your own self care strategies
- Circle three strategies that you will try this week



My Daily Routine



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