



Resilience BINGO Night

You have a fire blanket at home	You serve your family undercooked chicken	You can name 4 neighbours	You successfully cook a meal in someone else's oven
You forget to pick up your child	You know 5 mobile numbers by heart	You reverse into a bollard	You lose your child in public
You know where your local defibrillator is	Your phone breaks	You forget a family member's birthday	You know how to start a fire in the wild
You're late for an important meeting	You know where your stop cock is	You have a ready-made first aid kit	Your flight/train is cancelled

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RESILIENCE TOOLKIT

Tool	Rating now	Rating next month
Keeping things in perspective		
Acknowledging your strengths		
Sense of humour		
Reflecting		
Maintaining friendships		
Being helpful & taking part		
Remembering 'difficulties are temporary'		
Keeping physically fit		
Eating healthily		
Discussing worries		

