



May is Mental Health Awareness Month

# Mental wellbeing across life stages: What makes you resilient?

Mental wellbeing is a lifelong journey that evolves with our needs and experiences. The strategies we use to maintain it are shaped by the challenges we overcome and the strengths we develop. Over time, these strengths build resilience, helping us navigate life's ups and downs and creating a solid foundation for mental wellbeing.

## Reflect on your strengths and how they build resilience

1. Think about past challenges you have faced at different life stages.
2. Identify a strength or skill that helped you overcome each challenge.
3. Write how each strength supports your mental wellbeing today and in the future.

| Life stage                                | Past challenge                                     | Strength used                                                    | How this strength supports you now or could in the future     |
|-------------------------------------------|----------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|
| Example                                   | <i>Felt nervous speaking in front of the class</i> | <i>Encouraged by a teacher to practice and take deep breaths</i> | <i>Helps me stay calm and confident in work presentations</i> |
| Childhood (0 – 12)                        |                                                    |                                                                  |                                                               |
| Adolescence and young adulthood (13 – 25) |                                                    |                                                                  |                                                               |
| Adulthood (26 – 64)                       |                                                    |                                                                  |                                                               |
| Older adulthood (65+)                     |                                                    |                                                                  |                                                               |



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