

# WHY IS IT IMPORTANT TO BE RESILIENT

Resilience helps us to overcome obstacles that we may face

Resilience helps to protect us from stressful experiences and events



Resilience teaches us about problem solving



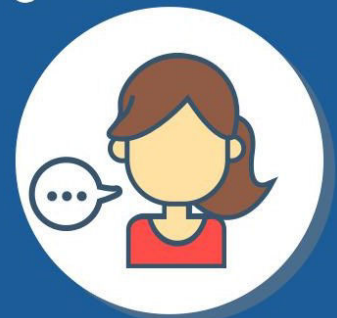
## THE IMPORTANCE OF RESILIENCE



Resilience helps us to learn from our mistakes. It teaches us about the importance of learning from failure



Resilience teaches us about the importance of hard work. It teaches us to never give up



Resilience helps us to manage negative thoughts