

# Webseries



## CHEAT SHEET

Advanced | Resilience | Lesson 1



## THE TOWER OF PIZZA!

### EMOTIONS AND REACTIONS EXPLORED IN THIS VIDEO

 <b>DEVASTATION</b>	Expressing Gratitude	Adopting a Positive Attitude
 <b>ANXIETY</b>	Calming Down	Thinking Things Through

### WHAT I NEED TO REMEMBER

1. No one gets what they want all the time. We all face situations that require us to be resilient.
2. Resilience is your ability to “bounce back” from challenging or unwanted situations.
3. If you can calm down and think things through, you may discover good things about the situation, even though it may not have been your first choice.
4. If you can stay positive, express gratitude, and accept the situation, you will feel much better.