

What is resilience?

O W N R X E G V T W L A X T E M Z S J P U W C E
N Q I U V M M D O Z V Q I L J E T M S O C D F S
T E O T E K Z Y B C V B C R E L D U H S X K H C
I Y L D P I Q D Z A B O Z A M P D N K L R C C C
A B T A Z A V F F P T H S X S N Q F K E U F K Y
S Y F I S S D Q G T C X F M V H C G C T I E N T
G C R T L T P A J O R V I C J N F O D G T C F D
V T R X P I I U C Q C Y E G F Q V V O X J P S F
G C R A G T B C G L U O O F T E G F X J T A S H
M I V R B K C I I N S J E O R A A I L S D Q T R
A I S Y F B V W X T I B B Q J G A E Q G A G E Y
S S F R S D H T L E Y D J D G J V G Y E N C H A
I F L D N C U D D W L N N X K I S A G E O L C Z
K T O I M T O L M C U F X A T U H J R L V N W J
C A O R H D O X E L E U I C T N V T H O E E H T
A I W B Z J S U N S I P E A T S S P C J L K X I
B X W O U A I V G W S T O T J D W I U L T F H M
E G O E N M Q B F H O S E C M G G X B U R L X P
C E O G T S Q A B R N R T Z N K B E Z Q K F M X
N S S M A W G Z P V E E Z R O A I I U D D N V T
U Y W C F O J Z H B Z E S I E N V K J X O D I L
O F N T J Z T A T G Q K I S G S Q M L U R I V Z
B O U R C F L J Z Q F Y Z R L Z S I G K K O C X
J E U B W E P S N J C W W I N S H Y O Y H U H P

flexibility

standing up

less stress

protective

elasticity

bounce back

wellbeing

toughness

strength

recover

adapt

cope