

## STACEY COPAS

### Resilience

Define resilience:

How are you using language to 'catastrophise'?

Is comparison knocking your confidence? In which areas? How can you overcome this?

How can you help build your child's resilience?

Two ways to build your resilience muscle:

Three ways to move through overwhelm 'when you're in it':

What is one small steps you can take after watching this interview?