



**Building
a power
tower**

 mind

Resilience, risk and triggers

Do you know the game called Jenga? It's when you make a tall tower made of wooden blocks, then people take it in turns to remove one block at a time, until the tower falls down.

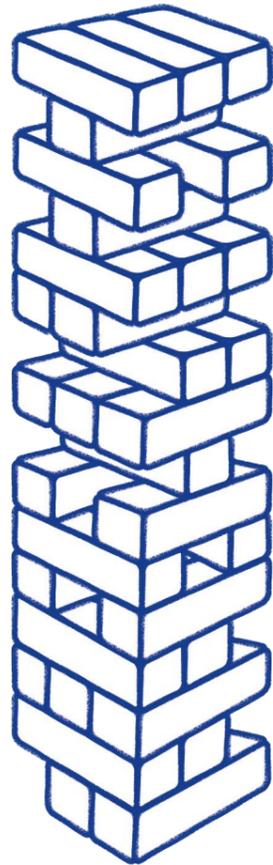
In some ways, our emotions are a bit like that tower:

- When we feel **good** and we have lots of **support** around us, we feel like we can stay **strong** and **withstand anything**.
- If some of those things are removed, we can slowly start to feel **wobbly**. When this happens, even a small thing might **damage** us or make our tower **fall down**.

This workbook is designed to help you build a power tower for your emotions. It will help you understand the things that:

- Make you feel stronger
- Make you feel less strong
- Might be able to knock your tower over altogether

By understanding these things, you'll be able to build the strongest power tower you can, and you'll be better able to keep it strong.



Resilience factors are things that make your tower stronger. They make you feel more stable and able to handle difficulties when they come along. Resilience is your ability to 'bounce back' after facing life's challenges and problems.

Your resilience factors could be:

- People who make you feel good about yourself, like friends or family
- Places where you feel safe and strong, like the place you live, or the place of someone you trust
- Things you do that you're good at, like a sport or hobby
- Coping strategies you've learned, like some of the exercises in our workbooks
- Experiences you've had, like when you've faced a difficult situation and come through it

Risk factors are things that make your tower weaker. They can make you less able to handle knocks when they come along.

Your risk factors could be:

- People who criticise you and knock your confidence, especially on social media
- Places you don't like or make you feel uncomfortable, like swimming pools
- Situations that you find difficult, like doing group work at school
- Activities you don't enjoy or don't feel like you're good at

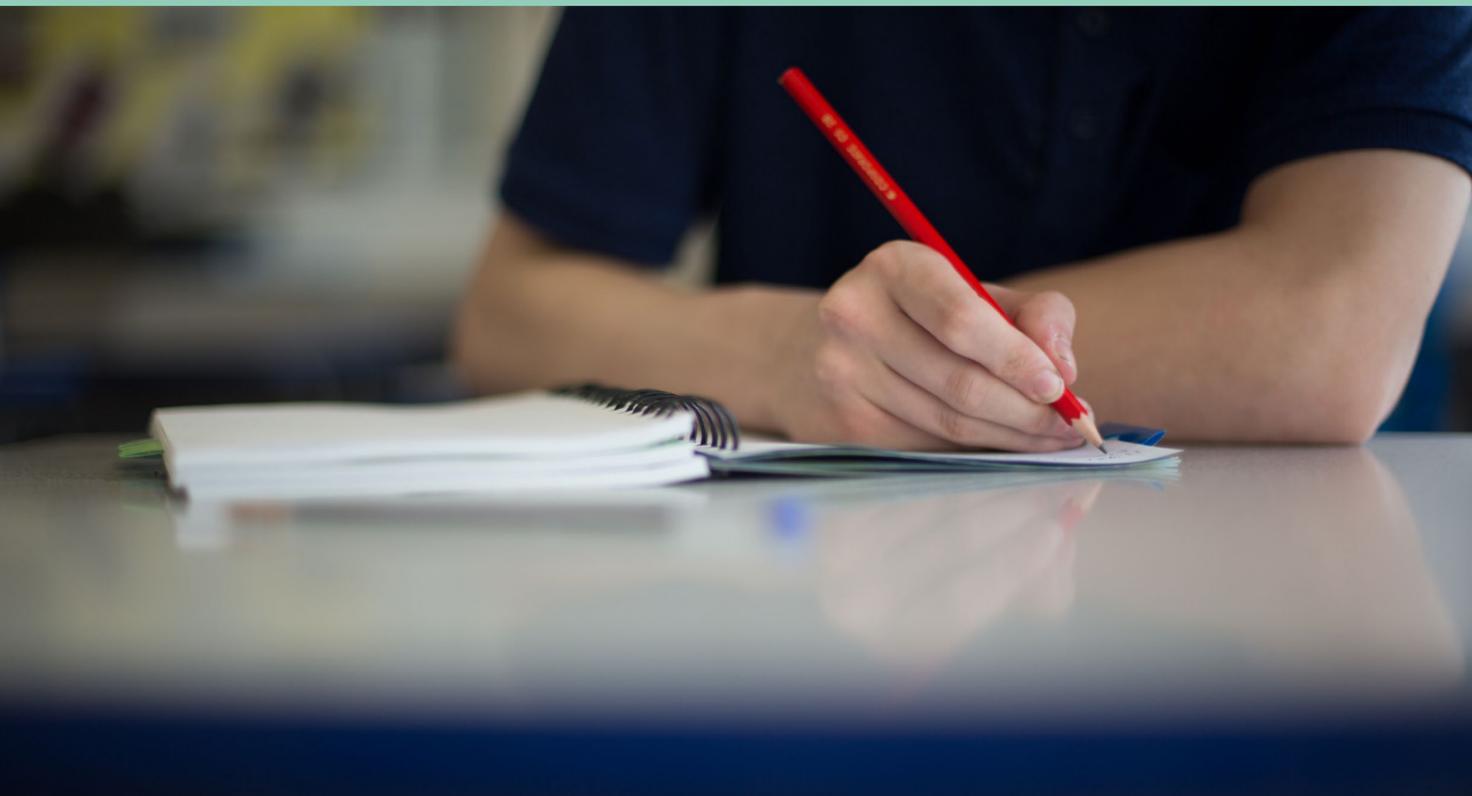
A risk factor can also be some of these things at the same time.

Triggers are things that could knock your tower over when it's not strong enough.

Your triggers could be:

- People you don't get on with, like bullies
- Places you think of where bad things can happen, like hospitals
- Situations where you feel really uncomfortable
- Difficult feelings you get, like anxiety, anger or panic attacks

Triggers don't have to be big things. Sometimes when we're feeling weakened by our risk factors, even small things can make our tower fall down.



Exercise



Build your power tower

Use the table below to think about your own resilience factors, risk factors and triggers. To stay standing tall and strong when your triggers happen, you need to:

1. Increase your resilience factors
2. Reduce your risk factors

How can you do this?

My resilience factors – things that help build my power tower	What makes me feel stronger? Think about people, places, activities, strategies and past experiences.
	What can I do to increase my resilience factors?
My risk factors – things that weaken my power tower	What makes me feel less strong? Think about people, places, situations, activities, or a mixture of these things.
	What can I do to decrease my risk factors?
My triggers – things that might make my power tower fall	What difficult people, places, situations or feelings does my power tower need to be strong enough to cope with?

For further information or ideas on looking after your mental health, visit [mind.org.uk](https://www.mind.org.uk). We also offer advice and suggestions on where to look for additional support.

