

THE DIOCESAN SCHOOL
FOR GIRLS

Resilience Playbook

Fourteen Smart Moves



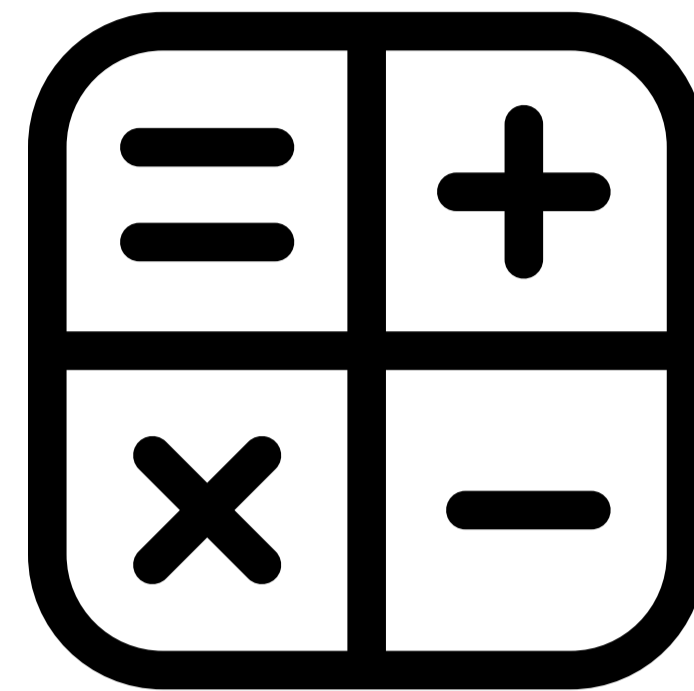
Zoom for
Impact

The 3P's and TIE mindset



Organise Your
Shoes

Taking Back Control



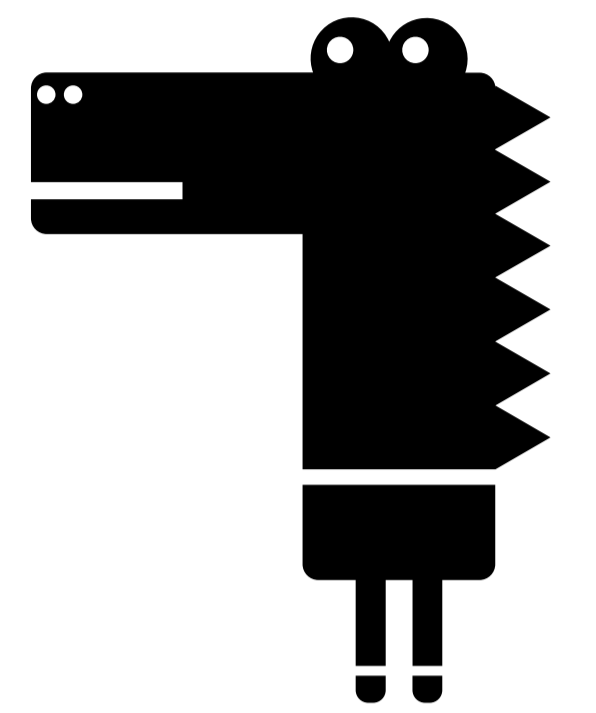
Influence
Uncertainty

The Anxiety Equation



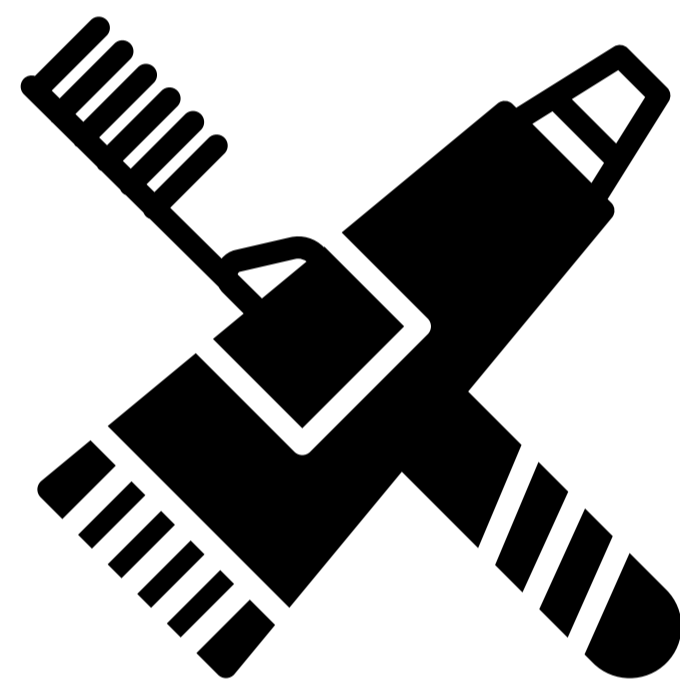
Dance in the
Kitchen

Emotion and Energy
Connection



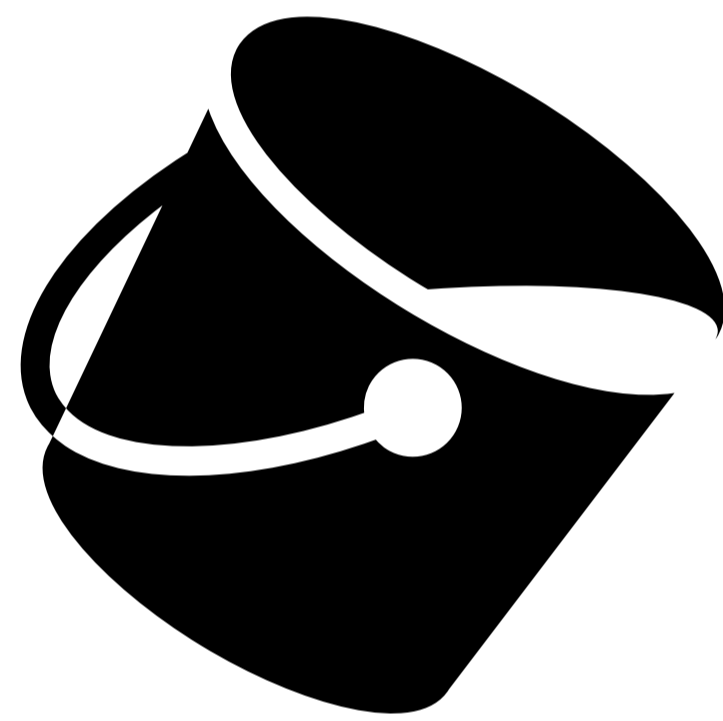
Tame the
Croc

Exploring Stress Triggers



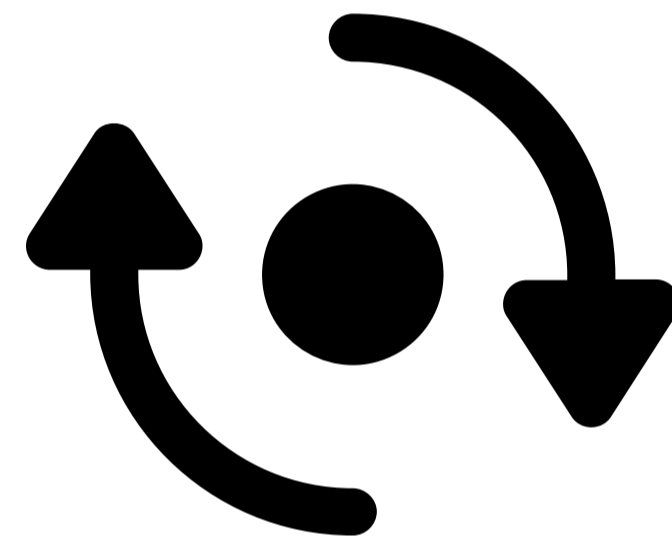
Throw Away
the Toothpaste

Taking Decisive Action



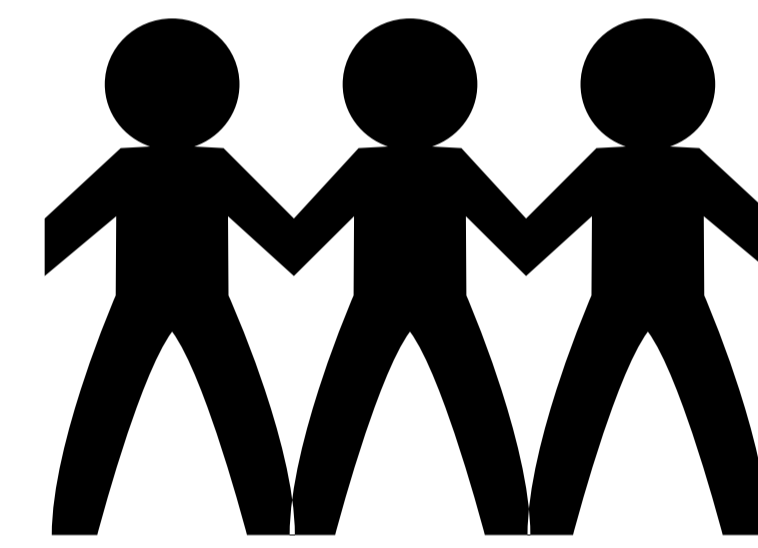
Fill Up Your
Bucket

Wellspring of Resilience



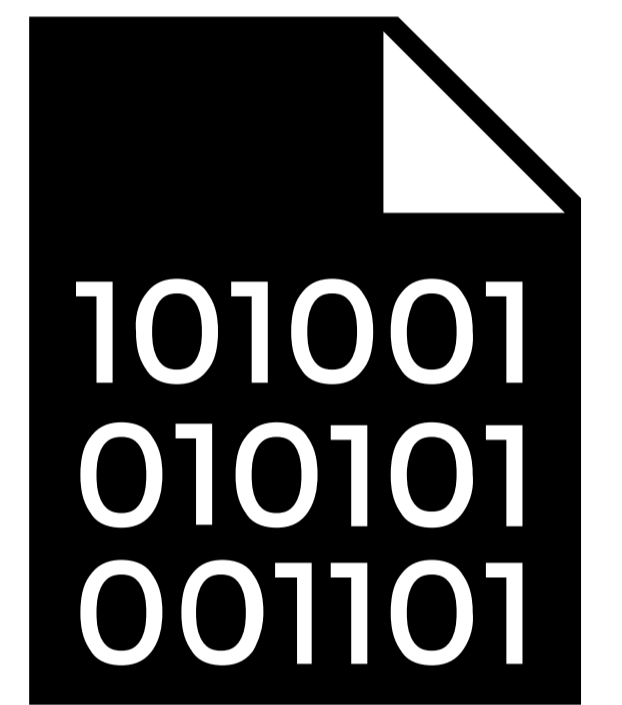
Gain
Momentum

Adaption and Points of
Leverage



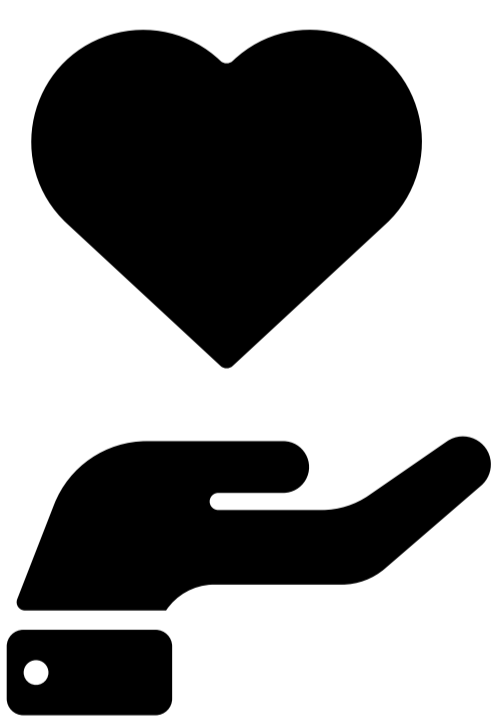
Appoint a Board
of Directors

Growing Support
Networks



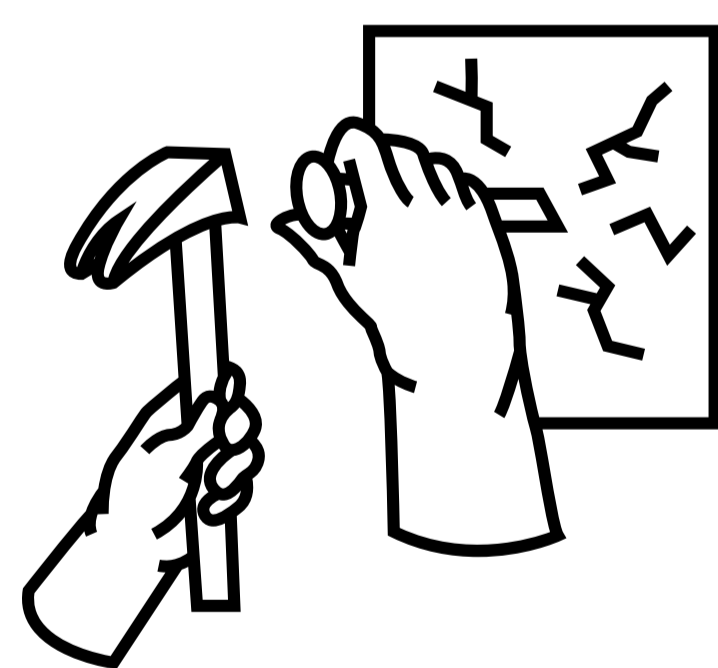
Crack the
Code

Conditioned Stress
Response



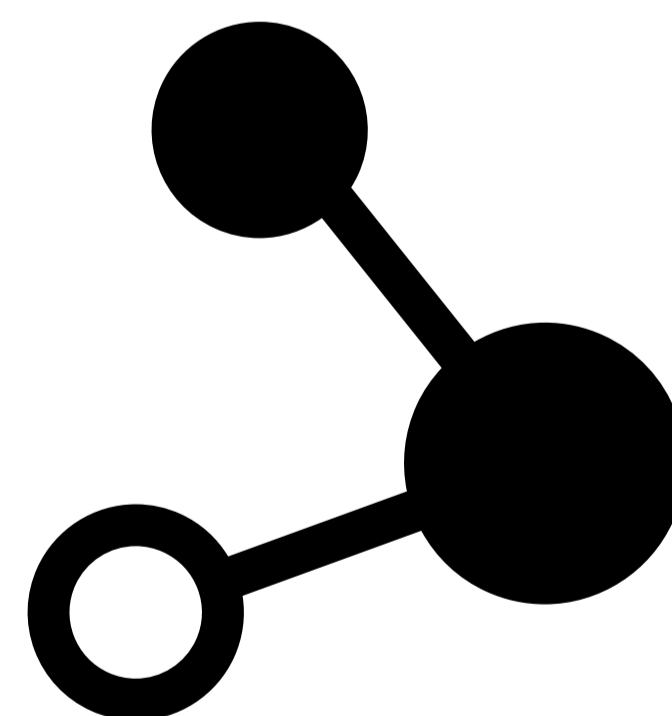
Paint a Rock

Exercise Gratitude



Chisel a
Masterpiece

The Art of Elimination



Connect the
Dots

Beneath The Iceberg



Own Your
Struggle Story

The Resilience Plan

