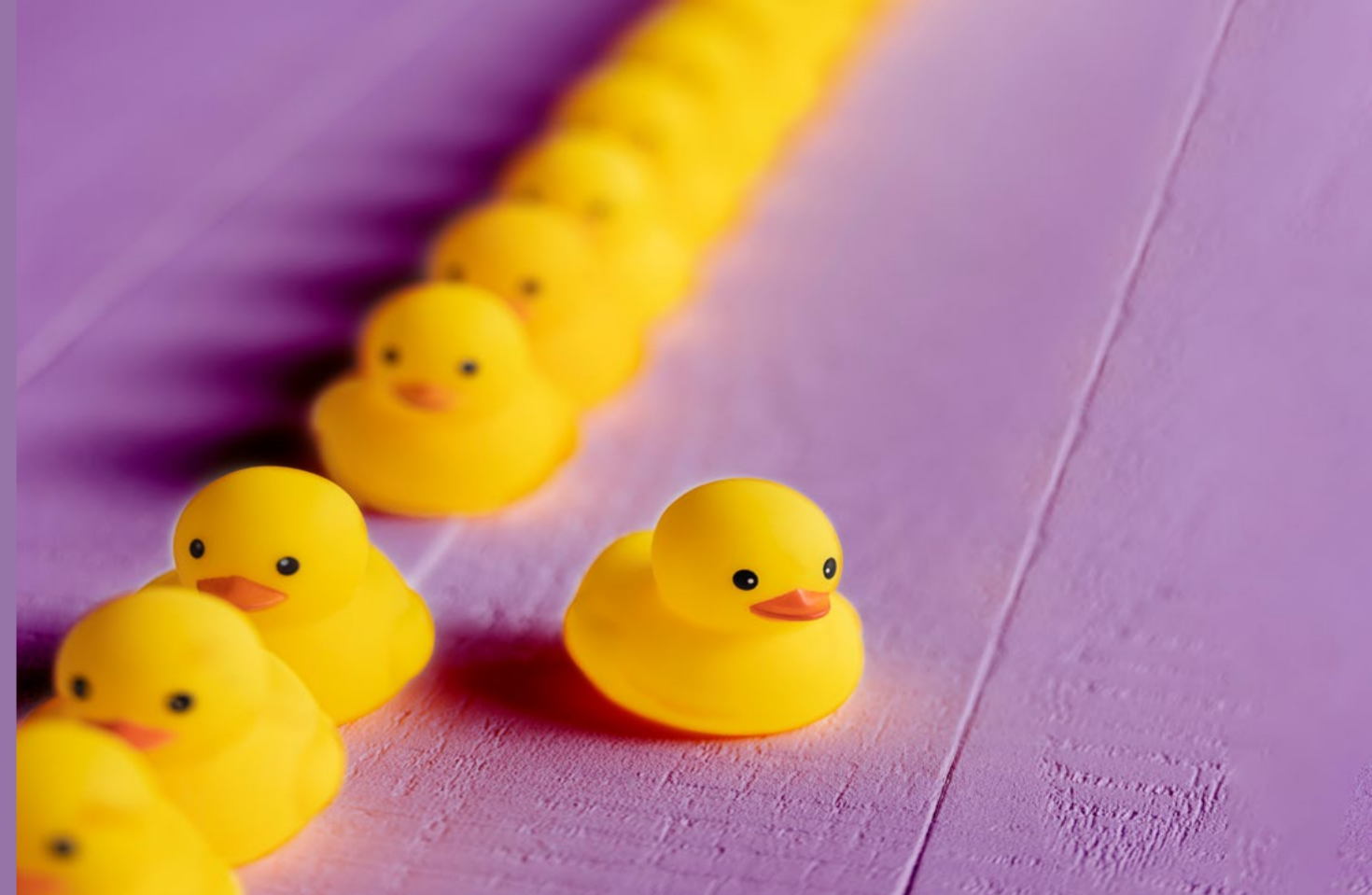


Overcoming vulnerability

- what to do if you feel vulnerable

When we feel vulnerable we can begin to experience self-doubt, this is a time to try and be **BRAVE**.



Be positive

When we feel vulnerable it can become easy to dwell on how difficult things are. Focus on what you can and will do to improve things. However small these are, they encourage you to see a better, more positive future.



For more resources to help support your health and wellbeing, visit

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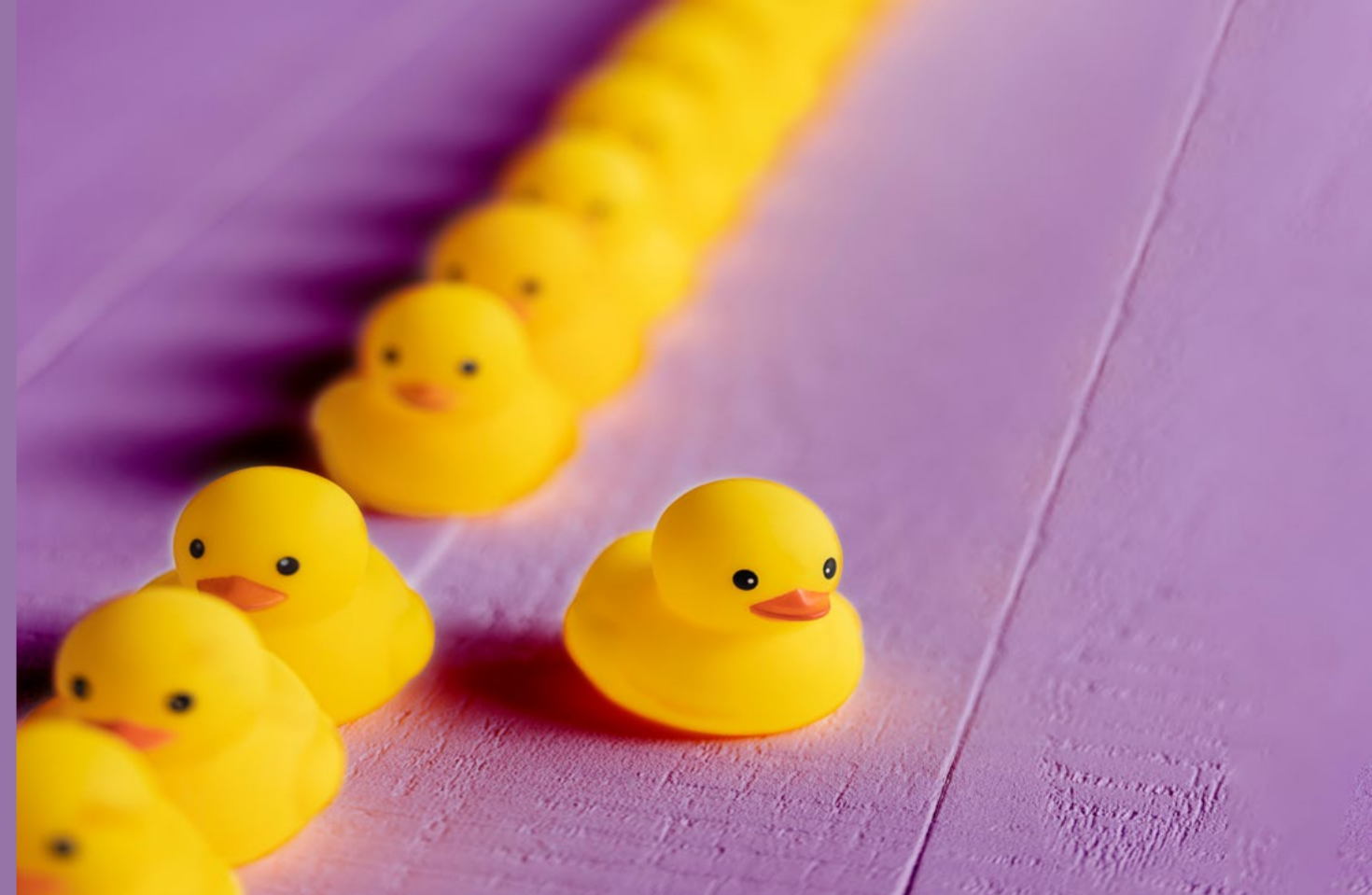


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Overcoming vulnerability

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Remember you can't be everything to everyone

One cause of vulnerability is the fear of letting people down. Sometimes you must put yourself first. This isn't you being selfish, it's you simply being honest and knowing your limits.



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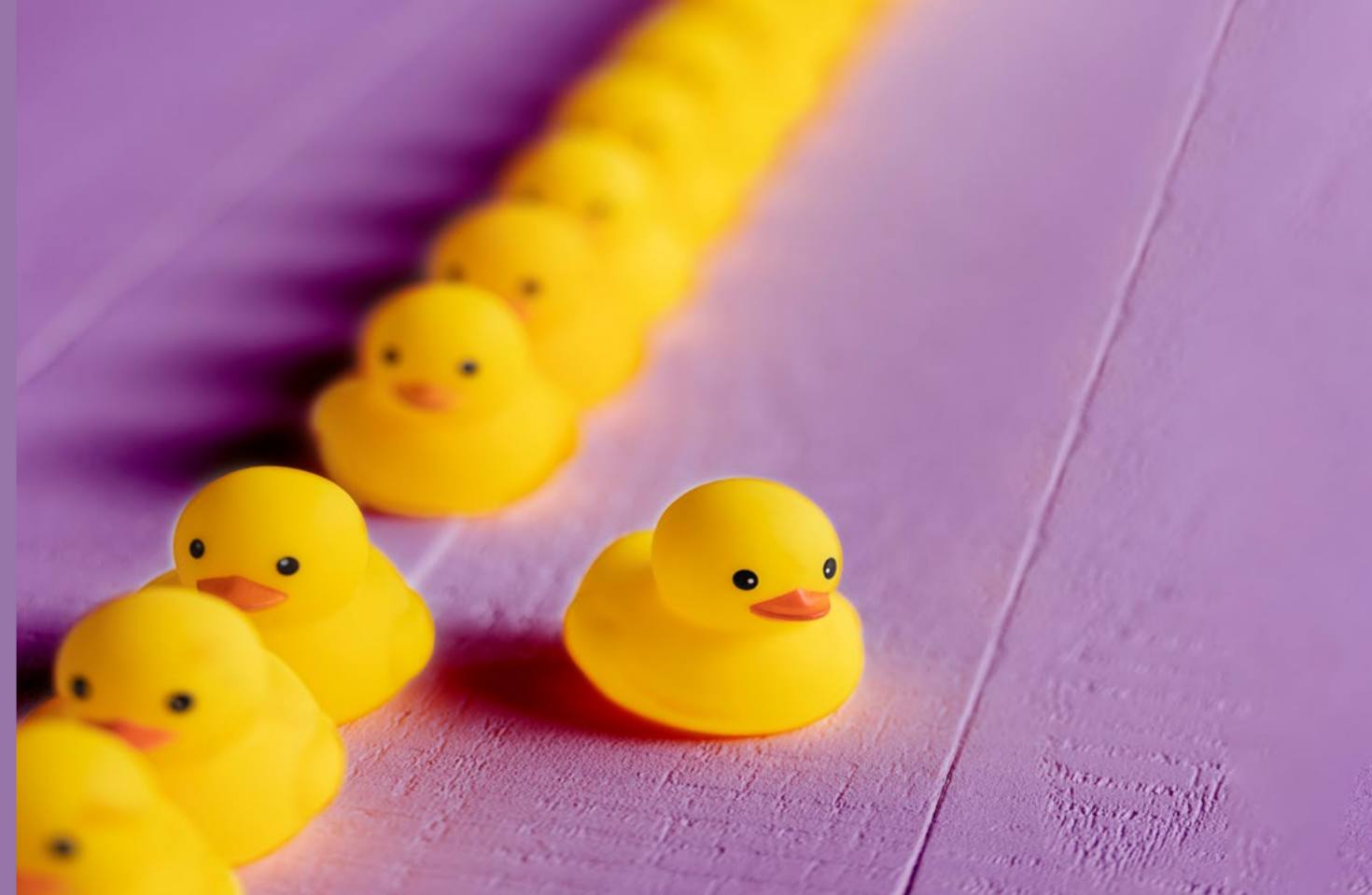


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Access support

No matter what you are going through, there is someone out there who can help. This support might be practical, helping you solve the problem, or emotional, someone who simply listens to your worries.



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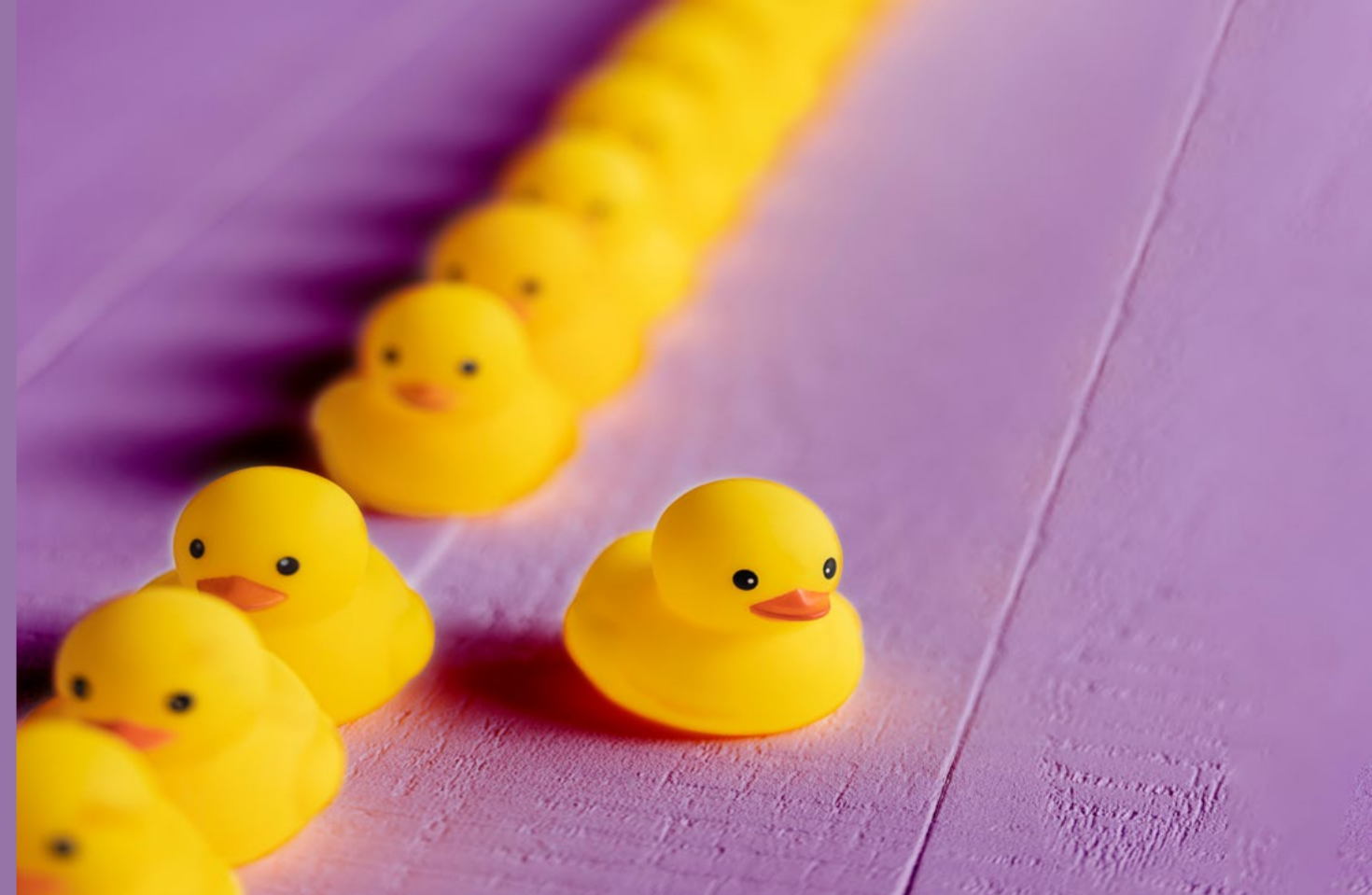


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Value what you have

An 'attitude of gratitude' is a powerful tool to help improve your emotional resilience. Writing down all the things you are grateful for in life can encourage you to see the world through a different set of eyes.



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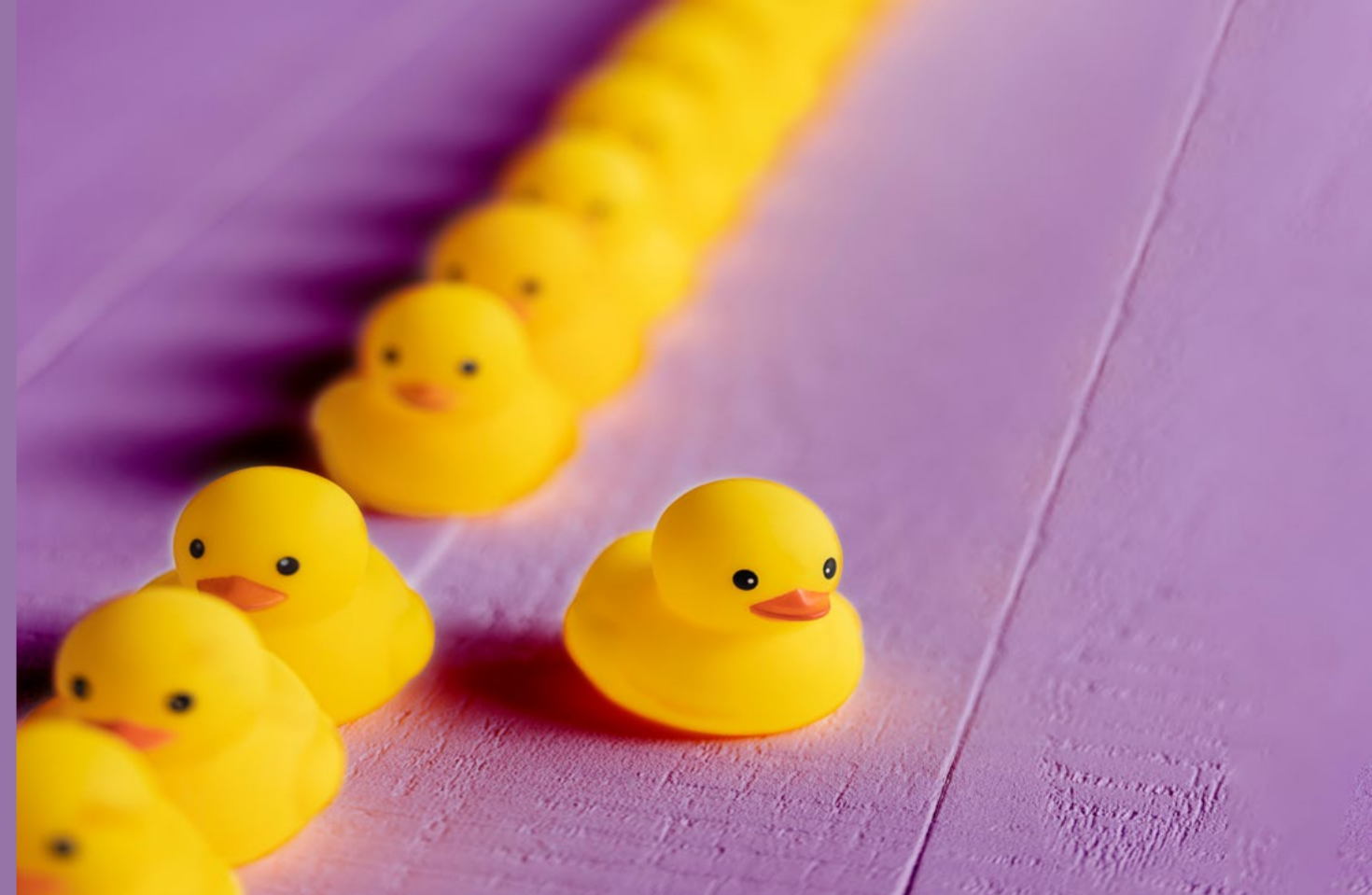


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Overcoming vulnerability

- what to do if you feel vulnerable

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Embrace your mistakes

You are only human. Sometimes you will get things wrong. These 'lessons in life' can give you a wealth of experience to draw on moving forward. Not only can they help you to make better choices, but they can also help you to offer support to others.



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