Collins

be resilient be you :)

THE TEENAGE GUIDE

Becky Goddard-Hill
illustrated by Josephine Dellow

be
resilient
be
you :)

Published by Collins
An imprint of HarperCollins Publishers
Westerhill Road, Bishopbriggs,
Glasgow G64 2QT

HarperCollins Publishers
Macken House,
39/40 Mayor Street Upper,
Dublin 1
D01 C9W8
Ireland

www.harpercollins.co.uk

© HarperCollins Publishers 2025

Collins® is a registered trademark
of HarperCollins Publishers Ltd.

All illustrations © Josephine Dellow
Text © Becky Goddard-Hill

All rights reserved. No part of this
publication may be reproduced, stored
in a retrieval system, or transmitted, in any
form or by any means, electronic, mechanical,
photocopying, recording or otherwise without
the prior permission in writing of the
publisher and copyright owners.

The contents of this publication are believed
correct at the time of printing. Nevertheless
the publisher can accept no responsibility for
errors or omissions, changes in the detail given
or for any expense or loss thereby caused.
A catalogue record for this book is available
from the British Library.

978-0-00-870157-4

Printed in India by Replika

10 9 8 7 6 5 4 3 2 1



This book contains FSC™ certified paper and other controlled
sources to ensure responsible forest management.

For more information visit: www.harpercollins.co.uk/green

I dedicate this book to my wonderful children Frankie and Annalise for their resilience and their courage in being entirely themselves and pursuing their dreams.

With huge thanks to Jess Apps for sharing the important 'know your WHY' insight with me.

be resilient be you :)

THE TEENAGE GUIDE

Becky Goddard-Hill
illustrated by Josephine Dellow



being a teenager can be tough

Life is tough sometimes and the teen years can be particularly challenging. Your busy brain is rewiring itself, your hormones are surging, there may be pressure at school, and there are new relationships to navigate. You may, at times, feel overwhelmed and insecure and you might wonder how on Earth to get through it all.

There are many things you can do to help yourself discover and develop the strength you need to cope with any of the challenges you face.

It's time to grow your resilience.



what is resilience?

Resilience is the ability to cope with, and recover from, difficult experiences. It's all about developing robust coping skills and changing your thoughts, actions, and relationship strategies so that they help, rather than hinder you.

Resilient people face life's difficulties head-on by finding healthy ways to help themselves. They're able to adjust when life is hard and to find within themselves, or from others, the strength and support they need to get through.

Being resilient is a skill that you can learn and continue to develop throughout your life.

the 7C's of resilience

Dr Ken Ginsburg, a renowned paediatrician, developed a model called 'The 7 Cs: Building Blocks of Resilience' which set out the characteristics of resilient young people.

The 7c's are:

1. competence
2. connection
3. contribution
4. control
5. confidence
6. character
7. coping

In this book, you'll find strategies to help you feel stronger in each of these areas.

what's in the book?

The aim of this book is to help you bounce back from hard times, and to trust in yourself that you have the ability to cope when life is challenging.

It is split into four sections:



Each of these sections looks at issues that impact your teen years and gives you guidance, rooted in science and research, to help you cope.

how to use this book

Use this book however you like. There is no particular order in which you need to read it. It contains 40 topics, some of which may be more important to you at one time than another. Please do try out the suggested activities included throughout the book, as just reading about something cannot replace the power of giving it a go.

And, if the strategies help you and you feel stronger as a result, please pass this book on to a friend. Connection and contribution are key to resilience and if this book can help someone else then it is a gift worth giving.

you will need...

- a notebook – for some of the activities to write, draw or make lists
- enthusiasm and an open mind – to try out the new ideas with positivity and optimism.

Resilience skills and strategies are easy to learn. They do, however, require regular practice and a can-do attitude, both of which are under your control.

Give these ideas a go and you will find that you absolutely can be more resilient, and this will help you tremendously your whole life through.

resilient thoughts





Your thoughts affect your feelings, and your feelings can affect your behaviour.

If you think to yourself 'I can't go to that party, it'll be a disaster' you will probably feel unconfident and worried. These feelings may lead to you cancelling.

If you think to yourself, 'I can give the party a go – it might be fun' you will likely feel more hopeful and braver, and you are more likely to show up, make new friends and dance for hours.



thoughts can be powerful

But just because you think something doesn't mean it's true, and you can question yourself if your thoughts aren't helping you. Are you catastrophising, and making something far worse than it is? Are you generalising, blaming others, seeing things only in black and white? With practice, you will stop believing everything you first think and start to challenge your thoughts or ignore them, and begin to think more positively.

Taking some control over your thoughts will change how you feel and what you choose to do. Learning how to do this takes time but it is absolutely possible. You are not 'fixed' in your way of thinking, you are growing and learning all the time.

In this chapter, we are going to take a look at how you can think in a more resilient way, how to recognise your strength and purpose, solve problems more efficiently, and be less of a dweller.

Changing and challenging your thoughts really can change your life for the better.

1 you can do hard things

Believe you can,
and you're halfway there.
Anonymous

incredible you

You are amazing.

Your friends and family know this, but what matters most is that you know and believe it wholeheartedly.

On the days you forget this, it is a good idea to take a moment and think about the strengths you possess that have got you this far. It's a fact... you have survived every hard thing you have ever faced.

Once upon a time you couldn't talk, walk, ride a bike, read or tie your shoelaces. In order to achieve any of these things you showed remarkable resilience.



You had to learn tricky skills, observe, practise, fail, practise again, get it wrong, and keep on trying! There will be many things you fail at first but eventually accomplish.

You have probably changed schools, made new friends, tried out for a team and didn't make it, or maybe you have lost someone you really cared about?

You have done (many) hard things and have coped with these hard things too.

tell your story

Have a think about something you found difficult and how you got through it. Write or tell someone else your story and focus on how you coped and what helped.

Remembering your day-to-day survival rate is 100%, even when what you are facing what feels beyond you, will strengthen you and help you move forward with confidence in yourself.

How you speak to yourself about your strength can make a huge difference to how strong you feel.

give it a go

Affirmations are short powerful statements we tell ourselves again and again until we believe them.

Tell yourself you want a drink, and your brain believes you and tells your body to pick up that cup and move it to your lips. Our brains believe what we tell them all the time.

Try telling your brain you can do hard things by repeating this statement...

I can do hard things.

Use a strong voice and repeat this affirmation three times every morning. With enough repetition you will begin to absorb and believe the message.

You know it's true, your past proves it, now simply say it again and again until your brain accepts it.

Believing you 'can' makes all the difference.

be resilient be you...

...and focus on your ability to cope with hard times.