



BEING AN OVERCOMER



INTRODUCTION

<https://www.youtube.com/watch?v=sKpBJjsZ7EE>

A LESSON ON RESILIENCE



Who is an **OVERCOMER**?

- Someone who is resilient- *bounces back* from difficult situations.
- Someone who has the ability to *adapt* under stress and *adjust* to it in a positive manner.



Challenges to overcome:

- Academic problems
- Health issues
- Self-esteem and body image issues
- Bullying
- Unhealthy social media
- Social and parental pressure
- Depression and anxiety



How to be an **OVERCOMER**?

MAINTAIN CLOSE LINKS WITH FAMILY AND PEERS

Giving and receiving support from others is a basic human need. Having a *solid support system* helps you feel secure. It improves your efficiency to deal with life's stressors.



How to be an **OVERCOMER**?

UTILIZE POSITIVITY

In the midst of stressful events, *positive emotions* boost your immune system and improve cardiovascular health. *Optimism* enhances brain function and mental well-being.



How to be an **OVERCOMER**?

ENHANCE COMPETENCY AND FLEXIBILITY

When tough situations arise, take the opportunity to *develop* important skills, *discover* your hidden talents, and *enhance* your coping strategies.



How to be an **OVERCOMER**?

FACE PERSONAL CHALLENGES WITH CONFIDENCE

Look at the problem calmly and rationally. *Envision* a solution that leads to a safe outcome. When you feel uncertain, don't be shy to ask for help.



How to be an **OVERCOMER**?

PRACTICE SELF-COMPASSION

Be *kind* and *considerate* about your own personal limitations. Treat failure as the best learning opportunity, from which *personal growth* can follow.





WHEN IT RAINS
look for **RAINBOWS**
WHEN IT'S DARK
look for **STARS**