

# CARE MATTERS

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## LEARNING & WELLBEING

A PARTNERSHIP BETWEEN  
SAMS  
&  
PARENT TO PARENT



# Resilience



Staying strong  
when times are  
tough

Jess Stuart

# What do we think resilience is?

- What is true for me
- Mana tangata - strength of the people
- What keeps us going?
- How individual threads are weak, together they are strong
- Being able to continue when you don't feel you can

# Thriving through resilience



Share ideas on what has helped you and your whanau become more resilient;

- **Challenges**
- **Successes**
- **Tricks learned along the way**
- **When were you most resilient?**

Some days it  
can be like  
pushing ...



## **LINKS:**

Attitude Live

<https://attitudelive.com/watch/What-s-Up-With-Down-Syndrome-Raising-Downs>

<https://attitudelive.com/watch/Being-Me-Geneva>

Rise and Shine

<http://www.pasefikaproud.co.nz/stories/rise-and-shine/>

Dream Big

<https://www.stuff.co.nz/national/70844975/dream-big-says-allconquering-disabled-teen>

Siva

<https://www.youtube.com/watch?v=tbXb7YeURUY>

Theo (25 Minutes)

<https://youtu.be/tibVQal6gRQ>

# Magic Moments



**Thank you!**

**Please take the time to give us  
feedback.**