

Team you!

Lots of positive connections with different people can be a really great resilience boost, and help us cope if we sometimes meet people we don't get on with so well.

Thinking about what a healthy relationship feels like will help you to recognise any less healthy relationships in your life.

Do your best to be a positive connection for the people around you too...

“Try to be a rainbow in somebody's cloud”

Maya Angelou



And, don't forget that pets can be excellent supporters too!