



THE  
**RESILIENCE PROJECT**™

## TEACHING EVERYONE TO BE *mentally healthy*

The North Queensland Toyota Cowboys are partnering with The Resilience Project (TRP) to bring their exciting and engaging programs to North Queensland.

TRP is an emotionally engaging program delivered in schools for students, parents and teachers, using an evidence-based approach to build resilience and develop positive mental health.

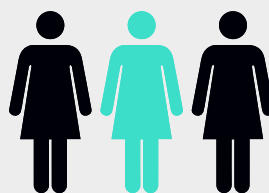
### Why we do it

**65%** OF ADOLESCENTS DO NOT SEEK HELP FOR MENTAL ILLNESS

**1 IN 4** ADOLESCENTS HAVE **A MENTAL ILLNESS**



**1 IN 7** PRIMARY SCHOOL CHILDREN HAVE **A MENTAL ILLNESS**



**1 IN 3** GIRLS SUFFER FROM **AN ANXIETY DISORDER**

**1 IN 5** BOYS SUFFER FROM **AN ANXIETY DISORDER**



### How

- Students: Teach them positive mental health strategies to help them become happier and more resilient
- Teachers: Program resources, activities and knowledge to support teachers and help them inspire students
- Parents/caregivers: Practical ideas on how best to support their children in building resilience
- Curriculum: Implement a sustainable program to help each school community be happier and more resilient



## Program Pillars

### GRATITUDE

Paying attention to what you have and not focusing on what you don't have

### EMPATHY

When you can feel what someone else is feeling/ acting in a kind way

### MINDFULNESS

The ability to be calm, relaxed and in the present moment

### EMOTIONAL LITERACY

The ability to be able to label our emotions as we experience them

## Program Delivery

The Cowboys are currently facilitating the delivery of TRP across Townsville, Cairns, Herberton and other regional areas.

## Participant Feedback

*What have you enjoyed about The Resilience Project program?*

"Becoming happier about myself" – Year 8 student

"Feeling like I am part of something" – Year 10 student

*How do you feel when you practise mindfulness?*

"It helps me relax and be grateful to live in this moment" – Year 6 student

***"In this day and age, we have to teach kids how to read and write and do maths, we have to teach kids how to behave and in this day and age we have to teach our kids how to be resilient and we now have a formula."***

***Sandra Perrett – Principal, Wulguru State School***

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