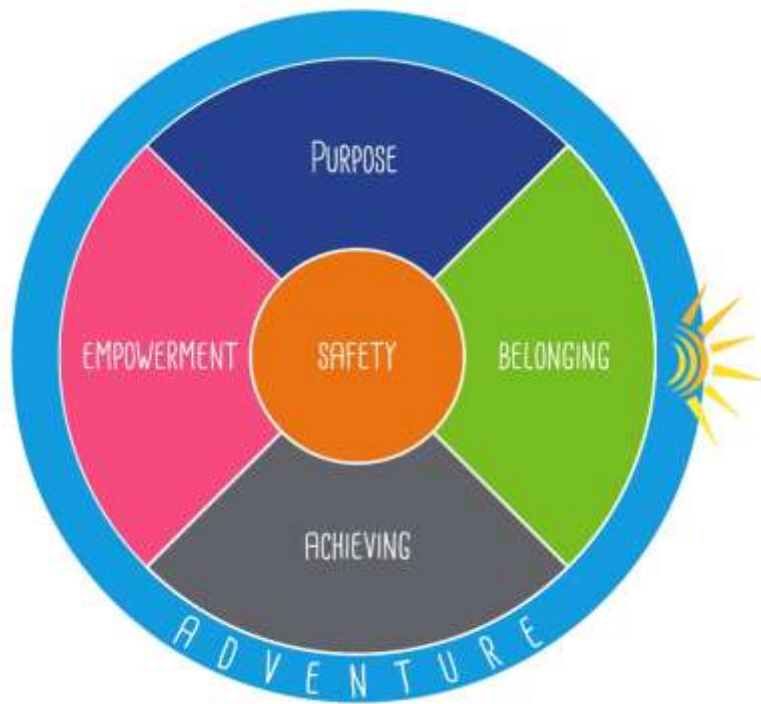


# Haringey's Resilience Wheel

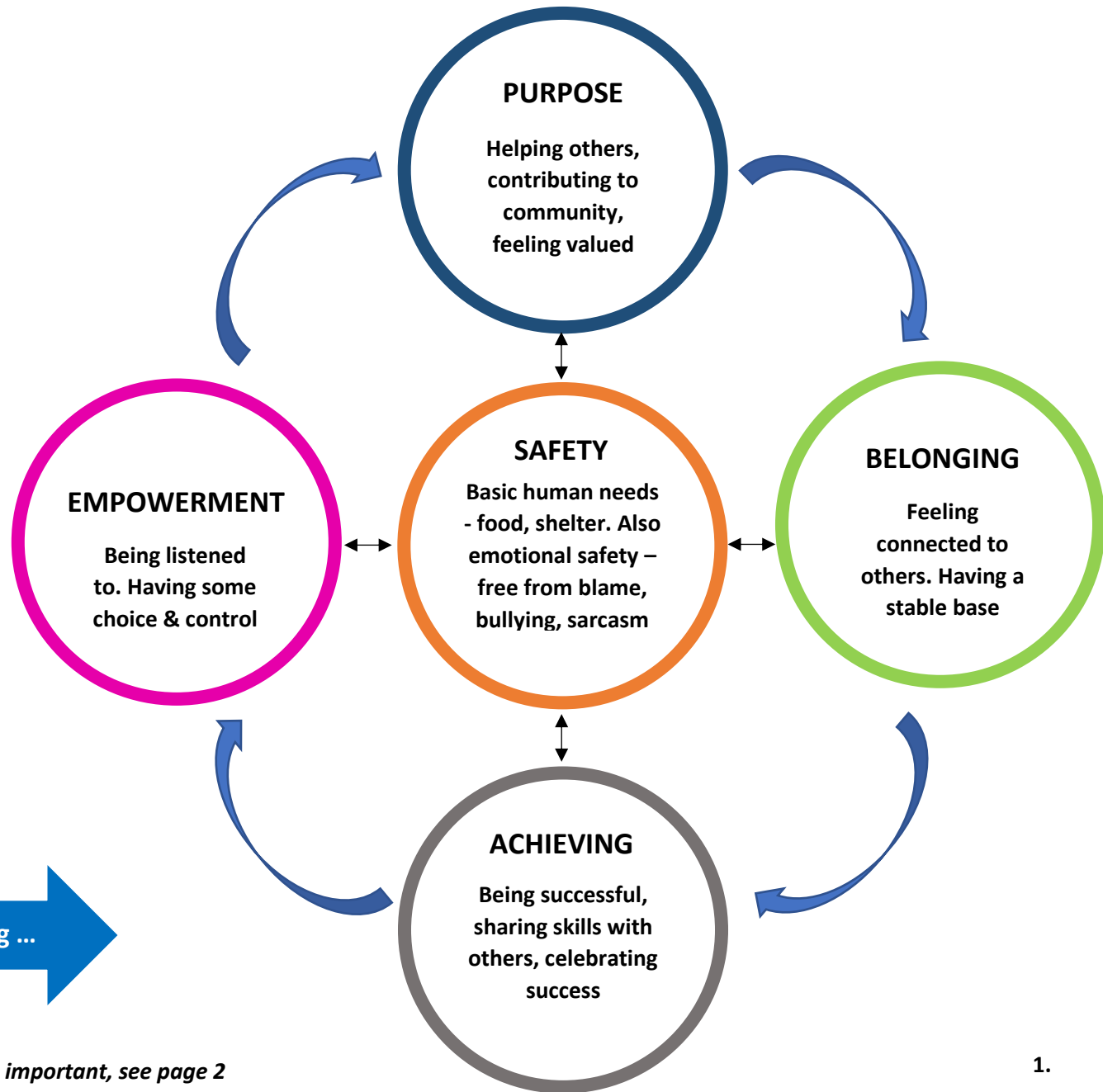
SIMPLE STEPS TO WELLBEING

## What is it?

... It helps us know how to build our wellbeing bit by bit!



We build these areas when we experience the following ...



# How does it Help Us?



When we build these areas in this way, our needs are met and ...



We have courage to take risks, be creative and enjoy life

**ADVENTURE**