THE RESILIENT ZONE

The Resilient or “OK” zone is when I am able to manage my thoughts and feelings.

I can have lots of thoughts and emotions when I am in my resilient zone.

Sometimes I may have strong feelings that move me out of my resilient zone.

When I am not in my resilient zone it can be hard for me to manage my thoughts and feelings.

I can learn skills to help build my resilience and make my resilient zone wider.

The wider my resilient zone is, the more I am able to cope with challenges.

Project reassure

PAautism.org

Pennsylvania’s leading source of autism-related resources and information
877-231-4244

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