

On Our Sleeves: Dragonfly



What does a dragonfly mean to you?

For some, the dragonfly means strength, determination or resilience. It can also be a symbol of transformation, adaptability and change.

The dragonfly is known for its fierce strength starting at birth. It is born underwater and sometimes lives there for years before emerging as a fast, flying insect.

Like a dragonfly, it can take time to develop or identify the strength needed to change and overcome life's challenges. When experiencing adversity, think of your dragonfly strengths that can guide you to the surface, and use those to burst through the water and fly.

Think about times in your life you've persevered despite the odds. Which of your strengths helped the most?

What does the dragonfly mean to you? Share using [#OnOurSleeves](#).

Start your own mental health conversations

Show everyone it's okay to talk about mental health. Use the graphic to start a conversation with your family, friends and others.

Please share the graphic too! If you share on social media, don't forget to tag us or use the hashtags [#OnOurSleeves](#) and [#OnOurSleevesJax](#).

**What are your strengths?
How can you be like a resilient dragonfly?**



ON OUR SLEEVES
The Movement for
Children's Mental Health

Wolfson
Children's Hospital
OF JACKSONVILLE

wolfsonchildrens.com/onoursleeves

What are your strengths?



Identifying personal strengths can be a helpful way to cope with stress, accomplish goals, and increase resilience. Resilience is defined as the ability to cope and move forward in the face of crisis. In other words, it is the ability to tackle challenges when life's circumstances are very difficult. For a long time, many felt that being resilient was a trait people were born with, but in reality, we now know that resilience can be taught and nurtured.

In the midst of a challenge, a young person can learn to manage their emotions by leaning on protective factors. Protective factors are the features of one's personality or environment that can reduce the risk of emotional and behavioral crises. They can help young people feel resilient and strong when problems arise.

It's helpful to identify your protective factors and consider how you might use them during challenging times. Pick your top strengths in the list below and add your own:

MY STRENGTHS:



Personal	Social	Physical	Healthy Coping Skills
<input type="checkbox"/> Creative or artistic <input type="checkbox"/> Honest and fair <input type="checkbox"/> Leader <input type="checkbox"/> Optimistic <input type="checkbox"/> Funny <input type="checkbox"/> Kind <input type="checkbox"/> Determined <input type="checkbox"/> Flexible <input type="checkbox"/> Brave <input type="checkbox"/> Smart <input type="checkbox"/> Talented <input type="checkbox"/> Curious and interested to learn new things <input type="checkbox"/> Assertive <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Supportive relationships <input type="checkbox"/> Cooperate well <input type="checkbox"/> Aware of social customs <input type="checkbox"/> Helpful family or friends <input type="checkbox"/> Feel loved <input type="checkbox"/> Navigate social situations easily <input type="checkbox"/> A part of a team or other group <input type="checkbox"/> Safe place to live <input type="checkbox"/> Have empathy for others <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Good health <input type="checkbox"/> Eat balanced & nutritious food <input type="checkbox"/> Sleep at night <input type="checkbox"/> Exercise <input type="checkbox"/> Have energy <input type="checkbox"/> Appreciate all my body does for me <input type="checkbox"/> Take prescribed medicines <input type="checkbox"/> Athletic ability <input type="checkbox"/> Understand my physical signs of stress <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Talk about feelings <input type="checkbox"/> Physically active <input type="checkbox"/> Listen to music <input type="checkbox"/> Deep breathing <input type="checkbox"/> Spend time with friends/family <input type="checkbox"/> Self-regulate emotions <input type="checkbox"/> Attend therapy <input type="checkbox"/> Show gratitude <input type="checkbox"/> Hobbies <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Using Your Strengths to Cope with Stress



Use the strengths you selected in the chart to answer these questions:

Which is your best strength and why?

Have you used this strength to cope in the past? If not, how might it help?

What strength(s) would you like to gain (or improve)?

How could you accomplish this?

What other traits make you unique and can help you overcome challenges?

If you or a child are in need of support, call our 24/7 Kids & Teens Helpline at **904.202.7900** or text **LIFE** to **741741**. If there is an immediate safety concern, call 911 or go to the nearest emergency room.

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