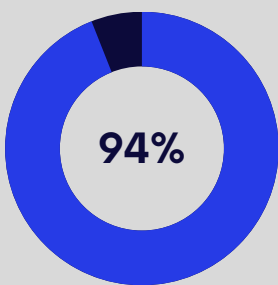
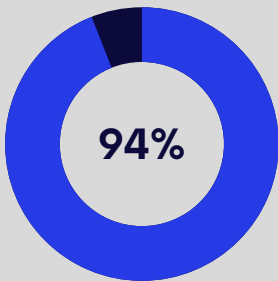


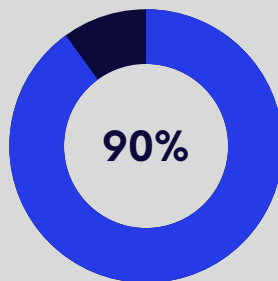
Impact Report for Greenford High School
Resilience – 1st May 2025



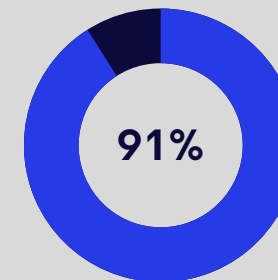
94% of students feel able to cope better in stressful situations



94% of students feel better equipped to overcome challenges they may face



90% of students now know how to change habitual thought patterns



91% of students feel the workshop has helped them become a more resilient learner

Favourite techniques

Happy Chemicals 20%

Circle of Control 27%

Emotional Backpack 24%

Daily Gratitude 9%

Something Else 20%

- "It was really engaging and helpful to help me overcome my stress!"
- "I gained a lot of knowledge on how to cope with stress and techniques to help with and not be overwhelmed"
- "I think it was very helpful as I have learnt many methods to help me with stress and anxieties"
- "It was very engaging and I feel much more relaxed :)"
- "It was really helpful had me thinking in different perspectives"
- "It was really useful and insightful because most of the things we were taught today I did not know before so i feel better prepared to deal with my stress. It only just got school but for other aspects in my life"
- "Loved it- found it informative and a great way to reflect on myself + learn about a growth mindset"