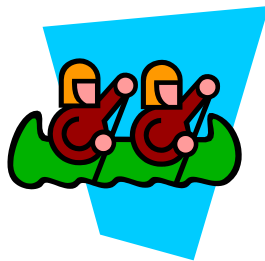


Know many
Trust a few
But always paddle your own canoe!



Imagine life as a river. Sometimes it flows smoothly and peacefully, calm and blue, and sometimes it can be rough and rocky, filled with deep black cold water, unexpected turbulence, white water, other boats or obstacles crossing our path, getting in our way, making us unstable, vulnerable, scared.



In your daily life, is the way you operate resourceful for you? Sometimes we can depend on others too much to help us cope and get through life, or rely on certain ways of coping that may not be the most helpful, even though it feels safer at the time. But what happens if those people or ways of coping sink or drift away from us? How will we cope then?

We need to learn to paddle our own canoe down the river of life and be prepared to face turbulent times.

We can do this by developing our resilience, coping skills, experiences and strengths, we can learn to see things differently – a different perspective. These will build up our ability to float alone, using effective and healthy ways of coping.

