



HOW TO OVERCOME BULLYING



Based on 7 foundational values, this guide will help you or a loved one grow through what you go through.

You have what it takes to grow from this!

Consider this your toolkit that you can come back to continually when you are in need of extra support. Overcoming bullying is a process instead of a one-time action. By working on these steps, our hope is that you can build emotional resilience and rise above bullying with confidence.



Foundational Values

1. Belief
2. Perspective
3. Habits
4. Purpose
5. Self-Worth
6. Empathy
7. Growth

We will be going through each one in a little more detail with an activity you can do on your own to help you reflect and grow. You will want to grab a piece of paper, a pen, and maybe even your favorite snack to settle in and reflect.



1. BELIEF

Challenge your beliefs by taking some time to write down what others have said about you.

Oftentimes, bullying can affect the way we think about ourselves.

Write down what others have said about you and how that makes you feel. Then ask yourself what you really believe and try to replace those with truths.

Tip: Writing these down on paper works a bit better than on your computer or phone!

“

One day you will look back and see all along you were blooming.”

-MHN



2. PERSPECTIVE

It can feel like this is never ending but nothing lasts forever.

Come up with 7 things you want to do in the next 7 years. Envision where you will be 7 years from now and who you will be.

Chances are, you'll be in a whole new place both emotionally and physically. Work on building up your future self and make a bucket list!

3. HABITS

Even though this may feel all-encompassing, are there creative outlets that you can start to prioritize?

Create a schedule for things that bring you joy and make sure you're setting aside time to put a little joy in each day.

This may be a skill you want to build upon or a creative outlet that you can focus on instead of the bullying. Schedule some time right now for when you will focus on this and also build in rewards to create a routine system.



4. PURPOSE

No matter what may be going on, you still have purpose and the opportunity to make a positive difference.

When you are helping to make the world a better place, a sense of purpose and fulfillment follows.

With kindness as your personal and unique superpower, you will be a light in this world. With each act of kindness, you will be spreading seeds and making a difference.

Come up with a list of 3 small acts of kindness you can complete as a starting point!

Tip: A really easy one is to pick up your phone and give someone a compliment!

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“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

-Anne Frank

5. SELF-WORTH

Even though you may not feel worthy, you are. You are worthy of love and belonging, because you are a human being deserving of worth. **Build up your sense of self-worthiness by listing 10 things you love about yourself. Extra credit if you ask one or two friends to share three positive adjectives about you.**

6. EMPATHY

Here, we want to challenge you to get curious and compassionate about others and what they might be going through. By forgiving the ones who are hurting us, we choose empathy and forgiveness in the face of hurt and pain. We regain the power to write our own story. A story of forgiveness. A story that is more empowering to us. **Journal about your process of forgiving. If you are not ready to forgive, that is okay. You can journal about what forgiveness means to you.**

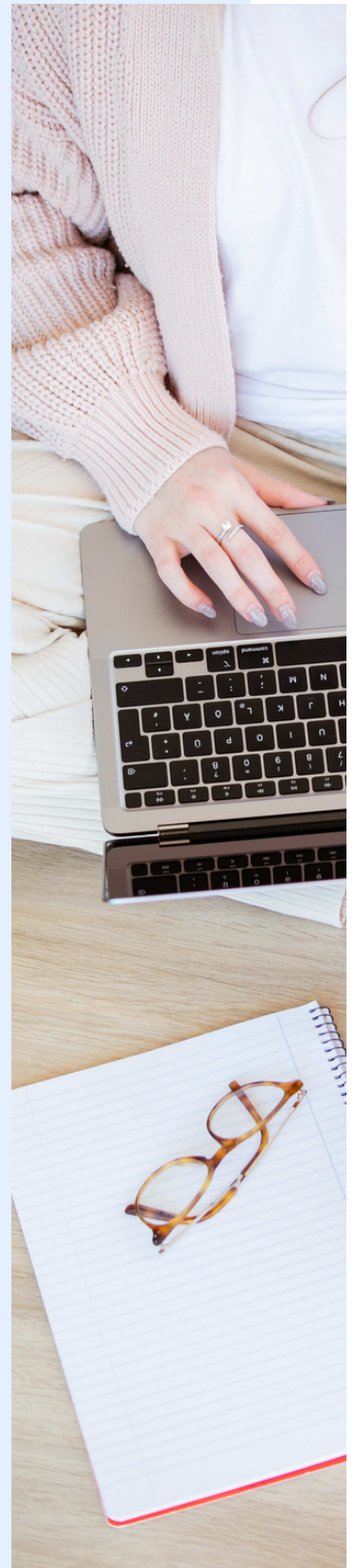


“If the flower doesn’t bloom, fix the environment. Not the flower.”

7 GROWTH

Lastly, your vulnerability has so much power and strength. It can help someone else in need. The pain you experienced from bullying, could be used for good.

Your story could help bring light to another person who needs to hear from someone who has gone through it already. **Write down your story by sharing what you learned and how you’ve grown to become a guide to someone else!**



Conclusion and Next Steps

Thank you for going through the Bloom process! Our hope is that you've learned more about yourself and found inner strength through this guide to overcome bullying.

We have a Bloom journal to help you continue to process with additional prompts as well! We would love to stay connected and continue to share out information with you. Wildflowers grow in community and so should we.

Thank you for being here. You matter and are important. You can and will grow from this. We are here to support you along the way.



Thank you!

"It's now time to bloom. To be your beautiful self. There is so much kindness, light, and beauty in you that the world needs." Andi Kay



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