

HOW CAREGIVERS CAN FOSTER RESILIENCY

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, widespread disease, a personal crisis, or a painful loss. Being resilient is important to dealing successfully with life's challenges.

WHAT IS RESILIENCY?

Resiliency is the ability to bounce back from setbacks, to learn from failure, to be motivated by challenges, and to believe in one's own ability to handle stress and difficulties.

WHY IS RESILIENCY IMPORTANT?

In order for children and teens to reach their fullest potential, they need to know how to approach life with resilience. Being resilient allows individuals to learn and grow from experiences, and it protects them from the long-term ill effects of difficult experiences.

ENCOURAGE HEALTHY HABITS



Promote healthy nutrition, adequate

- sleep, and attention to physical and mental health needs.
- Make sure children and teens exercise or engage in physical activity. This can include biking or walking, as well as team sports.
- Model and encourage the use of stress reduction strategies, such as meditation, mindfulness, controlled breathing, yoga, or use of self-talk.
- Support children and teens in developing individual talents, such as playing sports, drawing, playing musical instruments, playing games, etc.
- Encourage children and teens to try things outside of their comfort zones.
- Seek professional mental health support if needed.

BUILD STRONG EMOTIONAL CONNECTIONS



- Help children and teens stay connected to friends and loved ones.
- Foster supportive, caring relationships with peers and trusted adults.
- Make sure expressions of love and praise occur more often than criticism.

FOSTER EMOTIONAL AWARENESS



- Acknowledge the presence of challenges or adversity.
- Help children and teens learn to make sense of their feelings by labeling their emotions.
- Nurture optimism by encouraging children and teens to reframe pessimistic thinking. Adults can acknowledge feelings and help to shift their thinking to positives.
- Teach children and adolescents to stop and think; they do not have to act on every impulse.

TEACH PROBLEM-SOLVING SKILLS



- Encourage children and teens to acknowledge when a problem exists, discover solutions, and take initiative to solve the problem.
- Ask questions about the problem, and help children and teens identify the pros and cons of possible solutions instead of lecturing them or explaining how to solve the problem.
- Encourage looking at problems from several different perspectives.