HAPPY MINDS BUILDING RESILIENCE

Resilience is the ability to recover quickly from difficulties.

Our ability to be resilient changes as we experience the many different events life provides us with.

To build our resilience we need to:

- Accept that there are things in life we can and cannot change
- To see mistakes / step backs as a learning opportunity, rather than a failure. Everyone struggles from time to time, bouncing back is what matters
- Experience difficult situations ourselves and learn to cope with them e.g. detentions, friendship fallouts, disappointing test scores
- Be patient! Finding solutions often takes time; a situation might not be resolved using one strategy alone.

Helpful Books/Useful Websites:

'The Little Book of Resilience' by Matthew Johnstone

'Positively Teenage' by Nicola Morgan

'Be Happy, Be You, The Teenage Guide' by Penny Alexander & Becky Goddard-Hill

https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens/

https://www.actionforhappiness.org/take-action/find-three-good-things-each-day

https://www.bbc.co.uk/bitesize/articles/zbbrrj6

https://www.bbc.co.uk/ideas/playlists/resilience

Top tips for building resilience:

We can build our resilience by going through positive as well as negative experiences. Here are some things to try:

- Keep good company; spend more time with people who make you feel good about yourself. Have fun! Find something to do with friends or family which makes you laugh. Laughing is good for us all.
- Exercise has many benefits it can boost our mood, improve our sleep and immune system. Set yourself a challenge e.g. climb a local hill or running 5k.
- Try something new; push yourself out of your comfort zone.
- Have a digital detox and engage with real people. This builds confidence and helps us learn about the experiences of others.
- Talk to a trusted adult: share your feelings and emotions – whilst they won't be able to change the situation talking might help change the way you look at a problem or situation.

What can parents do?

- Support your daughter to help her solve problems by herself.
- Talk to her about similar situations you have faced yourself and how you solved the problem.
- Allow your daughter to fail. It's natural to want to protect your child from failure, but trial and error is how they learn to become more resilient and confident when faced with adversity in the future.
- Encourage a healthy digital lifestyle, especially during periods of frustration. Monitor your daughter's online use to ensure interactions are positive.

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ChildLine 0800 1111

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