

# Building resilience

## Three things to know

\* Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to them to do so.

\* The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

\* Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and achieve their potential. Human brains develop and change more during the teenage years than at most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.

## Three things to do if your child is at Key Stage 3 or 4

\* Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, doing hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Wocj5oTReU>

\* Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

\* Encourage your child to build resilience by taking on new opportunities, challenges and to achieve goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

