

HOW TO BUILD RESILIENCE FOR KIDS AND TEENS

Resilience is our ability to cope in the face of adversity, stress, or trauma. A resilient person is able to bounce back, survive, recover, and get stronger through difficult times. Resilience is a learned skill, so anyone can develop it through good habits and positive mindsets.

10 WAYS TO BUILD RESILIENCE

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| See challenges, mistakes, and failures as opportunities to learn and grow. | Maintain a problem-solving and solution-oriented mindset when facing difficult situations | Keep your mind focused on your goals, and continually search for ways to achieve them. | Maintain a hopeful outlook, and look for the good in every problem or difficulty. Tell yourself "Something good will come from this." | Seek the valuable lesson in every setback or problem. Ask yourself, "What can I learn from this experience?" |
| Practice gratitude and optimism in all situations. | Learn to be flexible in situations you can't control – go with the flow, let things go, Don't let things get to you, be agreeable and patient. | Be unaffected by the negativity of others. | Practice Self-Care – Exercise, sleep well, eat well, focus on interests and creative outlets, spend time with positive and encouraging people, use healthy coping skills to manage stress. | Recognize when to ask for, and accept help from others. |

I am strong, determined, and successful. I embrace life's challenges with a hopeful and positive mindset. I face my fears with courage. I choose happiness each day. I am always moving toward my goals. I put full effort on all things, and never give up. I look for the good in all situations.

I AM RESILIENT

I make time to reflect, rest and recharge. I ignore all doubters and I am unaffected by the negativity of others. I know that hidden within every problem or setback is the seed of an equal or greater benefit. I survive all things and become wiser and stronger through every experience. I know that no matter what happens in my life I will be okay.

