

# 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

<p>See challenges, mistakes, and failures as opportunities to learn and grow.</p> 	<p>Maintain a problem-solving and solution-oriented mindset when facing difficult situations.</p> 	<p>Keep your mind focused on your goals, and continually search for ways to achieve them.</p> 	<p>Maintain a hopeful outlook, and look for the good in every problem or difficulty. Tell yourself "Something good will come from this."</p> 	<p>Seek the valuable lesson in every setback or problem. Ask yourself, "What can I learn from this experience?"</p> 
<p>Practice gratitude and optimism in all situations.</p> 	<p>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.</p> 	<p>Be unaffected by the negativity of others.</p> 	<p>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.</p> 	<p>Recognize when to ask for, and accept help from others.</p> 

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 in 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 \*

Other People's Actions / Behavior

The Weather

What Other People Say

How Other People Feel

Whether People like Me Or Not

Past Actions / Choices / Behavior

Others Being Kind/Honest / Forgiving

World Problems

How Others Respond To Us

How Someone Treats Me

My Thoughts / Being Kind / Honest / Forgiving

My Mood

My Words

Working Hard

Asking For Help

How I Treat Others

My Reactions / Responses

**Things I Can Control**

I can't control ANYONE ELSE ...but I can control

MYSELF

My Thoughts

My Words

My Choices

My Actions

MY REACTIONS!!!

**Things I Can't Control**



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