

# BUILDING RESILIENCE IN OUR TEENS

Resilience is being able to bounce back from stress, a challenge, tragedy or adversity. When we are resilient, we are braver, more adaptable, and more able to go out in the world. Resilience is something we can teach and learn.

- 1 Let your teens face challenges; avoid solving their problems for them.
- 2 Encourage independence and self-reliance. Support your teen in learning to ask for help (independently).
- 3 Adopt a "stress-has-an-up side" mindset. Help your teen set goals and keep going even when it's hard.
- 4 Teach your teen to set and respect boundaries. It's ok to say "no".
- 5 Encourage your teen to feel proud of what they're good at and be ok with the things they are still trying to figure out. We all have things to learn.
- 6 Connect with your teen so they feel seen, heard and valued. Connection builds trust and emotional resilience.
- 7 Guide your teen in resolving conflicts with their friends. Emphasize the importance of taking responsibility for mistakes, offering sincere apologies, and making amends.
- 8 Inspire your teen to embrace their uniqueness and avoid comparing themselves to others.
- 9 Help your teen build their self-regulation 'tool kit'. When we are overwhelmed we are less resilient.
- 10 Talk with your teen. Validate their emotions and remind them that feelings come and go.
- 11 Instill in your teen the understanding that while we can't control everything in our lives, we have the power to control how we reaction to any situation.

