

RESILIENCE TOOLKIT

TOP 10 TIPS FOR RESILIENCE

- R** **Remain Positive** Look towards the future, think of what you want from life.
- E** **Establish Realistic & Achievable Goals** This helps give you focus.
- S** **Strategies** Plan your coping strategies. Don't be afraid to ask for help.
- I** **Identify** Identify your strengths and be confident in yourself.
- L** **Learn from Experience** Learn from experience and move on.
- I** **Introduce** Introduce a positive way of thinking. Focus on the good things in your life.
- E** **Enjoy** Make time to do the things you enjoy.
- N** **Needs** Take care of yourself. Keep healthy and fit.
- C** **Connect** Build healthy relationships with your family, friends and teachers.
- E** **Embrace Change** Don't dwell on the past. Put your energy into the present to shape your future.

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Introduction

This resource is an initiative of Glasgow CHP South Sector Youth Health Improvement team developed in partnership with The South Strategic Youth Health and Wellbeing Group. This Emotional Resilience Toolkit provides practical guidance in promoting the resilience of young people as part of an integrated health and wellbeing programme.

What do we mean by resilience?

Resilience describes a person's capacity to cope with changes and challenges and to bounce back during difficult times. The more resilient someone is, the better they are at getting through tough times, and the better their chances at recovering from experiences of adversity and trauma (Gilligan 2004)

Resilience is a key factor in protecting and promoting good mental health. It is the quality of being able to deal with the ups and downs of life. It is a term that can be applied to people of any age. A young person's ability to be resilient can depend on many different circumstances - they may be able to overcome challenges in one situation but not in another.

What resilience is not!

Resilience is not about keeping quiet and putting up with a potentially harmful situation. When encouraging resilience in young people, it is important to avoid sending the message that it is about being the 'strong, silent type' who avoids asking for help or communicating their needs or feelings. Resilience needs to be developed with care as not to push unrealistic expectations onto young people. Rather than growing as a person and developing new skills, such messages have the potential to increase the risk of psychological problems in young people.

Qualities Associated with Resilience

Resilience doesn't develop in isolation. There are many other qualities which impact on and affect resilience - the main ones can be summarised as follows:

SELF-ESTEEM

being accepted by people whose relationship you value, and from completing tasks you value.

SELF-EFFICACY

Having the qualities of optimism; 'stickability' and believing that one's own efforts can make a difference.

TRUST

Experience people as reliable, value them and expect them not to betray your confidence.

ATTACHMENT

A secure attachment relationship creates a secure base from which a young person feels safe to explore the world.

SECURE BASE

The provision of a consistent and stable place to live and continuity of wider relationships which then allow the maintenance or development of attachment relationships.

MEANINGFUL ROLES

Provide a sense of positive identity and a source of self esteem as well as a source of enjoyment and distraction.

AUTONOMY

Make decisions and know that it is OK to make mistakes and that you can learn from mistakes.

IDENTITY

Young people need to know and understand who they are, where they belong and to whom they are important.

INSIGHT

Helps people to take appropriate actions and make appropriate choices. It is therefore linked to self efficacy and to initiative.

HUMOUR

Can help young people to distance themselves from, and therefore reduce, emotional pain and it can also help them make and sustain relationships.

Benefits of Resilience for Young People

Young people who are resilient tend to be more hopeful, confident and possess higher self-worth during hard times. They are more likely to overcome challenges, recognise when they need support and develop coping strategies enabling them to handle difficulties more easily in the future.

Resilient young people are also more likely to;



Young People's 5-a-day For Resilience & Mental Health

To help young people to think about their mental health in this way a '5 a day' programme for mental health and resilience has been developed that captures the top five things young people can do to develop their resilience and promote their mental health. This '5 a day' programme is based on research evidence on how best to promote resilience and mental health. You may find it useful to photocopy the '5-a-Day for Mental Health and Resilience' hand out and give it to young people you work with.

ACCEPT

- Accept yourself.
- Find ways to develop your self-esteem.
- Accept positive feedback from others.
- Don't be hard on yourself.
- Do things that make you feel good about yourself.

CONNECT

- Stay connected with your family and friends.
- Connect with places in your community where you feel valued and accepted.
- Make sure you have one adult in your life who you can trust and can turn to for support.
- Join groups where you can meet like-minded people who share your interests.
- Reach out for help if you need it.

CONTRIBUTE

- Get involved with something you care about.
- Find ways to help people in your life.
- Find ways to use your talents.
- Offer support to others.

BE HEALTHY

- Eat well by making healthy food choices.
- Get active; do at least 30 minutes of physical activity every day.
- Sleep well; aim for 9 hours unbroken sleep a night.
- Look after yourself.
- Take time out and learn ways to relax.

BE AWARE OF YOUR FEELINGS

- Notice how your thoughts affect how you feel.
- Don't treat your thoughts as though they are facts.
- Find ways to balance critical and negative thoughts with more helpful ways of thinking.
- Keep an open mind.

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