

THE WELLNESS WATCH

Coordinated School Health Team

January 2019

Resilience



Resilience is the ability to bounce back from adversity. It is a necessary skill for coping with life's inevitable obstacles and one of the key ingredients to success; learning to bounce back and to bounce forward.

Why is it Important?

Resilience is important for a number of reasons; it enables us to develop mechanisms for protection against experiences, which could be overwhelming, it helps us to maintain balance in our lives during difficult/stressful periods of time, and can also protect us from the development of certain mental health difficulties and issues. Some other benefits include:

- improved learning and academic achievement
- lower absences from work/school due to sickness
- reduced use of risky behaviors such as excessive drinking, smoking, or use of drugs
- increased involvement in community/family activities
- a lower rate of mortality and increased physical health

TYPES OF RESILIENCE

Inherent

This is the resilience we're born with.

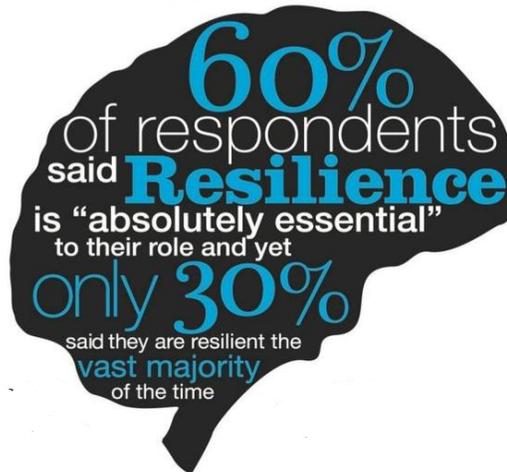
Adapted

This resilience is brought about through challenging experiences.

Learned

This resilience is built up over time and largely a reflection on past challenges.

References and for more information:



Challenges Young People Face

Examples of challenges youth often encounter where resiliency skills are essential include physical illness, switching schools, transitioning from primary school to high school, a change in family make-up (divorce, break up), a change of friendship group, conflict with peers, and conflict with family.

FIVE WAYS TO CULTIVATE RESILIENCE

1. Learn to Laugh

Laughing at your struggles may be difficult at first, but learning to do so could provide a welcome sense of relief in darker times.

2. Connect With Others

People who have strong bonds with their family and friends are usually more resilient. They have more people to lean on and social connections have a huge role in our mental and emotional health.

3. Know You're in Control

Resilient people recognize what is under their own control, and then go about changing it.

4. Learn From Failure

See failure as helpful feedback. Re-frame small setbacks as opportunities for learning and growth.

5. Ask For Help

The fear of appearing weak often stops us from asking for help. Asking for help, however, actually makes you stronger because you acquire knowledge/skills you didn't have.