

Building Resilience

Setbacks and struggling are not always a bad thing, the best learning often takes place following failure! There are three key attributes of resilience:

- Putting things in perspective – managing emotions, concentrating on the things that you can control!
- Staying healthy – this helps people respond well when under pressure. Positive exercise and sleep habits help here.
- Support – being able to talk things through with someone else makes you less likely to brood over bad decisions.

How to help build resilience at home:

- Talk about school in a positive light. You might pick a part of the day, lesson or subject, that you know your young person enjoys to ask them about.
- Celebrate mistakes. When your young person makes mistakes encourage them to reflect on the things they can control to avoid them again next time. Without mistakes we can't make positive changes to get things right.
- Create a 'high challenge' environment, with plenty of new experiences, encourage your young person to take responsibility over how they approach these.
- Build opportunities for your young person to save/wait for rewards. By knowing that satisfaction is often not quick and easy they build skills of perseverance.
- Encourage helpful self-talk. When a young person finds something difficult get them to talk through the task and break it into chunks to make it more manageable (See our PHS Parent Guide on Becoming Unstuck)

