

WELL-BEING NEWSLETTER



WHAT IS RESILIENCE?

RESILIENCE IS THE ABILITY TO BOUNCE BACK FROM STRESS, ADVERSITY, FAILURE, CHALLENGES, OR EVEN TRAUMA. IT IS NOT SOMETHING THAT CHILDREN EITHER HAVE OR DO NOT HAVE; IT IS A SKILL THAT THEY DEVELOP AS THEY GROW. IT CAN BE LEARNT AND THERE ARE THINGS WE CAN DO, AS PARENTS AND AS A SCHOOL, TO HELP CHILDREN BECOME MORE RESILIENT.

WHY IS IT IMPORTANT TO DEVELOP RESILIENCE?

RESILIENCE MAKES A BIG DIFFERENCE IN PEOPLE'S LIVES. PEOPLE WHO RESPOND TO HARDSHIPS WITH RESILIENCE ARE:

- HEALTHIER AND LIVE LONGER
 - HAPPIER IN THEIR RELATIONSHIPS
 - MORE SUCCESSFUL IN SCHOOL AND WORK
 - LESS LIKELY TO GET DEPRESSED
- WHAT BUILDS RESILIENCE?
MANY OF THE THINGS THAT SUPPORT HEALTHY DEVELOPMENT IN YOUNG CHILDREN ALSO HELP BUILD THEIR RESILIENCE. THESE THINGS INCLUDE:
- A SECURE BOND WITH A CARING ADULT
 - RELATIONSHIPS WITH POSITIVE ROLE MODELS
 - OPPORTUNITIES TO LEARN SKILLS
 - OPPORTUNITIES TO PARTICIPATE IN MEANINGFUL ACTIVITIES

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Strategies to Build Resilience from research @ImpactWales

Change the Narrative

Using expressive writing for 20 minutes continuously to write about an issue or concern helps foster deeper understanding and insight.

STRATEGY: Writing Task

- * "How I feel about Maths..."
- * "What I do when I get a poor mark..."

Face your Fears

Repeated, slow, small dose exposure to the thing that scares or worries you has been shown to reduce the fear.

STRATEGY: Short tasks & feedback

- * Try an already partially completed task
- * Work together with a partner on a task "You go, I go."

Practise Self-Compassion

Acknowledgement that everyone suffers or struggles & that we all need warmth & kindness without judgement.

STRATEGY: Self Praise

- * I identify a struggle & write a praise card for managing.

Practise Mindfulness

Living in the moment rather than focussing on past failures improves confidence.

STRATEGY: Body Scan

- * Scan your body for any points of tension. Actively release them & retry the task.

Cultivate Forgiveness

Recognise what has happened. Acknowledge your feelings. Commit to letting go of resentment.

STRATEGY: Forgiveness stems "I forgive you"

- * What happened was
- * I felt
- * I will let go by

From research by: The Greater Good Science Center at UC Berkeley

For more info go to: www.bit.ly/2y0R1Wq

For bespoke support to develop resilience in your school community contact us enquiries@impact.wales



THERE ARE PLENTY OF BOOKS YOU CAN SHARE WITH YOUR CHILD ABOUT RESILIENCE. HERE ARE A FEW IDEAS.

