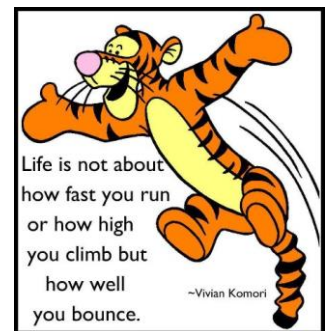


Resilience – ‘Bouncebackability’

“resilience is created when risk is reduced through protective mechanisms ... (and) are helped to have a positive appraisal of their “self”...and believe in their ability to cope” (Young Minds)



- **Gender** – pre-pubescent girls are more resilient than pre-pubescent boys.
- **Secure Attachment**, feeling secure and loved.
- **Family** – being raised in family where parenting style is warm, nurturing with consistent discipline.
- **Communication Skills** – the ability to talk about emotions and express fears and worries.
- **School** – being ‘connected’ in a positive way with peers, teachers and schools and being involved in activities.
- **Planning, Problem-solving, Achievement** – experiencing success, belief in control, good self esteem.

Teaching about Bouncebackability...

How to bounce back when life delivers you a set back.

- Ensure children and young people know that not all stress is bad e.g. a bit of adrenaline is good to enable high performance in sports /exams.
- Teach coping strategies for times when things are not going well.
- Help individuals to recognise their strengths
- Teach how to externalise the problem e.g. 'Boss the anxiety away'.
- Problem solve with them - Actively listen then ask what they would ideally like to happen; help them to think about all possible approaches.
- Encourage rehearsal for how they would manage a stressful situation.
- Teach relaxation techniques and mindfulness activities.