

The Power of Resilience



WHAT IS RESILIENCE

- Resilience is the ability to steer through life's serious challenges and find ways to bounce back and thrive
- Through life's many challenges, our ability to manoeuvre through will determine our success
- Resilience is something we are born with but it is also something that we need to develop and work on to improve



Lets watch a short video- a Lesson in Resilience

<https://www.youtube.com/watch?v=sKpBJjsZ7EE&t=8s>

Why is it Important to build Resilience

- We live healthier and stronger
- Develop happier relationships
- More successful in school
- Less likely to dwell on the negative



What can help build Resilience

- Resilience building is an ongoing process- involves two aspects...working with ourselves and our relationship with others-
- Inner strengths and
- Outside Supports



Outside Supports

- Outside supports include your family, both immediate and extended, your community as well as your friends
- Looking up to and learning from the positive role models you have around you- the way they take care of themselves , being optimistic, showing compassion towards others, admitting mistakes and moving on

Inner Strengths

Developing Self control/Self Regulation

- This is an important part of building resilience
- It is an inner strength that we develop when faced with challenging situations
- Regulating our feelings, actions, thoughts when faced with challenging situations so that we do not get overwhelmed. These are important for simple things like finishing a task that we start or getting rewarded after completing something

Developing a Positive Outlook

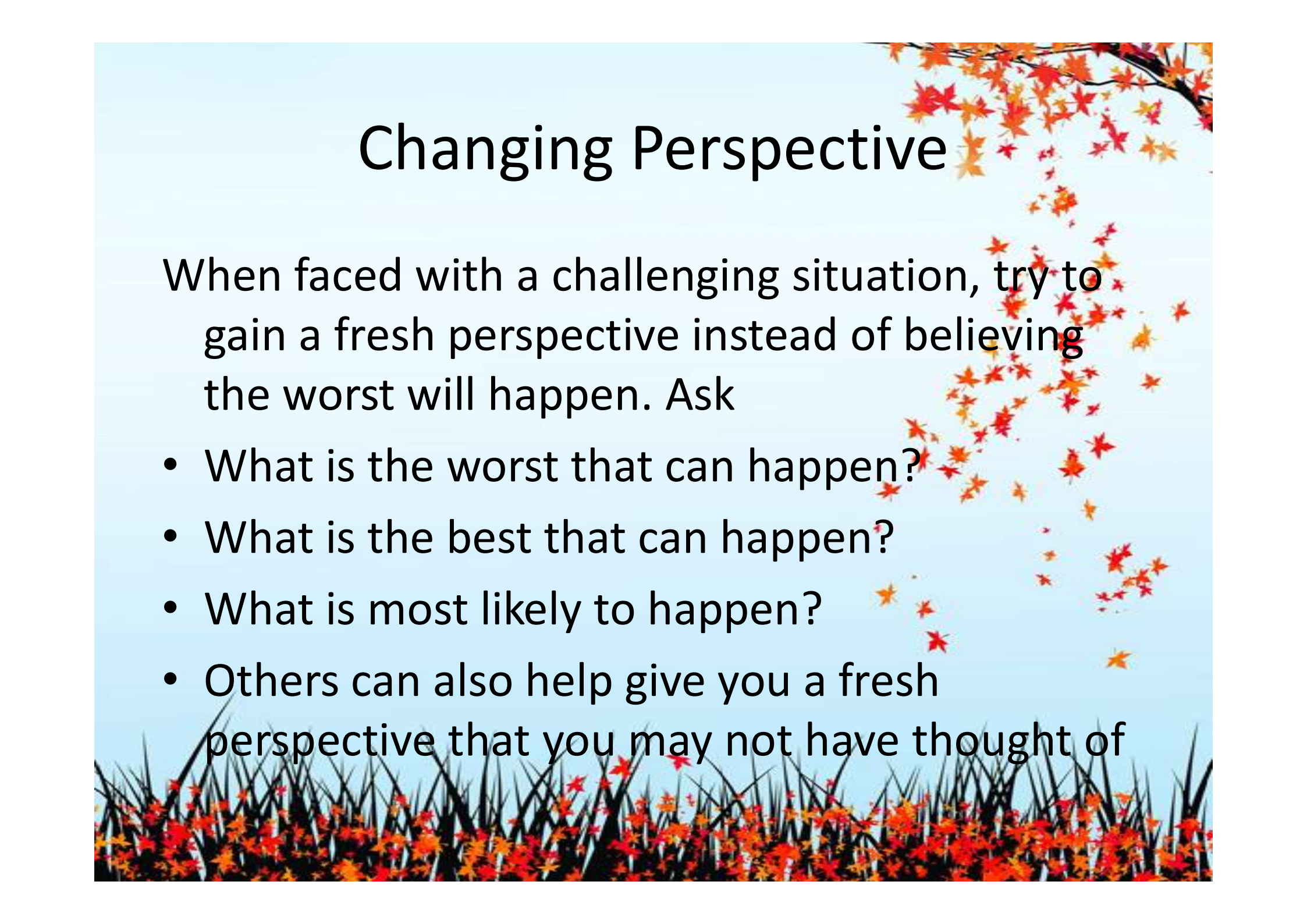
- A positive outlook can change a challenging situation into a manageable one. It makes us feel better and builds hope
- Simple changes to our thinking can help such as “We cannot meet up with our friends outside, but we get to plan fun meetings online creatively”
- Express your gratitude and appreciation to the people in your home/friends. Keep a journal of things you appreciate during this time meaningfully, you can always look back on the positive outcomes of this time
- Learn to use humour to lighten the situation.
- Read inspiring stories

Developing helpful Thinking Skills

One way to build on our thinking skills is by Generating Alternatives- when you force yourself to think of alternatives to your normal pattern of thinking/behaving. Ask :

- What else can I do ?
- Is this as bad as I think it is?
- What if I did this instead ?
- Who can I talk to about this?

Changing Perspective

The background of the slide features a light blue sky with numerous orange and red maple leaves falling from the top right corner. At the bottom, there is a dense layer of dark green grass with scattered orange and red leaves.

When faced with a challenging situation, try to gain a fresh perspective instead of believing the worst will happen. Ask

- What is the worst that can happen?
- What is the best that can happen?
- What is most likely to happen?
- Others can also help give you a fresh perspective that you may not have thought of



<https://www.youtube.com/watch?v=1FDyiUEn8Vw>

A short video to remind us of how we become
more and more resilient

Enjoy !