

Fall 2022

BUILDING RESILIENCY

QUARTER NEWSLETTER OF THE APS MENTAL HEALTH COMMITTEE

Resiliency

by: Andrew Jakobic

Resiliency is a term that has received some buzz in the last few years and for good reason. This broad term holds a lot of weight for developing strong, confident, and empathetic children. The American Psychological Association defines resiliency as "the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress." I think the key word here is stress and how we can learn to manage it. This is where healthy



adults can make a significant difference in the lives of children. Modeling and teaching healthy stress management is crucial to a child's ability to recognize their stress "triggers" and develop healthy coping skills. One of the main areas we can help our children manage their stress and move through change is by creating consistent routines and responses. The American Psychological Association has a great list of skills/techniques for developing resilience. Check it out here:

<https://www.apa.org/helpcenter/resiliency>.

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8 WAYS TO BUILD RESILIENCE IN CHILDREN

1. Let them experience disappointment so they learn sadness doesn't last forever.
2. Validate their fears and help them make plans to do things even if they're scared.
3. Let them take (reasonable) risks and experience natural consequences.
4. Encourage them to try new things, make mistakes, and learn from their mistakes.
5. Give them opportunities to make their own decisions and help them problem solve.
6. Tell stories of people who faced hard times, persisted, and grew stronger as a result.
7. Regame challenges as short term problems, and opportunities for learning.
8. Remind them that although we can't control everything that happens to us, we can control how we respond.

Learn more at:
www.GoodDaysWithKids.com



MENTAL HEALTH RESOURCES



20 Awesome Children's Books About Resilience (Sorted by Age)
 AFineParent.com



For more Mental Health Resources and information on Help Lines, please visit the [Mental Health page](#) on our APS website.

