

Resilience

the capacity to quickly bounce back from difficulties



Resilience is that ineffable quality that allows some people to bounce straight back when knocked down by life. Rather than allowing difficulty to overcome them and drain their resolve, they find a way to rise from the ashes, stronger than ever.

Characteristics of Resilience



Positive Attitude

By adopting a positive attitude, your mindset will be positive and life's difficulties will present themselves as challenges to solve, rather than obstacles that are impossible to overcome.



Optimism

By being optimistic, we look to the future with hope and confidence. This is a general belief that good things will happen in the future.



Regulate Emotions

You are not drawn in by the immediate circumstances, even though you may feel sad, anxious or angry. You know that these feelings do not predict the outcome, they are merely the feelings you are experiencing about the current happenings.



Helpful Feedback

Seeing the current events as helpful feedback about aspects which may need to change. Resilience implies that you are open to this feedback and willing to make necessary changes.



Can Change Course

A resilient mindset is a fluid mindset and is not restricted or limited. The ability to look at the current events and to change the course allows the discovery of new ways of thinking about the events.



Energetic

This is that 'bounce back' quality. Resilient people are not paralysed by adversity. Instead they are energised to act, move forward and bounce back as quickly as possible

Teaching Resilience to Kids



- Do not accommodate their every need
- Avoid eliminating all risks
- Teach them to solve problems
- Teach your children concrete skills
- Don't provide all the answers
- Avoid talking in catastrophic terms
- Let them make mistakes
- Help them manage their emotions
- Model resilience

Be a Resilient Parent!

Many texts have pinpointed parental factors that research has shown to promote prospective resilience in children, in other words, general coping capacities that usually enable them to do well in life (Pringle, 1980; Pugh et al., 1995; Howard and Johnson, 2000; Hammen, 2003; Rosenthal et al., 2003):

- warmth, responsiveness and stimulation
- providing adequate and consistent role models
- harmony between parents
- spending time with children
- promoting constructive use of leisure
- consistent guidance
- structure and rules during adolescence

"swim in your child's pond from time to time"
Beulah

