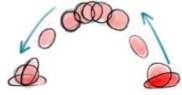


# HEALTHY YOUNG MINDS

## RESILIENCE Part 1: coping with life's "ups" and "downs"



### What is resilience?

Resilience is the ability to "bounce back".

### Why is being resilient helpful?

A child who is resilient is able to cope reasonably well after experiencing difficult, negative or upsetting events and is then able to mostly return to the person they were before these events.

Children who are resilient are more likely to be happy and successful and try new challenges and experiences.

### "When the going gets tough, the tough get going"

### How can you help your child/children to be more resilient?

Children have different levels of resilience. You can help your children to learn how to be resilient by letting them know that:

- Everyone has difficult experiences at some time in their life, you are not alone. The situation will improve but it may take longer than you would like or expect for it to improve. It is ok to allow yourself time to be upset but also to remember that things will change. Stay hopeful.
- Talking to someone you trust about what is worrying or upsetting you may help to ease some of the worry. It just helps to talk to people you love and trust.
- We all make mistakes, nobody is perfect.
- We all have different strengths. You may struggle with something but excel in others. Remind your child of their strengths.
- It helps to be able to find humour in a situation, if you can find something positive or funny, no matter how small; it can help you to cope better.
- Acknowledge what has upset you, rather than focusing on the situation or trying to ignore it realise that the situation has been difficult and upsetting, realise that it has caused distress but also be willing to notice the activities that are still going well. Help your child to realise that despite the difficult situation they are coping well in other areas, even if this is just that the child got out of bed in the morning and got dressed. Praise these other little achievements; help them to concentrate on things that are going well for them.
- Everyone gets scared at times. Helping your child to face their fears will help them to grow stronger. Gentle encouragement will make them feel more able to face these fears and overcome them.



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**If you are concerned about your child's mental health please contact Portsmouth CAMHS on: 02392684700**

CAMHS would be very grateful for any feedback on this newsletter. Please could you complete the online survey:

<https://www.surveymonkey.co.uk/r/XN9QSHG>