

# resilience  
# publichealth5-19service



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# RESILIENCE FACTSHEET

This factsheet will provide you with tips to help build your resilience and helpful links to websites.

## TOP TIPS TO BUILD RESILIENCE:

### 1. Maintain good self-care:

- Have a daily routine, stick to a regular wake up and bedtime to help programme your brain to have more sleep.
- Having a routine around self-care, looking after your belongings and your room promotes your independence. This encourages your parents/carers to view you as being responsible and more likely to compromise with any reasonable changes to their rules.
- Aim for a balanced diet that is low in fat, sugar and salt and includes 5 portions of fruit and vegetables per day ([www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)). Ensure you have breakfast each morning. Drinking 6-8 glasses of fluid daily is also important to maintain health. A good diet enables the brain and body to work well. Help with making family meals this is adding to your independence skills!
- Children of all ages need 60 minutes of exercise daily to maintain good health. Regular exercise and being outdoors increases the endorphins (chemicals released by the brain) which has a positive effect on mood.
- Teenagers need on average between 8-10 hours' sleep per night. Not enough, poor or interrupted sleep can affect school and home life. Good sleep hygiene and routine should be practiced. Avoid stimulating electronic games 2 hours before bedtime and no TV, computers or phones in the bedroom.
- Aim for a balance with school, home, friends and any activities/sports.

### 2. Have fun:

- It's important to do activities you enjoy with friends and family, making memories and strengthening bonds.
- Smiling and laughing boosts your mood and everyone else's around you.

### 3. **Connect:**

- We all need to feel like we belong. It's important for us as human beings to be with others who care about us and make us feel good.
- Having positive close relationships with friends or family are valuable.

### 4. **Help others:**

- Helping others makes us feel valuable and promotes our self-esteem and makes others feel supported and cared for.
- Help out at home with household chores and with younger sibling's homework is a good place to start.
- Consider building your profile at school; can you volunteer for any activities/jobs within school like peer mentoring or helping out with the school library? Are there any local charities or groups you can volunteer with?

### 5. **Learn problem solving skills and goal setting:**

- This is a learned skill; focus on one small problem at a time rather than the bigger picture to avoid feeling overwhelmed.
- Setting realistic goals that can be achieved through small steps will help you to see what you are capable of. Questions to consider asking, *what do I need to do? How might I do it? And who can help? Or what has worked before?*
- Use a list to write out the pros and cons for the problem as a visual aid to solving it.
- Praise and encouragement will support what you have achieved along the way, so make sure you include your parents/carers with your goals, they may have some helpful suggestions so make sure you ask for help when you need it.
- Getting support towards your goals is better than allowing parents/carers to do it for you. You will learn more and can build your ambition by thinking to the future, about what you would like to do beyond school or as a career.
- Change and failure are normal parts of life and new goals can be swapped for goals that have become unachievable.

### 6. **Being brave and facing the fear:**

- Feeling uncomfortable, scared and unsure is a normal part of life and usually means we are in unknown territory facing something new. Taking positive risks is how we learn and develop; think back to when you tried something new how did you feel afterwards? What did you learn from it?

### 7. **Try new activities:**

- Find opportunities that allow you to take a risk and try something new. Attempting to do something brave and difficult is more important than the outcome.
- Plan the activity then review it with a parent/trusted adult to see what worked well and not so well. This encourages you to think about making decisions and how to cope with things that go wrong.



## 8. Acknowledge that it is ok to make mistakes or fail:

- Rather than viewing an event such as a poor test result as a failure or a huge mistake, see it as a learning opportunity. *What have you learnt from the experience? What can you do differently next time?*
- Talking about failures you have overcome can make you a role model for others.

## 9. Encourage optimism:

- Avoid catastrophic thinking and keep a hopeful, positive outlook.
- Try to use more positive self-talk don't be so hard on yourself!
- Encourage your family and friends to have a more optimistic outlook too. Focus on what went well on a daily basis and talk about that with friends and family. Keep a diary of 3 positives and 1 negative and review every week. Over time you will see that the negatives were not that big or important.

## 10. Understanding and managing your feelings and behaviours:

- Recognising that all emotions and feelings are normal and that we all feel them at some point or another.
- Talking about how you feel to someone trusted like a parent or carer is important to help you make sense of what might be going on for you and help you understand and manage your feelings, you might need further advice or support and a parent/carer will know how to access that if you do not.
- Learning to understand emotions and feelings will also give you empathy for others and enable you to recognise why they may be behaving differently and that they might need your support.

# VISIT THESE USEFUL WEBSITES

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Wide range of downloadable publications on keeping safe.

[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Bereavement website for children and their parents. Downloadable resources available.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Information for parents and young people on all aspects of mental health and emotional wellbeing.

[www.sleepforkids.org](http://www.sleepforkids.org)

Website for parents and young people about sleep and how to get a good sleep routine.

<http://www.nhs.uk/Livewell/mentalhealth/Pages/talkingtochildren.aspx>

NHS advice and information about talking to your child about feelings.

[www.kooth.com](http://www.kooth.com)

Free online counselling and support

[www.riseabove.org.uk](http://www.riseabove.org.uk)

Information and resources for young people about health related topics

