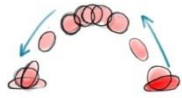


HEALTHY YOUNG MINDS

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

HEALTHY YOUNG MINDS

RESILIENCE Part 2: coping with life's "ups" and "downs"



The last newsletter was on resilience; in this letter we explained what resilience is and how you can help your child to be more resilient.

This newsletter gives further tips on how you can help your child to cope and develop resilience.

How can I help my child to cope and develop resilience?

- If your child is in distress from an upsetting situation, comfort them, allow them to talk to you and help them find a way to calm themselves so that they are better able to deal with the situation and their feelings.
- Help your child change a low mood into a better mood by letting them talk through how they are feeling. Help them to be kind to themselves by doing an activity with them that they enjoy, such as playing a game with them, playing sports with them, going for walks (exercise helps to increase mood), watching a funny TV show or film.
- Allow your child to do things for themselves, under guidance; they need to experience the normal challenges that young people have. Don't do things without checking with them to see if they are capable of doing it for themselves.
 - Encourage your child to talk through what's troubling them, how they are feeling and what they are thinking. Show them that you understand, listen to them and help them to find solutions.
 - Gently dispute any unhelpful thinking patterns or self-defeating talk. Tell them that they CAN do things.
- When your child is upset about a situation help them to gain perspective by asking "how important do you think this will be in a day's time?", then "how important will it be in a week, a month or even a year's time?" If your child does not think it will be important then, help your child to realise that it is not as important as they think. If your child does think it will be important after a length of time help them to problem solve and create solutions.
- Let your child hear you speaking positively to others, such as "things will get better soon" so that they can hear that good outcomes are possible.



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