

Resilience: Handling Life's Challenges

Adversity is a natural part of life. Everyone faces difficulties at some point. Learning new ways to adapt and bounce back is critical to growing and thriving in life. Here are some suggestions:

- 1 **THINK POSITIVE.** Practicing positive attitudes and emotions is very important. Think, "I am capable and deserve to be successful" rather than focusing on what could go wrong.
- 2 **ASK FOR HELP.** Don't be afraid to ask a parent, trusted adult at school, or friend for help when you need it. We all need help sometime and you can be there for someone else, too.
- 3 **EXPRESS YOURSELF.** Expressing our emotions appropriately, even negative ones, is healthy. Talk with someone you trust or find a creative outlet through art, writing, or music. Remember aggression and violence are never okay.
- 4 **STAY HEALTHY.** Healthy eating habits, regular exercise and adequate sleep can help reduce stress. Regular exercise also decreases negative feelings like anxiety, anger, and depression.
- 5 **FOCUS ON YOUR STRENGTHS.** Identify some of your personal strengths as well as what you have done in the past to cope when you were worried or upset.
- 6 **DO SOMETHING YOU ENJOY.** Having fun, stretching ourselves, and connecting are important. Engage in a sport or activity, listen to music, read or write, or simply hang out with friends.
- 7 **SHOW GRATITUDE.** Being grateful improves our attitude towards ourselves and others. Say "thank you" to people who have helped you personally or someone in your school or community who has made a difference.
- 8 **IMPROVE YOUR PROBLEM SOLVING SKILLS.** Think through what happened after a disappointing event. Ask yourself what you did right, not just what you may have done wrong. Consider additional steps that might be more effective next time.
- 9 **DEVELOP PEACE BUILDING SKILLS.** Join a conflict resolution and peer mediation group at your school. Find a faculty mentor to start a group if one does not exist.
- 10 **DO SOMETHING POSITIVE FOR OTHERS.** Contributing helps us feel more in control and connected. Consider volunteering at a local shelter or community center or get involved with a service program at school or through your faith community.

Visit www.braverytips.org for more information on healthy coping.