

For parents

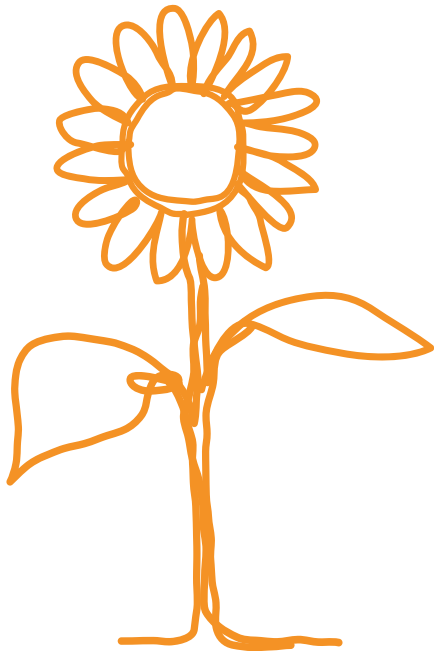
Helping your child to complete the steps to wellbeing will help them to build their coping skills.

Developing resilience may need your support at first instance. Offering your time to listen to your child, plan their week, incorporating some activities to improve emotional wellbeing and also backing off with any pressures in the first instance.

Give your child some space but remind them that you are there if they need you.

Try to practice some of the strategies yourself—parents get stressed too!! They are often quick to forget about looking after their own emotional wellbeing.

Use the 5 steps to wellbeing as a whole family approach of forming resilience.



Other useful websites / organisations

- youngminds.org.uk
- nhs.uk
- mind.org.uk



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

www.nsmind.org.uk

A Young Person's Guide to

Resilience



North Staffs

What is resilience?

COPING SKILLS—also known as resilience, everyone throughout their lives, we need to have certain coping strategies/resilience in order to stay healthy when going through tougher times.

Resilience is being able to bounce back from stress, challenges, tragedy and trauma, and EVERYONE is capable of doing it! So, what would we recommend that could help:

The 5 ways to wellbeing

1

CONNECT

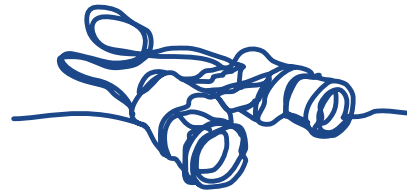
Resilience needs relationships—there is no need to go through this on your own. Don't shut out those around you because talking about your feelings will help. Try and build friendships and identify people around you who will help your emotional wellbeing.



2

TAKE NOTICE

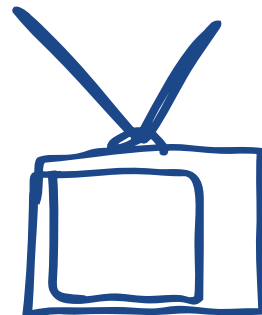
Notice the things around you. Mindfulness is a practice to keep us in the here or now, rather than the past or present. Take note of the taste of your food, look at the views around you, people watch. This really helps keep us in the moment and on track.



3

KEEP LEARNING

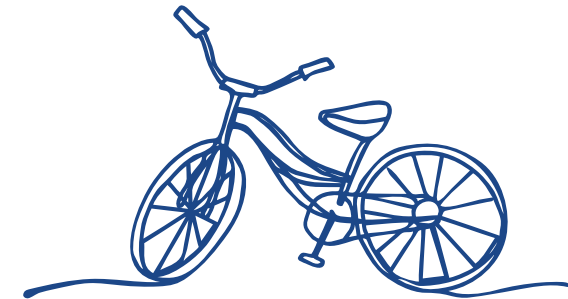
Try something new, read something different, watch something on TV you know nothing about. Keeping new interests and keeping our minds active – builds resilience and is a good distraction from worry.



4

BE ACTIVE

Exercise and physical movement can help keep your mood stable. It can be walking the dog, going to the park, doing a sport/hobby, or just dancing around in your bedroom!



5

GIVE

Do something for someone. Acts of kindness boost our mood and make us feel good about ourselves. Volunteer, say a simple 'thank you', give a gift. It also increases connections with those around you.

