

# SEL. Be. My. Best.

## RESILIENCE

The challenges and trauma of the ongoing pandemic have had a huge impact on students, teachers, the community, and the associated social and academic challenges are ongoing. Meeting the social-emotional needs of students is more important than ever with fostering resilience a vital competency needed to help in this space. The core competency of resilience is at the heart of educational approaches that aim to educate the whole child.

### What is resilience?

Resilience is the ability to cope with unexpected changes and challenges in your life. It's not always possible to prevent stressful or adverse situations, but you can strengthen your capacity to deal with these challenges.

Resilience is your ability to cope with tough times by applying your inner strength and engaging support networks. Resilience can enable you to face difficult situations and maintain good mental health.

### Greater resilience leads to:

- Improved learning and academic achievement.
- Lower absences from work or school due to sickness.
- The experience of more positive emotions and better regulation of negative emotions
- Less depressive symptoms
- Greater resistance to stress
- Better coping with stress, through enhanced problem-solving, a positive orientation, and re-evaluation
- of stressors
- The capacity to make realistic plans and take steps to carry them out.
- a positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem-solving.
- The capacity to manage strong feelings and impulses



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## Characteristics of resilient people are:

- Sense of autonomy- being self-protecting; having goals to build a better life
- Calm under pressure the ability to regulate stress levels
- Rational thought process
- Self-esteem
- Optimism
- Happiness and emotional intelligence
- Meaning and purpose (believing your life matters)
- Humor
- Altruism- learned helpfulness, love, and compassion
- Balance (engagement in a wide range of activities, such as hobbies, educational pursuits, jobs, social and cultural pastimes)
- Sociability and social competence -getting along, using bonding skills, being willing to seek out and commit to relationships, enjoying interdependence
- Adaptability -having persistence, confidence, and flexibility; accepting what can't be controlled; using creative problem-solving skills and active coping strategies.

## What we can do now to help your child grow up with resilience.

Adults play a major role in cultivating and supporting resilience in their children. Students' resilience is related to their social and emotional skills as well as their opportunities to experience supportive and caring relationships.

- Help your child make connections with others to help them build empathy, grow their support network, and encourage resilience.
- Encourage your child to help others, which can help them feel empowered.
- Maintain a daily routine to give young children a sense of safety and structure in their lives, and encourage them to develop their routines.



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- Take a break, and teach your child how to take a break; show him or her that excessive worrying is unproductive and can be harmful, and encourage him or her to set aside what they are worried about at least once in a while.
- Teach your child self-care, including eating healthy, exercising, getting a good amount of sleep, and having downtime to just relax and have fun.
- Help your child set reasonable goals and move toward them, one step at a time; this will help him or her to focus on what they have accomplished rather than what they *haven't* accomplished.
- Nurture a positive self-view in your child by reminding him or her of the ways he or she has successfully handled difficulties and hardships in the past, and connect their past success with their future potential.
- Help your child keep things in perspective and encourage a long-term view—especially when he or she is stuck on something negative right now.
- Look for opportunities for self-discovery for your child, and show him or her how to do the same.
- Ensure your child knows their top character strengths and how to use these effectively in their daily activities and classroom.
- Help teach your child to evaluate, rethink and refine approaches to tasks and take account of unexpected or difficult situations and remain calm and embrace opportunities for future learning.

Last but not the least, teach your child to accept that change is an inevitable part of living and that we can always replace goals that have become unattainable with new, more relevant goals.

The core competencies of resilience are a sense of optimism and hope, caring and respect for others and self, problem-solving and coping skills, ability to reframe stress, and sense of purpose and meaning social and emotional skills that are essential for students' resilience in schools and beyond. They are important for navigating the Ups and downs in life, classes, Co-curricular activities and relationships with peers. Ultimately, developing these competencies contributes to students' well-being in adulthood.

**Yours sincerely,**



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