

RESILIENCE...

Most of us have a sense of what resilience is and we have heard and used the term more times than we can recall. Even so, revisiting the concept of resilience and what it is remains important.

So, what exactly is resilience? Resilience is the mental, emotional, and behavioral ability to endure hardship and bounce back and grow/succeed by adapting to difficult or challenging life experiences, according to the American Psychological Association (APA).

Additionally, resilience can be developed and improved upon by anyone, including kids/students.

With that in mind, we can help kids learn, develop and build resilience through behaviors, thoughts and actions. However, we need to also recognize that it takes time, trial and error, as well as help from others to help cultivate resilience.

It should be noted that being resilient does not mean you don't experience stress, emotional turmoil and pain. Quite frankly, a big part of being resilient is the actual ability and occurrence of working through emotional pain and suffering.

Dr. Ken Ginsburg, MD, who specializes in adolescent medicine at the Children's Hospital of Philadelphia, developed the "7 C's of Resilience Model", with the purpose of helping youth develop and build resilience.

Here are the **Seven C's of Resilience**:

Competence: A kid's ability that allows them to successfully handle situations. Parents, teachers and others working with youth can help youth grow and develop skills that help increase and improve their competence by trying new things. By allowing youth to try new things, you help increase their competence when they succeed.

Confidence: A kid's belief in their abilities. Youth acquire and increase confidence when they demonstrate their competence in real life settings. Helping a youth identify ways that they have successfully handled hardships in the past gives them confidence and strength to handle future challenges. Parents, teachers and others working with youth can help foster confidence in youth by encouraging them to attempt something new and achievable, yet a little more difficult than something they have completed successfully before. Even when youth fail, they can then learn how to bounce back from failure which adds to their own confidence when attempting to try or work through new and more difficult things, knowing failing is not the worst thing that can happen to them.

Connection: Teach kids how to make friends, including the skill of empathy, or feeling another's pain. Encourage a child to be a friend in order to get friends. Being connected

to others is one of the most powerful protective factors. When a youth is connected to others, they are more likely to express their thoughts and feelings (good and bad) and work through their problems knowing they have support from others around them. And having true connections outside of home, such as at school, church, youth groups, sports teams etc., often increases a youth's sense of belonging and well-being.

Character: Youth need a basic sense of what is right and what is wrong in order for them to appropriately act and respond to life happenings. As adults, we must model appropriate, acceptable behavior and teach kids how their actions impact others, good and bad alike. Remember, actions tend to "speak" louder than words.

Contribution: Youth develop a sense of purpose through volunteering, raising money and awareness. By contributing their time, energy and, even at times, money, youth can experience an up close and personal view of the positive and lasting impact their contributions have made in their communities as well as within themselves. Furthermore, youth who may feel helpless in their lives can find power and strength by helping others.

Coping: Youth that learn how to cope with stress in appropriate and effective ways are more likely to be prepared to handle life's challenges. Providing youth with the tools and practice needed to successfully and appropriately cope makes it easier for youth to avoid dangerous and destructive quick fixes, such as aggression, lying, substance use etc.

Control: When youth are given opportunities to make decisions, they then are able to see that their decisions, actions and reactions do directly affect their lives. More importantly, they also learn that they do have some control in how they respond and how their response can impact the effects of difficult happenings.

For more information on resilience and how you can help foster it in youth, please visit the <http://www.fosteringresilience.com/7cs.php> for more information on reliance and the 7 C's of resilience.

<https://optionb.org/advice/the-7-cs-of-resilience-in-kids>

www.psychcentral.com/lib/10-tips-for-raising-resilient-kids

<https://www.everydayhealth.com/wellness/resilience/>