

Pathways to Care Series:

Building Resilience in Kids



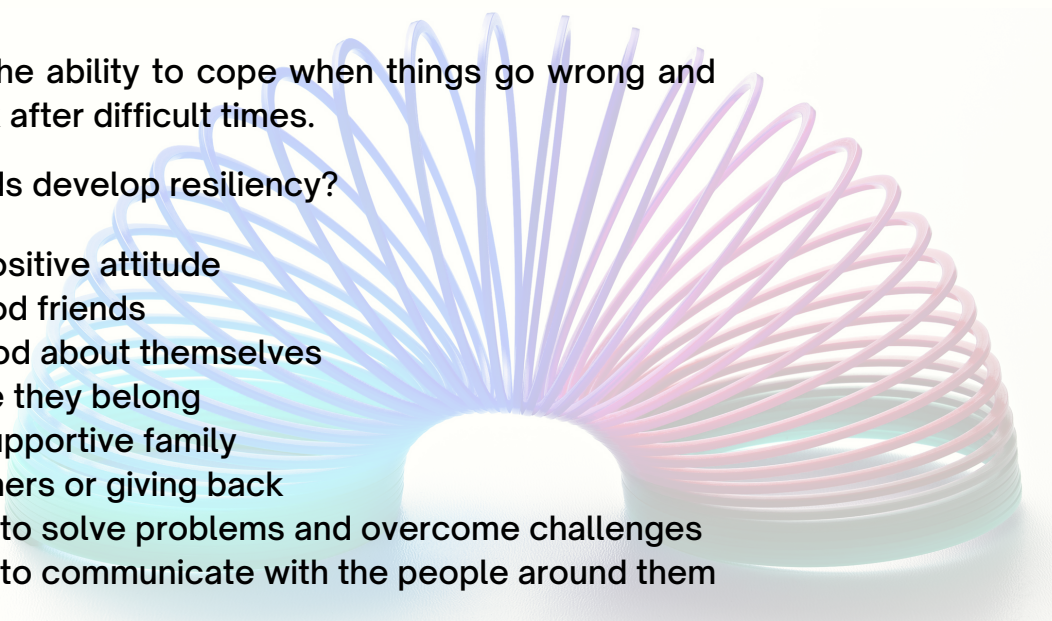
“A smooth sea never made a skilled sailor.”

Franklin Roosevelt

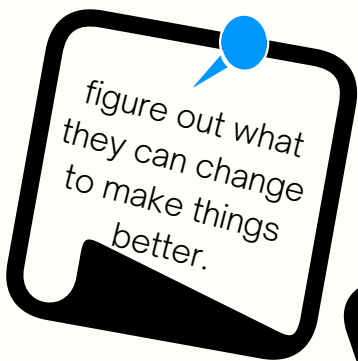
Resilience is the ability to cope when things go wrong and bouncing back after difficult times.

What helps kids develop resiliency?

- Having a positive attitude
- Finding good friends
- Feeling good about themselves
- Feeling like they belong
- Having a supportive family
- Helping others or giving back
- Being able to solve problems and overcome challenges
- Being able to communicate with the people around them

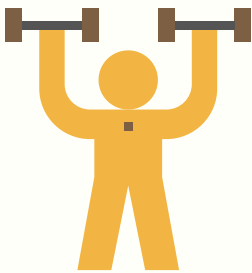


Help kids...



Kids encounter stress of varying degrees as they grow. Despite best efforts, adults can't always protect kids from obstacles. Kids get sick, move to new neighborhoods, encounter bullies and take tests, cope with grief, and deal with divorce.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to handle difficult situations. The more they bounce back on their own, the more they believe that they are strong and capable.



Visit cbtprofessionals.com.au to read about the 7 C's of Resiliency.

Sources: Kids Help Phone, CAMH, <https://www.psychom.net/build-resilience-children>

On the path to living healthier.
Together.