

Thrive 365 #19

Did you know?

Resilience isn't something people are born with, and it's not something they're given. It's something people build - but they need to be given the tools to build it with. If a person is not given these tools in the formative years, that doesn't mean they can't learn them later.

Try these tools to either build your own resilience or to help children develop their resilience. Children will need to see this modelled and they will need you to do the questioning to start with. Eventually, they will internalise your voice.

What can you try?

1. Prioritise relationships

Human beings are hard wired for connection. Close relationships can counter the effects of stress (which over time can lower levels of resilience). Sharing problems can help to put things into perspective for us and allow unhelpful thinking patterns to be challenged. It's important to see the strength in asking for help - being brave and resilient does not mean facing things alone.

2. Build a problem-solving toolbox

Create a 'collection' of useful questions to ask yourself or things to do when something feels difficult or you feel 'stuck'. For example: What would [someone you respect] do? What's worked before? How can I break the problem into smaller pieces? What are 3 simple things I could do to help myself right now? List as many ideas as you can in 2 minutes - even the daft ones, let your brain free flow creatively and see what comes out!

3. Do hard things

Acknowledge your strengths and give yourself credit for the effort you put into difficult things. By working to overcome problems to achieve something you found hard, you develop a feeling of mastery. This makes you less likely to be reactive to future stress and more likely to handle future challenges.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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