



STRATEGIES TO STRENGTHEN RESILIENCE

Resilience is the ability to cope with or bounce back after adversity. If your children struggle with resilience, try the following strategies to help them strengthen their resiliency skills.

1. Make a routine of self-care. Sit down with your children and plan routines that work for them. Examples include bedtime/sleeping schedules, eating routines (healthy meals and snacks), exercising, and doing what they love.
2. Practice mindfulness. When setbacks happen, being able to recognize what's happening in the moment and calm down can help your children cope in positive ways. There are many ways to practice mindfulness with your children. One example is taking a nature walk and focusing on the five senses (e.g., "Listen- what do you hear? Look- what do you see? Do you feel the wind? What does that apple taste like? What do you smell?"). Other ideas include participating in meditation and doing breathing exercises.
3. Build and use a support system. Help your children make a list of people in their support system including phone numbers as needed. These should be people who love your children and make them feel comfortable. Remind your children that they can talk to these people whenever they need help or are feeling low.
4. Find purpose. Help your children set SMART goals (specific, measurable, attainable, relevant, and time-based). Having a specific purpose or goal will help your children bounce back and keep going when things get hard.
5. Practice positive self-talk. Encourage your children to talk to themselves like they're talking to a friend, using kind language and asking helpful questions, such as "how should we go about this?" Challenge your children to change the way they think by replacing negative thoughts with positive thoughts.

REMEMBER 988

Suicide is the second-leading cause of death for young people in the United States. For every person who dies by suicide each year, 316 people seriously consider suicide. The Lifeline has received calls from over 20 million people.

Recently the National Suicide Prevention Lifeline was changed to the 988 Suicide & Crisis Lifeline. Though the previous Lifeline phone number (1-800-273-8255) will remain available for use, the new three-digit number (988) is intended to make it easier for people to remember and access mental health crisis services. This service is open 24/7 and is confidential. Anyone who calls, texts, or chats 988 will be connected to a trained counselor who will listen, provide support, and, if necessary, direct to other resources. Specific details of what calling, texting, or chatting 988 entails can be found [here](#).

To learn more about the 988 Lifeline, visit 988lifeline.org.

