

# How do I help my teen develop resiliency?

**Resiliency** is the ability to cope with challenges and recover faster from negative events or feelings. The components of resiliency include good relationships, being able to deal with emotions, feeling competent to solve problems, and having a positive attitude.

## **Factors that can positively affect your teen's resiliency include:**

- At least one secure attachment relationship
- Access to a wider support system, such as extended family and close friends
- Structure and rules at home
- Positive school experiences
- Good self-esteem
- Good role models

To help teens foster coping and problem-solving skills, give them the opportunity to solve their own problems and do age-appropriate activities with their friends. Don't fall into the trap of being over-protective. Teens learn problem-solving skills by overcoming adversity.

As your teen grows, it is important to help him or her build confidence. Encourage your teen to join activities he or she enjoys, as your teen will gain a sense of accomplishment by acquiring new skills. Getting a first job, getting a driver's license, doing well on a test, or making the soccer team can all help your teen gain confidence.

Developing your own resilience will help you better parent your teen. **You as a parent can develop your own resilience by:**

- Nurturing your own relationships with friends and loved ones
- Seeking out help, advice and positive experiences that help you enjoy and appreciate the gift of parenting
- Using your life skills to get to the root of problems and determine the best course of action
- Realizing what you CAN control and letting go of the things that you CAN'T control
- Managing your own emotions
- Thinking optimistically and staying positive