



RESILIENCE

A Toolkit to help teens understand and build resilience



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What Is Resilience?

Resilience is when someone is able to return to normal after facing trauma or adversity

An example of resilience would be if someone lost a family member and struggled to do their job or function for a few weeks but they were eventually able to return to normal

Resilience has been shown to raise overall wellbeing and can even prevent physical illness



Try this QR code for more information



5 Ways to Build Resilience



Think Positive



Adopt a Growth Mindset



Get Connected



Stay Active



Embrace Change

Think Positive



Thinking positive is important to reframe the way you look at your situation. It also helps to make positive statements (affirmations) about yourself

Positive affirmations have been shown to:

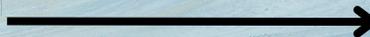
- Reduce Stress
- Improve Wellbeing
- Improve academic performance
- Raise self-confidence
- Raise self-esteem

Instead of saying:

I can't do this

I'm not strong enough

I'll never get through this



Say this instead:

I CAN do this

I AM strong enough

I WILL get through this



Adopt a Growth Mindset

✦
A growth mindset is when
you believe that you can
learn and improve over time
✦



Growth Mindset

- Abilities are able to be improved
- Hard work and effort makes you better
- Failure means that you'll do better next time

✦
If you believe that you can
learn and grow from your
experiences; you will
✦

Fixed Mindset

- Abilities are fixed, can't be improved
- Hard work and effort is bad
- Failure means you should quit



Get Connected

LIFE IS
BETTER
WITH
FRIENDS

Sometimes it's hard to tell when you need help. When you are part of a supportive community they can help identify when you need a hand.



Playing team sports, joining a club, or getting involved in your local community are all ways that you can connect with others.



Being part of a team, community, or just having supportive friends helps a lot when you are struggling.

One study shows that those with positive social relationships have lower rates of depression.

Stay Active



On average, people who are more resilient tend to be more active



Studies show that aerobic exercises is the best at relieving stress but any exercise is better than none

Being physically healthy by staying active, maintaining a healthy diet, and sleeping enough have been shown to help with stress



The CDC recommends that teenagers get at least **60 Minutes** of exercise per day

Embrace Change



Your attitude and feelings towards changing will affect how well you adapt to a new situation

Looking at change as not only inevitable but necessary to improving helps make it easier to adapt in a more positive way



People who are more open and positive about changing will have an easier time adapting to cope with trauma and adversity

Think about change as an opportunity for personal growth and the chance to excel

Conclusion

The next time you face adversity remember to:

✓ Think Positively

To have a better frame of mind



✓ Adopt a Growth Mindset

To grow from your struggles



✓ Get Connected

To have a community that can support you



✓ Stay Active

To reduce stress and stay healthy



✓ Embrace Change

To adapt positively to your situation





More Information

What Trauma Taught Me About Resilience



The Power of a Growth Mindset



8 Things Resilient People Do



The 3 Secrets of Resilient People



Additional Resources

 NAMI MERCER Helpline



Call 609-799-8994 ext. 17
helpline@namimercer.org

 NAMI Crisis Text Line



Text NAMI to 741741

Suicide & Crisis Lifeline



Call or text 988

Capital Health Emergency
Mental Health Services



Call 609-396-HELP (4357)
(for adults: age 21+)

Perform Care: New Jersey
Children's System of Care



Call 877-652-7624
(children: birth - 21)

Find more resources,
programs, and
information at
namimercer.org

