

MENTAL HEALTH & EMOTIONAL WELLBEING

Ways to help at home

Top Tips on Building Resilience in Young People

- Young people need to feel safe and loved.
- Encourage young people to talk about how they are feeling.
- Give young people the time and space to express their emotions.
- Focus on the young person's key skills and attributes and keep highlighting these to them. For example, are they good at a particular subject, sport or do they have a special quality?
 - Value the young person and offer 'direct praise' by commenting on the actual behaviour rather than just a general comment as it will mean more to the young person.
 - Ensure a young person knows they are loved and valued not just by their immediate family but their extended family and the wider community. They need to understand that they have an impact on the community they live in and can make a difference.
 - Give young people choices and options. These could range from simple choices (e.g., what to have for dinner) to a more serious choice (e.g., what subjects to choose for their exams). Giving choices allows them to take responsibility and understand there are consequences and risks that need to be calculated.
 - Avoid comparing siblings, family members or friends and embrace the young person's special, unique qualities as this will help to make them feel special and more valued. Make sure young people have a healthy balance of activity and rest. Too much activity can cause a young person to become exhausted and run down. Too much rest can cause a young person to lose motivation and become even more lethargic.
 - Continue to support young people and help guide them to manage decisions and risks well but allow them to make mistakes that are not too risky. This will help them to learn how to negotiate life and the challenges they will face. (Twinkl, 2018)

Ways to help build resilience in young children (heysigmund.com, 2018)

Build their executive functioning.

This will help them manage their own behaviour and feelings and increase their capacity to develop coping strategies. Some powerful ways to build their executive functioning are:

- Establishing routines.
- Modelling healthy social behaviour.
- Creating and maintaining supportive reliable relationships around them.
- Providing opportunities for their own social connections.
- Creative play.
- Board games.
- Games that involve memory.
- Exercise.
- Opportunities to think and act independently.
- Providing opportunities for them to make their own decisions (Heysigmund.com, 2018)