



Teen Resilience

3 Tips for Parents



1 We all have the ability to be resilient by developing certain character strengths and making human connections. It's like a scale — we can stack on positive things, remove negative ones, or both.

- Resilience can be learned and developed in **anyone**.
- **Resilience is a journey** that begins in early childhood but continues developing well into adulthood.
- Help develop your teen's **coping, problem-solving, and social-emotional skills** to cultivate resilience.
- Resilience helps people **better recover** from harmful experiences.

2 Resilience doesn't mean invulnerability.

- Resilience is about **rebounding** from challenges and **thriving** during good times.
- Even people with high levels of resilience **have their limits** and can experience setbacks.
- Encourage teens to **express emotions** in healthy ways so they learn to share their intense feelings.

3 Parents are instrumental in building resilience in adolescents.

- Teens need skill-sets to navigate the world independently and **bounce back** from adversity.
- Model **positive coping strategies** in the face of challenges. Teens learn from the healthy ways parents and other caring adults manage their stress.
- Offer **unconditional love** to give teens security and support that will enable them to withstand challenges.
- Being unconditional in our love doesn't mean we like everything our children are doing. It means that our presence, involvement, and caring, is always something **they can rely upon**.