



# MANAGING THE MOMENTS

*A Safe Community Coalition Initiative*

## SCC TIPS FOR SEVEN WAYS TO BUILD RESILIENCE

- Encourage intrinsic motivation and independence
  - Nurture competence, connection, and autonomy
  - Kids have to feel capable and motivated to be resilient
  
- Help kids tolerate difficult emotions
  - Teach your kids how to identify and name their feelings
  - Name the hardness of things, not the easiest parts
  - Don't try to problem solve their difficult feelings
  
- Give a vote of confidence
  - Have optimism that tough times will pass AND that your child can handle it
  
- Send healthy messages about failing
  - It's an essential part of learning and growth
  - Fearing failure is stressful and interferes with resilience
  - Share your own failures (past and present)
    - Describe the character building, not the happy ending
  
- Encourage growth mindset and discourage perfectionist thinking
  - Celebrate effort, not outcome
  - Help your kids develop realistic expectations
  - Teach kids to evaluate themselves
  
- Highlight examples of resilience
  - In the wider world
  - In THEM
  
- Model resilience
  - How are you coping right now?
  - Show your children how to process difficult emotions and practice gratitude
  - Be flexible and adapt to the curveballs
  - Demonstrate reframing your point of view and maintaining a positive attitude