



Us Plus

## Mental Health and Wellbeing Bulletin 22

*Hello everyone!*

*This week's bulletin is exploring the idea of resilience and how you can continue to build your resilience – an incredibly useful life skill!*

*Mrs Taylor.*

TV and films, advertising and social media can make it look so easy to be a teen — everyone seems to be laughing, hanging out with friends, wearing exactly the right clothes. But if you're a young adult, you know that life can be pretty tough sometimes. You may face problems ranging from being bullied to the death of a friend or parent. Why is it that sometimes people can go through really rough times and still bounce back? The difference is that those who bounce back are using the skills of resilience.

The good news is that resilience isn't something you're born with or not — the skills of resilience can be learned. Resilience — the ability to adapt well in the face of hard times; disasters like hurricanes, earthquakes or fires; tragedy; threats; or even high stress — is what makes some people seem like they've "got bounce" while others don't.

Here are some tips that can help you learn to be resilient. As you use these tips, keep in mind that each person's journey along the road to resilience will be different — what works for you may not work for your friends.

**1. Get Together** – get connected. Talk with your friends and, yes, even with your parents and teachers. Understand that your parents/teachers may have more life experience than you do, even if it seems they never were your age. Don't be afraid to express your opinion, even if your parent, teacher or friend takes the opposite view. Ask questions and listen to the answers. As we looked at in our wellbeing sessions last week...get connected!

**2. Be easy on yourself.** When something bad happens in your life, the stresses of whatever you're going through may heighten daily stresses. Your emotions might already be all over the place because of hormones and physical changes; the uncertainty during a tragedy or trauma can make these shifts seem more extreme. Be prepared for this and go a little easy on yourself, and on your friends.

**3. Create A Hassle-Free Zone.** Make your room a "hassle-free zone" – not that you keep everyone out, but home should be a haven free from stress and anxieties

**4. Keep a routine.** During a time of major stress, map out a routine and stick to it. You may be doing all kinds of new things, but don't forget the routines that give you comfort, whether it's the things you do before class, going out to lunch, or have a nightly phone call with a friend.

**5. Take Care Of Yourself.** Be sure to take of yourself – physically, mentally and spiritually. And get sleep. If you don't, you may be more grumpy or nervous, at a time when you have to stay sharp. There's a lot going on, and it's going to be tough to face if you're falling asleep on your feet.

**6. Take Control.** Bad times make us feel out of control – grab some of that control back by taking decisive action.

**7. Express Yourself.** Tragedy can bring up lots of conflicting emotions, but sometimes, it's just too hard to talk to someone about what you're feeling. If talking isn't working, do something else to capture your emotions like start a journal, or create art.

**8. Help Somebody.** Nothing gets your mind off your own problems like solving someone else's. Try volunteering in your community or at your school, cleaning-up around the house, or helping a friend with his or her homework.

**9. Put Things In Perspective.** The very thing that has you stressed out may be all anyone is talking about now. But eventually, things change and bad times end. If you're worried about whether you've got what it takes to get through this, think back on a time when you faced up to your fears. Learn some relaxation techniques, whether it's thinking of a particular song in times of stress, or just taking a deep breath to calm down. Think about the important things that have stayed the same, even while the outside world is changing. When you talk about bad times, make sure you talk about good times as well.

**10. Turn It Off.** You want to stay informed – you may even have homework that requires you to watch the news. But sometimes, the news, with its focus on the sensational, can add to the feeling that nothing is going right. Try to limit the amount of news you take in, whether it's from television, newspapers or magazines, or the Internet. Watching a news report once informs you; watching it over and over again just adds to the stress and contributes no new knowledge.

You can learn resilience. But just because you learn resilience doesn't mean you won't feel stressed or anxious. You might have times when you aren't happy – and that's OK. Resilience is a journey, and each person will take his or her own time along the way.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at [ktaylor@penrice.org.uk](mailto:ktaylor@penrice.org.uk)

