

## Resilience: Raising Children & Teens to Handle Setbacks & Disappointments Training Tips

### **Front-end Resilience Training (proactive)** = **Preparing for the disappointment**

- Connect with positive adult mentors.
- Cultivate optimism.
- Limit the drama (every day)
- Encourage a growth mindset.
- Connect with others who are non-judgemental.
- Spirituality (yoga, prayer) stronger on the inside and easier on yourself.
- Cultivate thankfulness.
- Don't be a helicopter parent.
- Exercise tolerance and love for others.
- Family rituals remind them that life does offer stability & joy.
- Show-don't tell. Model resiliency in your home.
- Get out of the way (for the small things).
- Turn off your parent alarm (for the small things).
- Don't tell teens what not to do.



### **Back-end Resilience Training (reactive)** = **Cleaning up the disappointment**

- Plan B
- I am not my mistakes.
- I can try again. Things will get better. I am not alone.
- Tell stories of resilience. They are listening!
- Resilience builds character.
- Social relationships moderate stress. Encourage this.
- Reframe the narrative.
- Create a family mantra or slogan. (Plan B)
- Find someone who has had a similar struggle.
- Interrupt catastrophic thinking.
- Interrupt victimization (why me?)
- Get professional help. Find a group.

