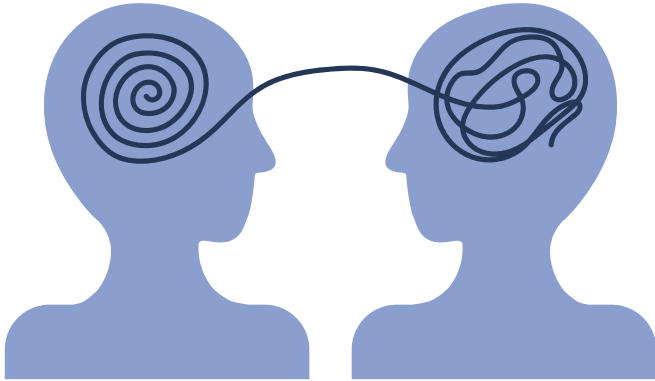


MENTAL HEALTH MEMO

MARCH 2023 | ACCEPTANCE AND RESILIENCY



WHY IS RESILIENCY IMPORTANT?

Building resilience — the ability to adapt well to adversity, rejection, trauma, tragedy, threats, or even significant sources of stress — can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Emotional pain, sadness, and anxiety are common when we have suffered major trauma, rejection, failure, or personal loss, or even when we hear of someone else's loss or trauma.

TIPS FOR BUILDING RESILIENCY

1. **Make Connections**- encourage your child to make meaningful connections with their peers, teachers, coaches, and family members.
2. **Have your child help others**- children who may feel helpless can feel empowered by helping others.
3. **Take a break**- While some anxiety can motivate us to take positive action, we also need to validate all feelings. Teach your child how to focus on something that they can control or can act on.
4. **Move toward your goals**- teach your child to set reasonable goals and help them move towards these goals one step at a time.
5. **Nurture a positive self-esteem**- help your child remember ways they have successfully handled hardships in the past to help them feel strength to handle current and future challenges.

RESOURCES

If you feel your child seems stuck or overwhelmed and unable to use these tips, you may want to consider reaching out to a mental health professional.

Reach out to your child's classroom teacher or school principal to get in contact with your school's mental health therapist from Catholic Charities.

