

Help your family be more resilient



Everyone faces disappointments and hardships at one time or another. Teaching kids how to be resilient — the ability to adapt to change and stress and adopt a “never give up” attitude — is an important life skill. These tips can help you and your entire family become more resilient.

Focus on strengths. When a family member is facing a difficult situation, remind them of all of the personal attributes they have that will help them get through it.

Skip the drama. Stay level-headed by managing your response to setbacks. If you react strongly and lose your composure, chances are those around you will react similarly. Being able to manage your emotions during crisis is essential to being resilient.

Avoid “helicopter” parenting. Being overly protective of your children may prevent them from becoming resilient adults. Children need to learn from their own experiences, mistakes and achieve their own successes.

Don’t swoop in to save the day. When a loved one is facing a crisis, hear their concerns and offer advice when asked, rather than trying to solve the problem for them. This will allow them to develop problem-solving skills and build their confidence in their own abilities to overcome adversity, all of which boosts resilience.

Spend time together. If it seems like a dark cloud is always above your family, it is extremely important to spend as much time as you can doing enjoyable things together. Having these positive experiences can help you endure the hard times and improve your family’s resilience.



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