

FOUR WAYS TO BUILD RESILIENCE FOR ADULTS

DEALING WITH ADVERSITY AND IMPARTING THIS SKILL TO OUR CHILDREN.

Challenges, failures and setbacks can happen at any stage in our lives. Acquiring the knowledge, skills and confidence in building resilience will help us overcome these stressful situations. We can also impart such essential life skills to our children so that they have the ability to manage and overcome adversity. To build resilience, bear in mind these four principles:



1 EMBRACE POSITIVITY: Look On The Bright Side

Focus on possibilities and solutions. View negative events as temporary setbacks to be overcome. Think about what can be done rather than what cannot be done. Positivity, or optimism, is the belief that good things will happen, and solutions can be found. Positive thinking has self-fulfilling effects.



2 DEVELOP COURAGE: Address Problems Head On

Do not be fearful or run away from a challenge. Plan a course of action, get advice from others, and stay focused on finding a solution using existing resources. Do not dwell on the negative or unpleasant, but be encouraged by small victories, moving one step at a time. Put in effort to resolve the situation. You can then draw strength from this the next time you are struggling.

3 FOCUS ON GROWTH AND LEARNING: Treat Difficult Tasks As Experiences To Build Character

Recognise the learning and affirm the growth you have made from dealing with difficult experiences. We need to identify the character attributes that the situation calls for, be it courage, patience, unconditional love, justice, empathy, understanding, tact, forgiveness, detachment, moderation or kindness.

4 GET OUT OF YOUR COMFORT ZONE: Get Accustomed To Challenges

One of the best ways to develop resilience is exposure to difficulties in life — be it physical, psychological, social-emotional or intellectual. Rather than fearing failure, embrace challenges, as well as the new and unfamiliar (e.g. learn new things or pick up new skills).



PASS IT ON

Some tips to help your child apply the same principles:

- **Speak in a positive language.** For example, if a child is fearful (negative), you can say "let's be brave".
- **Encourage the child.** Help your child break down a challenge or problem into smaller parts so that it looks more manageable. You can share with him how you took step-by-step actions to overcome a similar problem in the past.
- **Identify specific character attributes.** Instead of simply saying "good job", encourage your child to think about the attributes he used to resolve the problem. Guide him in identifying the attributes (e.g. patience) and praise him.
- **Accustom children to challenges.** Expose your child to a range of activities that are developmentally appropriate. Encourage him to pick up new skills, such as learning how to play a new instrument or trying a new sport. Support him in working out challenges that he encounters.

