

RESILIENCE FOR TEENS: GOT BOUNCE?

DAUPHIN COUNTY MH/ID PROGRAM
APRIL 2018 RESOURCE SHARING

The ads make it look easy to be a teen—everyone laughing, hanging out with friends, wearing the right clothes. But if you're a teen or young adult you know that life can be pretty tough sometimes. Why is it that some people can go through really rough times and still bounce back? Those who bounce back are using the skills of resilience, which is the ability to adapt well in the face of hard times. Resilience is what makes some people seem like they've "got bounce" while others don't. The good news is that resilience isn't something that you're born with—the skills of resilience can be learned. Keep in mind that what works for you may not work for your friends. Each person's journey along the road to resilience will be different.

10 Tips to Build Resilience

- 1. Get Together.** Talk with your friends, and yes, even with your parents! Understand that your parents have more life experience than you do and that it might be hard for them to approach you. Don't be afraid to express your opinion even if your parent or friend takes the opposite view. Get connected to your community, whether it's as part of a church group, high school group, sport, or other activity.
- 2. Cut Yourself Some Slack.** When something bad happens in your life, the stress of whatever you're going through may heighten daily stresses. Be prepared for this and go easy on yourself and your friends.
- 3. Create a Hassle-Free Zone.** Make your room a haven free from stress and anxieties. Understand though if parents and siblings want to spend time with you if something serious has just happened in your life.
- 4. Stick To The Program.** 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 bring you comfort.
- 5. Take Care of Yourself.** Physically, mentally and spiritually. And get sleep!
- 6. Take Control.** You can move toward goals one small step at a time. Just getting out of bed and going to school may be all you can handle, but that can help. Grab some control back by taking decisive action.
- 7. Express Yourself.** If it's too hard to talk to someone about what you're feeling, do something else to capture your emotions like start a journal or create art.
- 8. Help Somebody.** This gets your mind off your own problems. Try volunteering in your community or at school, cleaning up around the house or helping a friend with homework.
- 9. Put Things in Perspective.** Remember that things change and bad times end. Think about a time when you faced up to your fears. Learn some relaxation techniques. Think about important things that have stayed the same even while the outside world is changing.
- 10. Turn It Off.** Sometimes the news can add to the feeling that nothing is going right. Try to limit the amount of news you take in from all formats.

You can learn resilience—but just because you learn resilience doesn't mean you won't feel stressed or anxious. Resilience skills are good to use every day. Resilience can help you become one of the people who've "got bounce". If you're stuck or overwhelmed and unable to use the tips listed above, consider talking to your guidance counselor or another mental health professional.

<https://www.health.harvard.edu/blog/in-children-and-teens-depression-doesn't-always-look-like-sadness>