

THE IMPORTANCE OF RESILIENCE

A guide for everyone

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WHAT IS RESILIENCE

The ability to recover quickly from difficulties, or the ability to “bounce back”

Resilience is a characteristic that everyone can build and continue to nourish throughout their life. Growing your own resilience, and inspiring others to grow and recognize theirs, can help individuals continue to face challenges with strength and confidence. Resilience allows us to keep moving forward, as individuals, families, and communities. It teaches us how to respond to difficulties and helps prevent us from negative or harmful reactions that could hurt ourselves or others.

Safe at Home is excited to provide supporters with this activity book to inspire YOU to build resilience. Within this packet, you will find activities for all ages to begin your own exploration of building resilience and caring for your mind, body, and spirit!

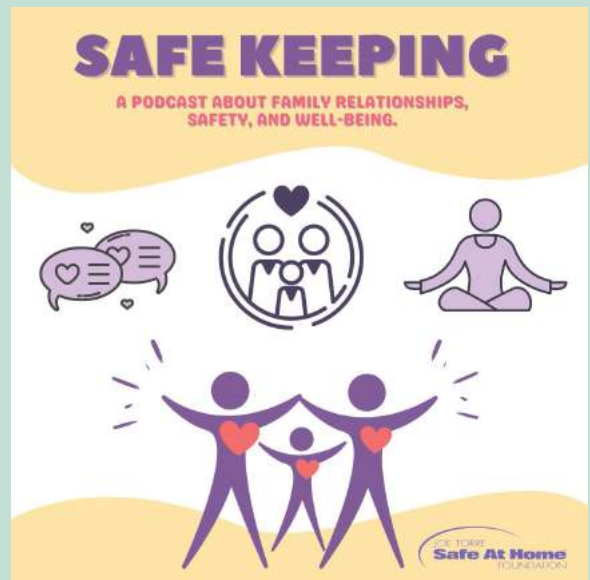
Understanding Resilience:

Media Clips from Safe At Home

Safe Keeping Podcast

In this Safe Keeping episode SAH Staff discuss the importance of "filling your bucket" and how learning how to build resilience for yourself is the first step to helping others.

For more full episodes of Safe Keeping, visit joetorre.org/podcast.



Episode 19: Building Resilience



Mini Webisode

Join SAH Staff as we walk through the importance of building resilience through self-care. This mini webisode introduces viewers to the different categories of self-care and outlines how you can make a plan to rejuvenate your mind, body, and spirit!

Self-Care Mini Webisode

Taking care of yourself is an important part of building resilience. Self-care can help you recognize your emotional responses to stress and develop practices to manage them. Use the following journaling prompts to reflect on what you need, as often as you need!

What's something that you are looking forward to?

Write 5 or more things you are grateful for.

What's something you do for fun that brings you joy?

Describe three of your strengths.

Describe how you take care of yourself.

What's something you can give yourself?

GROUNDING WITH OUR SENSES

STRESS, ANXIETY, ANGER, AND INTENSE EMOTIONS ARE ALL A NORMAL PART OF BEING HUMAN, BUT SOMETIMES WE CAN FEEL LIKE THESE THINGS OVERWHELM US OR TAKE OVER OUR MINDS. DURING THOSE MOMENTS A USEFUL TOOL YOU CAN USE IS "GROUNDING". "GROUNDING" CAN HELP YOU TO LOWER THE INTENSITY OF YOUR EMOTIONS BY USING YOUR SENSES TO HELP GENTLY BRING YOU BACK TO THE PRESENT.

DIRECTIONS:

USE THE FOLLOWING PAGE AS A GUIDELINE TO HELP YOU GROUND YOURSELF DURING PERIODS OF INTENSE LEVELS OF STRESS AND EMOTIONS. READ EACH SENSE AND SEE HOW THEY WORK FOR YOU.

GROUNDING WITH OUR SENSES

TOUCH

Find an item to touch or hold and take a moment to describe it to yourself.

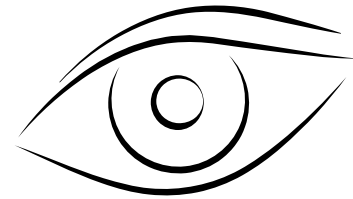


SMELL

Take a moment to smell your environment. Can you describe it?

SIGHT

Look around you and find anything and describe its features.

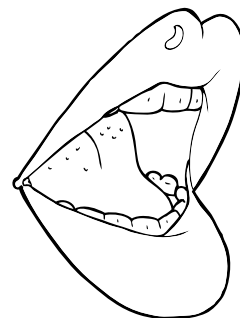


SOUND

Listen to your surroundings for a minute...What do you hear?

TASTE

While eating or drinking, take some time to describe the flavors that you taste.



BUILDING RESILIENCE

Supporting Children in Managing Tough Emotions

Supporting children in building resilience includes helping them overcome moments of difficult or emotions that might feel "too big" to handle. These simple activities can help children learn to regulate their feelings, and can help adults practice building their own resiliency too!

BREATHE

Regulating breathing can help to calm the mind and body when feeling overwhelmed or frustrated.

Try This: Sit with your legs crossed on the floor. Breathe in slowly through your nose, pretend you are smelling a flower. Hold your breath for 3 seconds. Exhale slowly, pretend you are blowing out a candle.



TAKE SPACE

Taking space allows you to reset and collect your thoughts and emotions before sharing with others.

Try This: Having a calming tool or fidget toy can help children focus nervous energy and relax. For instructions on how to create a family calming tool, click below to

[Visit our You Tube Channel](#)

it's okay to feel



your feelings

ENCOURAGE FEELINGS

Talking openly about feelings and using healthy communication leads to easier conflict resolution and understanding

Try This: Encourage your child to use to use feelings statements to express their emotions in the moment by following the phrase:

"I feel _____ because _____"

LISTEN ACTIVELY

Showing children you hear them and responding with empathy can support them in deescalating feelings of distress and help them feel heard and understood

Try This: After listening to your child express their feelings, repeat back to them what you heard in your own words. For example "I hear you are feeling disappointed that you didn't get to go to the park today, is that right?"



CELEBRATE THE POSITIVE

Reminding children that they are loved unconditionally allows them to be their full selves. Rewarding them with positive praise when they behave well, continues to encourage positive behavior.

Try This: Draw a picture as a family and include all the things you love about each other!

Thank You!

Thank you for your continued support of Safe At Home's mission to end the cycle of violence!
For more information about building resilience, creating space for self-care, and many more topics and activities, please visit
joetorre.org/resources

