

Resilience

- The power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.. ability to recover readily from illness, adversity, or the like; buoyancy.

Why is Resilience Important?
Teenagers – Snap shot look at
Neuropsychology and
Development

- Who has been to this store on a bad day?
- A Teenagers bedroom – mirrors the inside world to the outside world.

The Brain



The Teen years are the most tumultuous time of brain development since coming out of the womb (Giedd, NIMH).

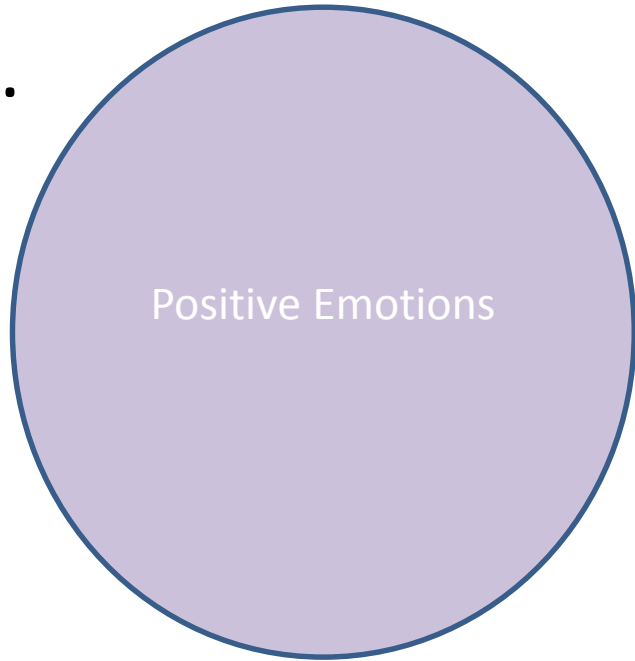
The Brain / Synaptic Pruning

- *Pruning* means that the abundance of neural connections achieved during the soaking in of knowledge during the childhood period will be whittled down. In the adolescent years the pruning process is very robust. This process can be intensified with stress – which is why resilience is so important.



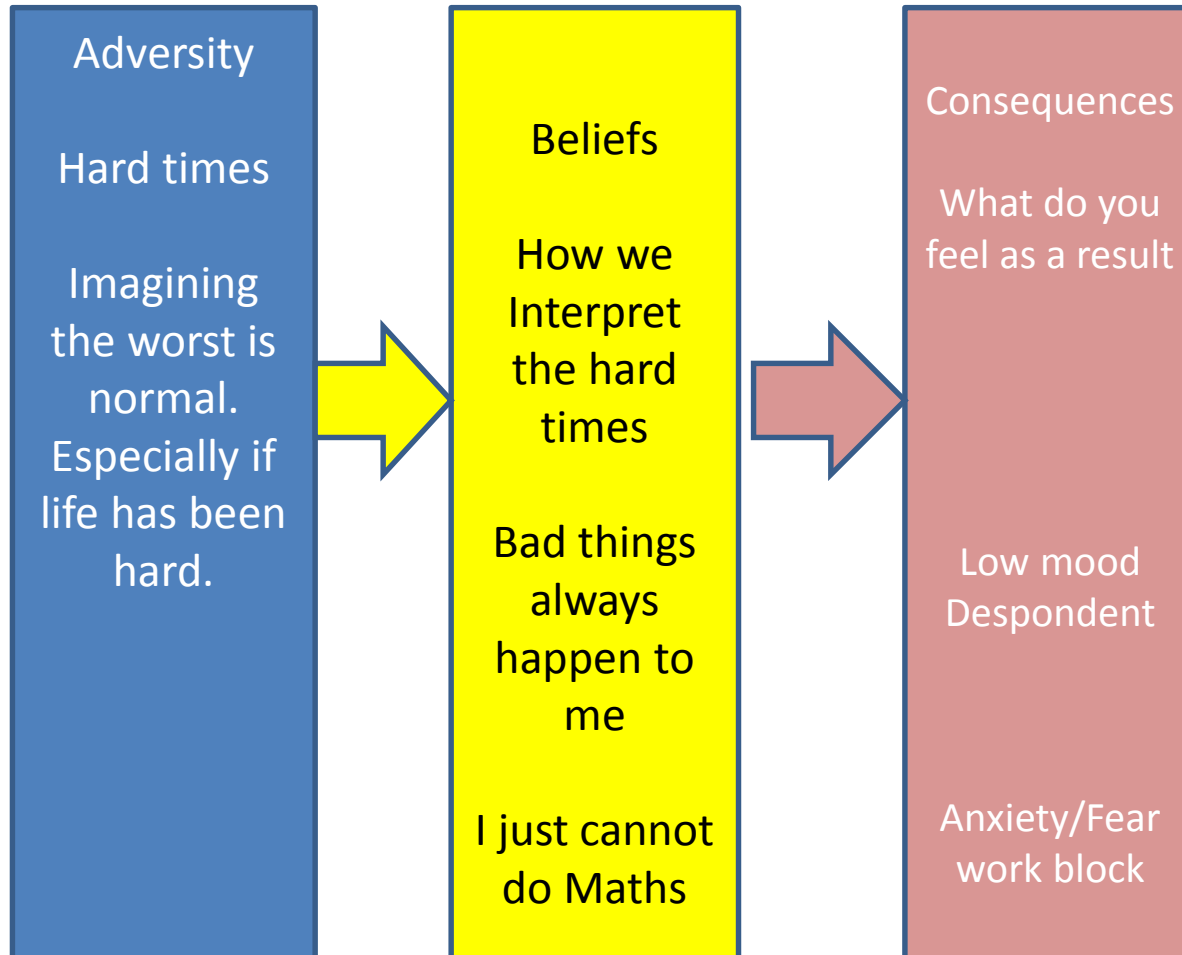
- The classic **“use it or lose it”** principle applies to adolescence—those circuits that are repetitively actively engaged remain, those underutilized may be subject to systematic pruning.
- **What is your teen doing? Which pathways are their strengthening? Pizza and Gaming? Their own unhelpful coping strategies to stress? Or resilience while studying a skill for life.**

Positive Emotions



Positive emotions

Psychologist Albert Ellis - A-B-C for Adversity – Beliefs – Consequences.

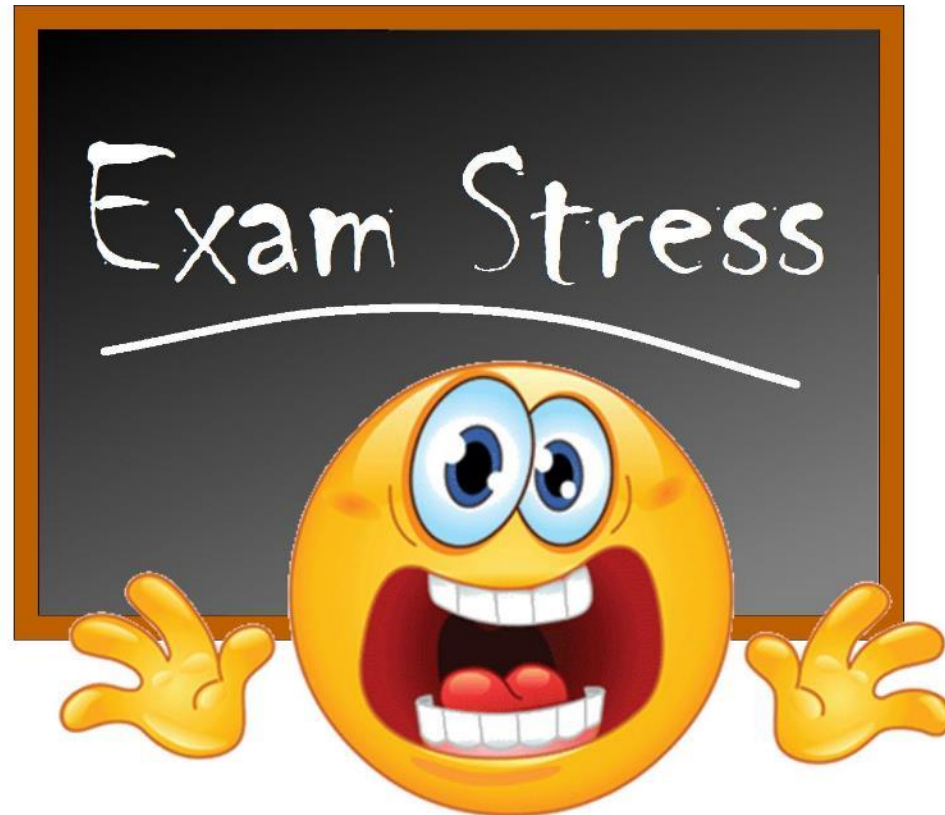


Students Year 10

Friendships relationships assessments
bullying
low self-esteem social media
tiredness arguments homework
managing deadlines
self-harm suicidal thoughts
feeling isolated feeling different
failing unsupported
Low self worth No one listens to me body image
loneliness
feeling out of control no one understands

To name but a few!

**In Year 11
all the above and...**



How did you do it

- Spirituality



Mindfulness – rooted in Hinduism and Buddhism. MBSR Courses.

Meaning in life: is the extent to which a person feels their life is purposeful and how they make sense of their life and place within the world.

Christians Believe in a relationship with a personal God: we are not alone [Isaiah 41:10](#) 'Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand'

Mother Teresa said: Loneliness and the feeling of not being wanted is the most terrible poverty'

Global Journal of HUMAN-SOCIAL SCIENCE: Interdisciplinary Volume 15 Issue 3 Version 1.0 Year 2015 Article 'Religion as a Resilience Tool to Manage Stress in Adolescents': [Islamic Approach](#) 'Islam sends a consistent message to the believers facing all kinds of adversities. Use the inner strengths and have a pure soul'

How did you do it

Physical Wellbeing and Activities

Young people – exercise for fun, extra curricular activities.

EXPERIENCE OF BEING RESILIENT IS KEY.

‘Exercise reorganises the brain to be more resilient to stress’

[https://www.princeton.edu/news/2013/07/03/\(accessed 11-5-2018\)](https://www.princeton.edu/news/2013/07/03/(accessed%2011-5-2018))

Sleep, teenage brain and melatonin, as much as possible..

How did you do it

Support - Did we rely on or turn to other people for support, information and encouragement?



Friends/Partners/Doctors/
Health Visitors...

Encourage face to face,
friends at home, rather
than online.

Inner resources and external resources.

Set Goals

Positive Emotions Please help yourself to resources to use at home	Spirituality and faith Meditation and Prayer and belief	Support Friends Family - Fun Teachers GP Youth Clubs	Physical Wellbeing Sleeping, Eating, Exercising	ACTION PLAN
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When Goals/Coping strategies are used resilience is achieved and self esteem grows.

You are needed

- The relationship with parent needs to change (Emotion Coaching). Teenagers have a push/pull effect on caregivers.
- Teenagers are programmed to fall out of love with parents and into love with peers – governed by an opioid withdrawal in relation to parent.
- Amusing book... **‘Mum, get out of my life, but first can you give me and Alex a lift to town’**

They need resilience to survive life and we need resilience to survive them at times! 😊 . Research shows parents are still the most influential person to a developing teen. <https://www.youtube.com/watch?v=1v9XeApSYNY>

Thank you

- Thank you for listening.
- Please take a second to complete the resilience section of your evaluation form.

Please help yourselves to handouts which you can look at with your young people when needed. We are free now for 5 minutes for brief questions. If you are unable to get to us this evening please complete any questions and contact details on the evaluation form and we will get back to you.