



**“The child may not remember,  
but the body remembers.”**

*Resilience: The Biology of Stress &  
the Science of Hope*

## **What does resilience mean?**

Resilience is the ability to recover from difficult life experiences such as misfortune, illness, adversity, change, setbacks, trauma, tragedy, threats, and stress.

Resilience does not mean that a person doesn't experience distress or suffer emotionally.

Resilient people bounce back. They do not allow adversity to define them.

People are not born being resilient or not resilient. The characteristics of a resilient person can be developed in anyone. Resilient behaviors, thoughts, and actions can be learned and strengthened.

### **For More Information**

**American Psychological Association**  
[www.apa.org/helpcenter/resilience.aspx](http://www.apa.org/helpcenter/resilience.aspx)

**Healthychildren.org**  
[tinyurl.com/y8gby58u](http://tinyurl.com/y8gby58u)

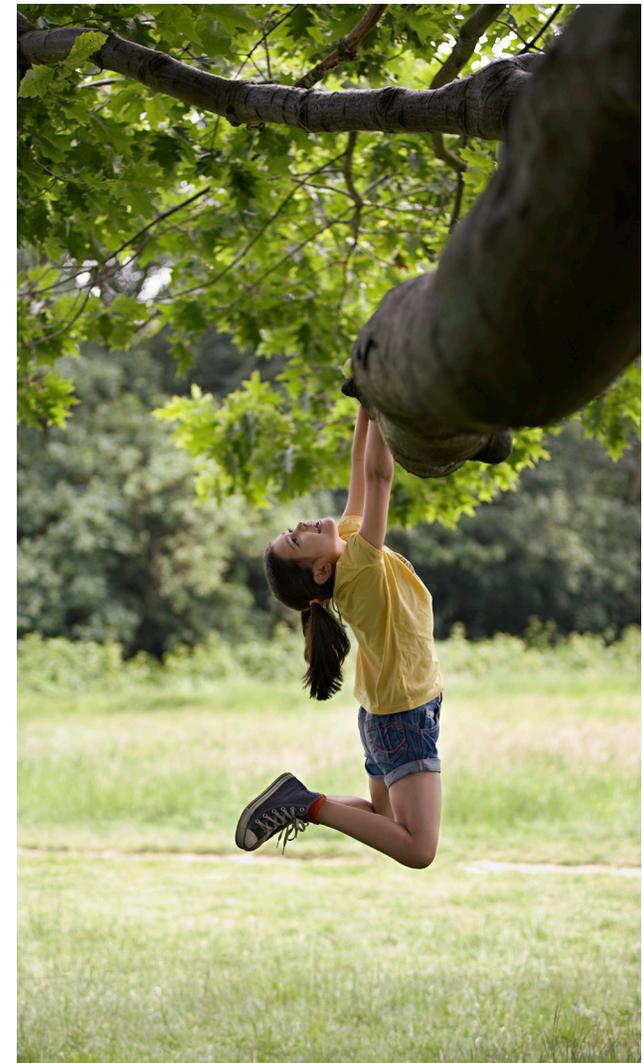
**Centers for Disease Control and Prevention**  
[www.cdc.gov](http://www.cdc.gov)

### **Local Contacts**

**Mental Health Association in PA**  
717.346.0549  
[www.mhapa.org](http://www.mhapa.org)

**The Salvation Army**  
717.233.6755  
[pa.salvationarmy.org/harrisburg-pa](http://pa.salvationarmy.org/harrisburg-pa)

**West Shore School District  
with thanks to the  
West Shore Education Association  
(WSEA)**  
[www.wssd.k12.pa.us](http://www.wssd.k12.pa.us)



# **RESILIENCE**

## **Important Information for Parents & Families**

**PROVIDED BY THE WEST SHORE SCHOOL DISTRICT**

## What can I do to help the children in my life develop resiliency?

### Be a reliable presence.

A loving, supportive, and responsive relationship with a caring adult can help a child be resilient when faced with difficulties.

### Build connections.

Children may not always know who is “in their corner.” Let them know about people who will cheer them on.

### Teach them to ask for help.

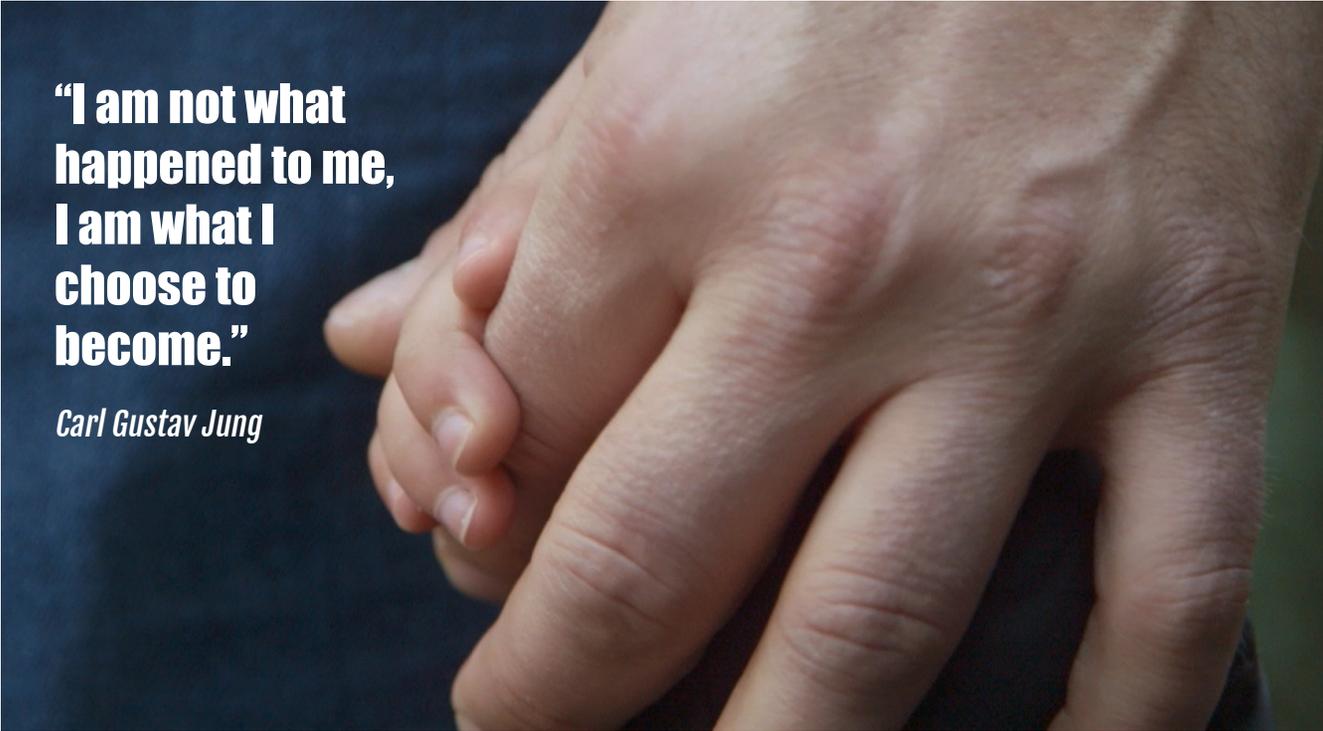
Being brave does not mean dealing with everything by themselves.

### Model healthy social behavior.

Teach children to manage their feelings and behavior. Provide opportunities for social interactions, independent thinking, creative play, board games, memory games, exercise, and decision making.

### Remind them that they are capable of attempting things that seem difficult.

Praise them for effort and acknowledge their strengths and courage when they take safe risks.



**“I am not what happened to me, I am what I choose to become.”**

*Carl Gustav Jung*

### Teach them to be optimistic.

Help them to see things from a different view while respecting their personal viewpoint. Opportunities can be found in disappointing circumstances.

### Do not step in to help with every situation.

Manageable stressors and challenges will help them to develop the skills they need to deal with future stress.

### Help them face fears.

Gentle and safe guidance towards challenges helps children feel supported.

### Seek outside support if necessary.

Your community has many resources to help children dealing with adverse life experiences.

### Model Resiliency.

Children want to be like the adults they love and respect. At appropriate times, show them how you handle disappointment, stress, and sadness. Show them that these feelings are very normal.

*SOURCE: Young, K. (2016, August 11). Building Resilience in Children – 20 Practical, Powerful Strategies (Backed by Science) [www.heysigmund.com/building-resilience-children](http://www.heysigmund.com/building-resilience-children)*