

ELSA Newsletter



The capacity to recover quickly from difficulties; toughness

So as the description above says resilience is all about being tough but sometimes when we come across really difficult things in our life we don't feel tough at all so how can we build ourselves in to 'tough cookies'?



First of all lets look at something called the 'comfort zone', you may have heard people saying "you need to push yourself out of your comfort zone" but what does this mean?

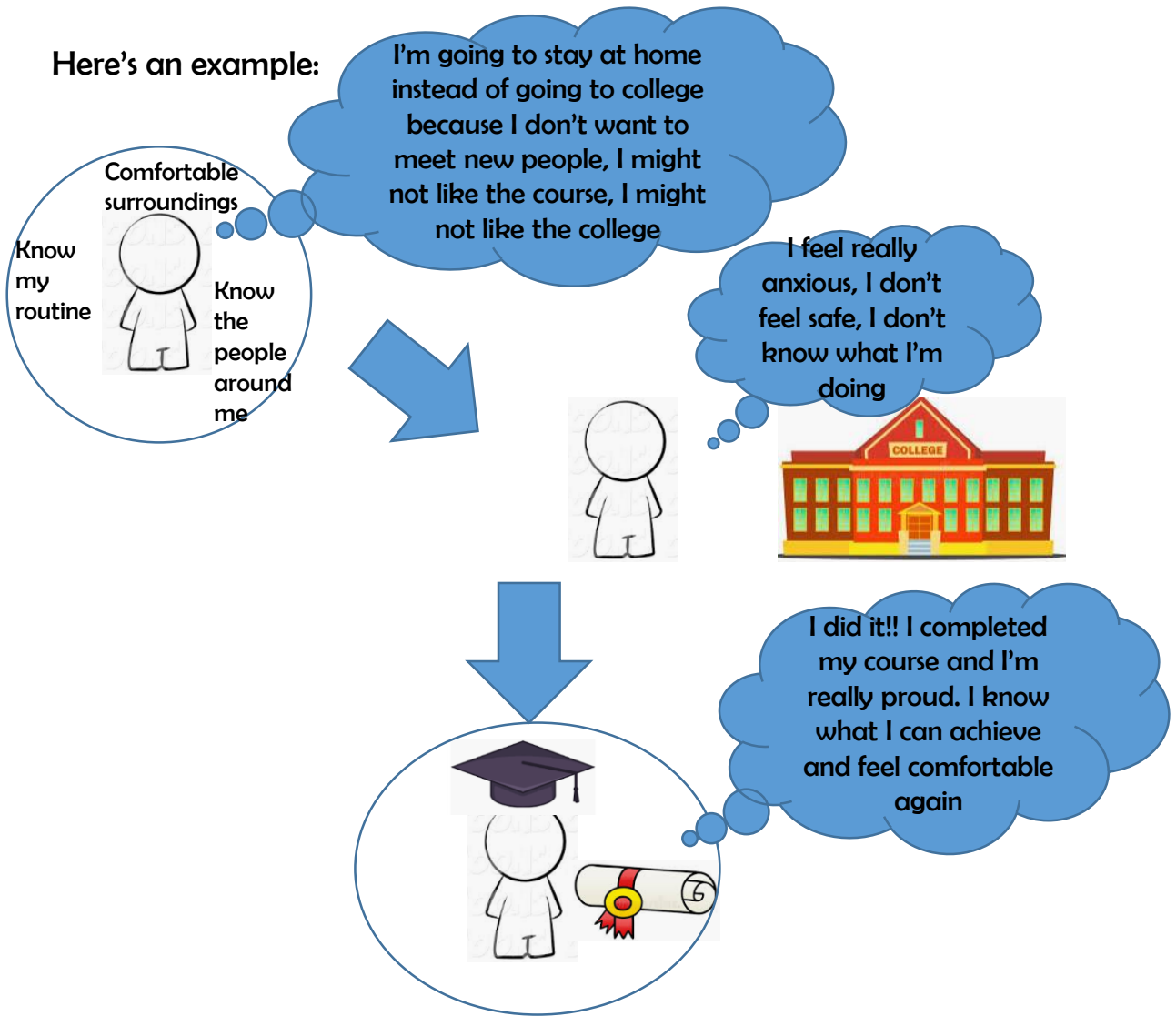
Lets think of it like a protective bubble, we all live in a protective bubble where we know what we like, what our favourite routine is and what makes us happy or sad. It's quite nice living in this bubble because it makes us feel safe and we always know what is going to happen in our lives, it's predictable (we know what's going to happen next.) But what happens when we come out of this bubble?

It is really hard to step out of our protective bubble because we become worried about the unknown and unpredictability (not knowing what is going to happen next) but there are lots of things to explore outside of the bubble and there might be things that you find outside of the bubble that you really enjoy and that will offer you more opportunities in life.



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Here's an example:



In this scenario the person will need to step out of their comfort zone again once they decide what they are doing next. For example they may want to go to university but will worry about leaving home or they may want to find a job but will worry about an interview however the more they push themselves out of their comfort zone they will become more resilient and confident as they know that they are tough enough to deal with new things.

Building resilience is also about making mistakes, as humans we are all really worried about making mistakes as no one else makes mistakes, right?

Wrong, everyone makes mistakes but the way we build resilience is how we cope when we do make a mistake.

Have you ever been in class and known the answer to a question but not wanted to answer it in front of your class mates because you're worried that you'll get it wrong? Or have you been in class and someone has answered a question wrong and people have laughed at them?

In order to build resilience we need to give things a go without worrying too much about what people will think of us or about getting things wrong. If you get the question wrong does it matter? Next time you'll probably know the right answer. Those people who were laughing did they know the answer or have the guts to speak out in front of the class? No, but you did and that shows that you are beginning to become a tough cookie as you're not worried about what those people are saying.

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Building resilience

Sometimes life is like climbing a mountain. It's never going to be easy as there will always be parts that are difficult to get over and challenges that you will face but if you keep on trying you will eventually reach the top.

When you reach the difficult parts you sometimes can't work out how you're going to get over them but there are always people who are willing to help you find a way.

Sometimes you may slide back down the mountain, or sometimes the mountain will just look too high and it will seem that you will never reach the top. The only way you will reach the top is to carry on and to keep trying even when it gets really difficult. Never give up.

Every time you get over the difficult part you have learnt a lesson in how to tackle the next difficult stage in your climb, use this as a lesson not as a failure. The more difficult stages you tackle, the stronger you will become.

When you reach the top of the mountain you will be a different person to the one who started the climb. You will be stronger, motivated and confident. You will be a resilient superhero!!!!

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Top tips to help you become resilient

- ❖ Being positive – don't think about what could go wrong if you give things a go, think of the things that will happen when you get things right and what you will achieve.
- ❖ Finding good friends – having positive friendships will make you feel more confident as you know that they will be there for you if you do make a mistake.
- ❖ Feeling good about yourself – if you believe in yourself then you can achieve anything.
- ❖ Feeling like you belong – have clear goals of what you want to achieve in life as this will make you feel more motivated and make you want to try new things.
- ❖ Being able to solve problems or overcome challenges – try thinking about the problem and what you can do to make things better. You may not be able to do this on your own at first but asking for help or advice from someone you trust is a good step towards building resilience. Remember, it's OK to make mistakes, the worst thing you can do is try to cover your mistakes up so ask for help.
- ❖ Don't give up – If you want to achieve something but are finding it really hard or keep on making mistakes, don't give up. If you just give up you will never achieve your goal, nothing is impossible if you keep trying!
- ❖ Communication – don't hide away if you want to ask a question or if you want to learn something new. Be confident and talk to people so that you can learn things from them.