

## RESILIENCE

Simply put, resilience is the ability to adapt to challenging circumstances. We've heard the saying: it is not how you fall that matters but how you get up! Resilience is the ability to rise from failure, learn from it, and keep going. It does not mean that you will not experience stress or difficulties. It means that despite obstacles, you tenaciously persist. It is a community value at NYA, PERSERVERANCE-persisting in the face of challenges.

Fortunately, resilience can be cultivated and nurtured. Even the United States Army teaches a resiliency training program to soldiers, using their acute observation skills to 'Hunt for the Good Stuff.' Training this skill counteracts the negativity bias to create positive emotion, and to notice and analyze what is good. When you 'Hunt the Good Stuff,' it leads to better health, better sleep, feeling calm, better relationships, and greater life satisfaction. Soldiers participate in group discussions sharing good things that happen during a weekend and discuss their reflection on how they felt.

A child's caretakers are the strongest influence to build resilience through role modeling and providing consistent reassurance. Parents and teachers can teach resiliency skills through a daily practice, like 'Hunt for the Good Stuff.' A discussion could occur at the start of an advisory meeting or a family dinner.

The American Psychological Association guide for parents and teachers on building resilience provides additional strategies to practice. For the full article, [click here](#). A summary on ways to build resilience include:

- Make connections with others to build a strong support network
- Help others
- Maintain a daily routine that includes breaks
- Practice self-care
- Set realistic goals
- Nurture a positive self-view
- Keep things in perspective and maintain a positive outlook
- Look for opportunities for self-discovery and personal growth
- Accept that change is inevitable