



Wellness Today

For Parents & Families

All About Resilience

One part of stress management is resilience, or the ability to bounce back during hard times. Here are some ways you as a parent can help your children build resilience:

- **Guide them.** Instead of rushing to the rescue, let them make mistakes and work to solve their problems.
- **Encourage self-care** by helping them exercise, eat healthy, sleep enough, and practice [mindfulness](#).
- **Maintain a daily routine** that includes regular breaks from activities.
- **Help your children participate in service activities** to increase their sense of empowerment.

These are just a few ideas. For more ideas, try [apps](#) that help build resistance or talk with a mental health professional.

With the right tools, children can learn to cope and to use challenges to become stronger. Resilient children will be much more prepared and successful at facing uncertainty and future stressful situations.

How to Recognize and Help Manage Stress

Though stress is a normal part of life, too much stress or poor management of stress can be detrimental to your children's well-being. If you recognize that your children are overly stressed, try some of the ideas mentioned in this article.

Signs Your Child Is Stressed:

- Shows aggression.
- Withdraws from friends and family.
- Overreacts to little problems.
- Shows hyperactive behavior.
- Demonstrates eating or sleeping changes or disorders.
- Resists going or refuses to go to school.

How to Help:

- **Communicate.** Ask your children about their day. Keeping the lines of communication open will help your children open up about anything that's stressing them out or that they are struggling with. Help them identify their stress and

work with them to find ways to manage that stress.

- **Avoid chaos and over-scheduling.** If your mornings are crazy and meals are eaten on the go, it may be time to re-work morning routines (such as waking up earlier) or cutting one or two things out of your children's schedules and instead adding in some down time for your children. As much as you can, make home a calm place to be.
- **Set more time aside for sleep.** Sit down with your children and figure out a bedtime plan that allows for sufficient sleep. Sleep is essential in combating stress.
- **Model and practice coping strategies.** Children usually pick up on their parents' stress. Try to model healthy stress management, such as exercising, eating healthy, or listening to calm music. Practice deep-breathing exercises with your children and encourage them to keep a stress journal that tracks stress, your children's feelings, and what helps/helped them feel better.