

## NEWSLETTER ARTICLE



### The importance of being resilient

Resilience is defined as a person's capacity to adapt or 'bounce back' from adversity and in situations where things don't go to plan. When 'orphan Annie' sang, "*The sun'll come out, tomorrow, bet your bottom dollar, that tomorrow, there'll be sun!*", we are hearing of an individual's conviction that, despite current circumstances, things will get better, that each day has the potential to be more positive.

Having an optimistic view of the future is a characteristic of a 'resilient' person, and one of the reasons why having resilience is important. Many studies have been conducted in the area of resilience and why it is important. Research has found that, as well as having a more positive outlook on life, resilient people are more likely to:

- View difficulties as a challenge to achieve, not as a potential failure
- View the effects of bad events as temporary, rather than permanent
- Reflect on their failures and mistakes as lessons to

be learned from and opportunities for growth, and don't view them as a negative reflection on their abilities or self-worth

- Find ways to solve problems and resolve conflict they encounter
- Have goals and aspirations for their future, and are committed to achieving these
- Spend their time and energy focussing on situations and events they have control over, and as a result, feel empowered and confident
- Reach out to others for support when they need it
- Be empathetic and compassionate
- Maintain healthy relationships, and appreciate and interact positively with diverse groups
- Be confident in their attitudes, values and beliefs, and less likely to be negatively influenced by 'the crowd' or give into peer pressure
- Have the capacity to manage strong feelings, emotions and impulses
- Have an awareness of, and act in, a 'pro-social' manner and take responsibility for one's actions
- Experience enhanced academic 'readiness' and improved educational outcomes

Helping young people to become more resilient and make positive life choices is the core goal underpinning the Healthy Schools, Healthy Futures intervention that is taking place at [HIGH SCHOOL] over the next three years. The Healthy Schools, Healthy Futures project utilises a 'whole school approach', which recognises the importance of young people having positive involvement in and connections to their school, home and community. As such, the Healthy Schools, Healthy Futures project endeavours to engage key stakeholders in each of these environments to develop an intervention specific to the needs of the students at HIGH SCHOOL. For more information about the Healthy Schools, Healthy Futures project, or how you may be involved in the planning and implementation of the intervention, please contact the School Project Officer, [NAME] via [CONTACT DETAILS].

**For more information go to: [www.mindtools.com](http://www.mindtools.com) article: 'Developing resilience: Overcoming and growing from setbacks'**

