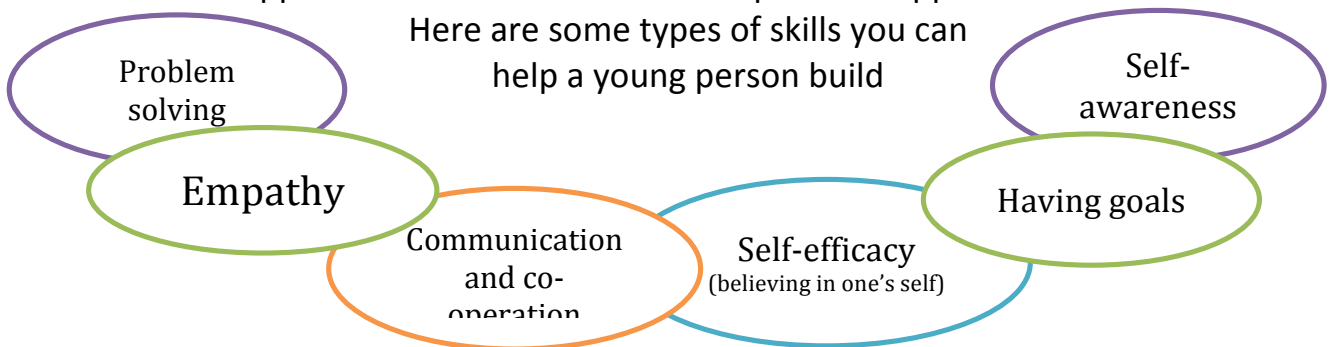


NEWSLETTER ARTICLE

What is resilience?

Resilience is being able to adapt well to stressful situations in life such as family conflict, tragedy, mental health issues (depression, anxiety), failure at school, or the death of someone close. A person's ability to cope with a stressful situation depends on the personal skills they have, but can also depend on the situation – a person may be able to cope well in one situation, but not another. The good thing about resilience is that it's not a fixed characteristic in young people – they can learn the skills they need to cope with a range of stressful situations through parents, teachers, peers and other significant people in their lives. Parents can provide support at home and teachers can provide support at school.

Here are some types of skills you can help a young person build



For more information on resilience, visit the Kids Helpline website
www.kidshelp.com.au

Healthy Schools, Healthy Futures