

Fostering Resilience Tool Kit



The undernoted list gives some examples of things you can do to help build resilience:



- Maintain a routine
 - Focus on things you can control - this will help you feel empowered and confident.
 - Get plenty sleep and your one form of exercise a day.
 - Practice Cognitive Restructuring to change the way you address negative situations and thoughts.
 - Focus on positives and things you are grateful for.
 - Choose how you react to situations and practice problem solving skills.
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- Take healthy risks - pushing yourself out of your comfort zone.
 - Always look for the silver lining - try to take positives out of challenging situations.
 - Encourage kindness, compassion and patience in children.
 - Failures are just a steppingstone to success.
 - Discuss feelings and emotions and let children know it's okay to feel these emotions and that they'll pass. Don't belittle a child's feelings.
 - Encourage children to ask for help if they need it.
 - Encourage optimism in children - it is one of the key characteristics of resilient people.
 - View a difficulty as a challenge and how you can turn it into an opportunity.
 - Set goals.
 - Maintain perspective - a crisis may seem overwhelming in the moment but may not make that much of an impact over the long-term.
 - Don't blame yourself if things go wrong - see it as an opportunity to learn and grow. Watch your inner critic.



We would like to encourage you to get in touch with us if you have any questions or want to talk to someone:



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