



ST AUGUSTINE'S CATHOLIC HIGH SCHOOL AND SIXTH FORM

DEVELOPING THE WHOLE PERSON

Resilience

All students will receive a mental health or wellbeing themed Collective Worship each week. Next week we will be looking at resilience. Here are some ideas to help boost your child's resilience together with some links that students can contact for further support.

1. Begin by helping your child see how far they have come and the gifts and skills they have. Many students will find they compare themselves to others and believe their worth is measured by their academic ability. Help them to see how kind, considerate, funny they are. As they grow in confidence here, encourage them to notice and comment on those characteristics in others too.
2. Talk to your child about how you manage difficult situations in your life. Help them to understand that we all have different ways of coping and that we might need different strategies at different times.
3. Notice what it's possible to control or not control. It can be easy to get caught up with the things that we have no power over changing, and then become stuck in an uncomfortable thought cycle. Instead, by focusing on the things it's possible to control or change can help.
4. Think about some of the different ways to express difficult feelings. This could involve your child talking to someone, using art or music to express themselves or channelling them in to sport.
5. Practice gratitude. By being grateful we can become more resilient. Gratitude can help young people experience a greater resilience by acknowledging what the good things around them.
6. Help your child to communicate with people of different ages. Some teenagers will need to be taught how to do this, and it is obviously trickier in the current climate. However, by having a wide range of people around them which they can call on, they can feel more resilient and able to manage situations.
7. Where possible, help your child map out plans for their future. This might look like a plan for the day, week or year (or even further ahead) but this can help them look at the big picture and see what needs to be put in to place. Along with this, set little goals and celebrate when they are reached.
8. Explain that during the teenager years it's common to experience emotions to a greater degree than during childhood and that this is normal. Sometimes it can feel difficult or frightening to experience a greater depth of emotion but learning how we can navigate it can help grow resilience.

If your child would like further support, they can self-refer to Reach 4 Wellbeing within Worcestershire. This is a criteria based counselling support for 5-18 year olds.

Although it's based in Sussex, RISE has some great videos about the teenage brain which are helpful for both parents and teenagers too. <https://www.riseuk.org.uk/resources>