

# Building & strengthening resilience

Resilience is how we adapt to changes and bounce back from stressful times. Resiliency strengthens our well-being and creates opportunities for growth. We can build resilience throughout our lives.

**Genuine connections between youth and adults are key to helping youth adapt and grow.**



## What we know

- ✳ Resilience can balance negative effects of trauma or difficult experiences.
- ✳ Positive interactions or simple connections help youth face difficult times.
- ✳ Resilience is not automatic; it can be taught and strengthened throughout our lives.
- ✳ Physical and emotional safety is important for youth to be resilient.



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## What you can do

### 10 Ways to Build Resilience in Youth

Help youth connect with their peers

Practice acceptance of all feelings

Look for opportunities for youth to notice their courage and determination

Find opportunities to help others

Set and work on achievable goals

Help youth remember their strengths

Maintain a daily routine

Build hope knowing situations or stress are temporary

Teach self-care

Accepting change can help youth see growth, adapt, and move forward



## More for you

Caring adults are key to helping young people thrive. There are so many ways you can support the youth you care about.

Find additional tips and resources by visiting



[go.wisc.edu/youthtoolkit](https://go.wisc.edu/youthtoolkit)