

HEALTHY YOUNG MINDS

RESILIENCE Part 2: coping with life's "ups" and "downs"



The last newsletter was on resilience; in this letter we explained what resilience is and how you can help your child to be more resilient.

This newsletter gives further tips on how you can help your child to cope and develop resilience.

How can I help my child to cope and develop resilience?

- If your child is in distress from an upsetting situation, comfort them, allow them to talk to you and help them find a way to calm themselves so that they are better able to deal with the situation and their feelings.
- Help your child change a low mood into a better mood by letting them talk through how they are feeling. Help them to be kind to themselves by doing an activity with them that they enjoy, such as playing a game with them, playing sports with them, going for walks (exercise helps to increase mood), watching a funny TV show or film.
- Allow your child to do things for themselves, under guidance; they need to experience the normal challenges that young people have. Don't do things without checking with them to see if they are capable of doing it for themselves.
 - Encourage your child to talk through what's troubling them, how they are feeling and what they are thinking. Show them that you understand, listen to them and help them to find solutions.
 - Gently dispute any unhelpful thinking patterns or self-defeating talk. Tell them that they CAN do things.
- When your child is upset about a situation help them to gain perspective by asking "how important do you think this will be in a day's time?", then "how important will it be in a week, a month or even a year's time?" If your child does not think it will be important then, help your child to realise that it is not as important as they think. If your child does think it will be important after a length of time help them to problem solve and create solutions.
- Let your child hear you speaking positively to others, such as "things will get better soon" so that they can hear that good outcomes are possible.



If you are concerned about your child's mental health please contact Portsmouth CAMHS on: 02392684700