

BUILDING YOUR RESILIENCE

Life is hard.

It takes a resilient person to accept a little extra support during times of high stress.¹

What is Resilience?

The process of adapting well in the face of adversity, trauma, tragedy, or significant sources of stress.²



TABLE OF CONTENTS

BUILD YOUR RESILIENCE!

- 1 THE FOUNDATION**
HOW TO TAKE CARE OF YOURSELF, AND PRIORITIZE YOUR NEEDS
- 2 THE FRAME**
GUIDE TO BUILDING YOUR OWN SELF-COMPASSION
- 3 THE INTERIOR**
LEARNING HOW TO MANAGE YOUR TIME AND FOSTER YOUR MOTIVATION
- 4 THE EXTERIOR**
GUIDE ON HOW TO CREATE AND REACH YOUR GOALS FOR YOUR FUTURE
- 5 LINKS & RESOURCES**
LINKS TO RESOURCES, APPS, AND MORE.

THE FOUNDATION – TAKE CARE OF YOURSELF!

Build your social network to include people who inspire you.

- **Write a letter to a friend** or make a list of people to contact by text or phone at the start of the week.
- **Watch movies** with your friends using [Teleparty](#), or [Rave](#).
- **Play games [online with friends](#).**
- **Spend time with friends**, in outdoor settings (walk, skateboard or run around the neighborhood or a park)².
- **Build a self-care routine.**
- **Take a few moments to reset and relax**³
- **Take breaks** from social media and the news.³
- **Reset and relax.** Take deep breaths and practice mindfulness through meditation or guided imagery using these free Apps: [Virtual Hope Box](#), [Healthy Minds Program](#), [Smiling Mind](#), [UCLA Mindful App](#), and [Stop Breathe Think: Meditation](#).³
 - Choose an exercise that works for you, even if it's only for a few minutes, for example walking, stretching, or dancing!²
- **Eat balanced meals!** Getting enough homemade meals that contain a balance of fruits and vegetables can help keep your body AND mind healthy!⁴ If your meals consist mostly of processed/takeout food, start by slowly adding more nutrient-rich foods like fruits and vegetables prepared at home to replace these items when you eat.
- **SLEEP!** Getting enough sleep keeps your body and mind healthy too, so take a 20-minute nap if you feel tired!³



THE FRAME – SELF-COMPASSION STARTS WITH YOU!

Build support for yourself and others.

- **Foster your own resilience!** Stress is part of everyday life as there is good stress that helps you avoid danger or compete in a game and then there is constant stress.⁵ Constant stress affects us all in different ways and varying degrees, so you are NOT alone!"
- **Find the best strategy for you.** To help you manage stress, pay attention to your emotions (how you think, feel, and act) and what physical sensations (trouble sleeping, leg shaking, temperature increasing, headaches, etc.) your body experiences and accept them.^{5,6}
- **Accept help and support** from those who care about you and will listen to you, it strengthens your resilience.⁷

Build support for yourself.

- **Practice positive self-talk!** Look at your habits and attitude and remember to encourage a positive view of yourself by thinking of your great qualities and things you appreciate in your life.⁸ You can also use these free apps for a constant reminder of how great you are: [ThinkUP](#) or [Shine](#).
- **Remember:** it would be boring if everyone was the same so embrace what makes you different!
- **Have confidence in yourself!** Know that you can take decisive action on problems you have control over.^{7,9}
- **Practice self-help strategies.** Understanding how you react to situations can help with stress and anxiety. You can use these free apps for guidance: [GritX](#), [Mindshift](#), [Selfsea](#) and [CAMH](#).



THE FRAME – SELF COMPASSION STARTS WITH YOU!

Build emotional awareness.

- **It starts with body language.** You send nonverbal messages to others about what you think and feel through your body language and facial expressions, and by being self-aware, you can help you convey the message you want to send to others.⁶
- **It takes practice.** Being in the moment (not distracted) when you are with someone can help you enhance time with friends and make socializing more fulfilling.⁶
- **Embrace your past experiences.** They reflect how you respond to and feel emotion today. Accept your feelings, by better understanding and embracing who you are you foster your own resilience!⁶
- **Communication is key.** Remember that conflict is an opportunity to grow closer to others as you resolve the problem in a healthy, constructive, non-threatening way. When you do this, you strengthen the trust between you.⁶

Build support for others.

- **Be kind to others.** Pay it forward! Say “Hi” or give someone a compliment face-to-face, through text or write an anonymous note. **Be the One!**
- **Being nice can increase oxytocin.** This is the hormone that makes you feel happy when you eat chocolate!¹⁰



THE INTERIOR – TIME MANAGEMENT AND MOTIVATION!

Build a routine to fight procrastination using time management skills, otherwise known as stress management.

- **Are you an Early Bird or a Night Owl?** Find out what time you are the most productive, for you it may be early in the morning or at night.⁵
- **Organize your time.** Use a calendar or write down a to-do list for the day to schedule meals, exercise, homework, social media/video game breaks, or any other time commitments.⁵
- **Ask for help.** Ask parents/guardians or friends to help keep you accountable and organized.¹²
- **Be realistic.** [Use this tool](#) to look at your tasks and write down about how much time you're spending on each category.⁵
- **Don't over-commit.** It is ok to say "No" if you feel you don't have time to take on another responsibility.⁵
- **Build Momentum to tackle responsibilities.**
- **What's your studying style?** To help you get energized for your tasks, try dividing up projects and remember to stop to rest and take breaks when you need to.^{5,13}
- **Motivation comes in degrees.** Ups and downs are NORMAL, so don't question your abilities by comparing yourself to others.^{13,14}
- **Reward yourself for the small and the big wins!** Everyone procrastinates now and then, instead acknowledge your resistance and feelings then guide yourself back to the task.¹² Visualize your goals, remember to be patient with yourself in reaching them.

Pause, relax, relate, release.¹



THE EXTERIOR – PERSONAL GOALS & THE FUTURE!

Prioritize what is important to you to reach your goals!

Build Financial Perspective

- **Set short term goals.** This means setting up a bank account and understanding what that means. For tips on choosing the best checking account for you [visit the FDIC](#).
- **Now it's time to set long-term goals.** This means choosing and managing a savings account to buy a car or put a deposit on an apartment. For tips on choosing the best savings account for you [visit the FDIC](#). Use [this tool](#) to start your money saving goals. [Use these tips](#) on how to save money. For help creating a monthly budget, [visit the FTC](#).
- **Build life skills for your future.**
- **Explore!** There are multiple avenues of success and it is always helpful to learn career readiness skills. [Learn interview skills here](#). [Learn communication skills here](#). [Learn critical thinking skills here](#).
- **Mentorship is important.** Gaining relationships with mentors is valuable for everyone, start by talking to your teacher, pastor, or trusted adult who inspires you.
- **Become savvy adults.** An important part of being an adult is preparing for the world.
- **If your goal is COLLEGE.** The first step is to connect with your school's counselor to determine goals. You can search scholarship opportunities for college by visiting [hands on banking](#).
- **If your goal is a CAREER.** If you want to enter the workforce, you may need experience, vocational training or a certificate program to prepare you and make you a competitive candidate for your choice of a variety of careers. Navigating through these programs includes finding programs that are certified in order to be recognized by your future employer.²¹ [Use this search tool to find official programs](#).



RESOURCES – FIND OUT MORE IN THE BELOW!

Please visit our [Strong Families Yolo Website](#) for up-to-date resources!
Click the links below to visit additional website and resources.

If you are struggling, please reach out. These are all free and confidential services.

IF YOU ARE IN CRISIS, CALL 9-1-1

- The Yolo County Mental Health Crisis and Access Line¹⁶ **(888) 965-6647**
- Youth can text¹⁷ **“Home”** to **741741**
- LGBTQ youth can text¹⁸ **“START”** to **678678**
- If you need another teen to talk to text¹⁵ **“TEEN”** to **839863** *M-F 6pm-9pm*.
- If you are worried about a friend’s relationship or your own, text¹⁹ **“loveis”** to **22522**
- Help a friend in crisis or yourself by downloading these free apps:
[A Friend Asks](#), [My3](#), [Be Safe](#), and [Help Seeker](#)

1. <https://www.apa.org/topics/resilience>
2. <https://behavioralhealth.illu.edu/blog/supporting-your-teens-socialization-time-social-distancing>
3. https://www.pacesconnection.com/g/mendocino/fileSendAction/fcType/0/fcOid/519101024495539967/filePointer/519101024495540013/fodoid/516426228450201763/Coping%20With%20Stress%20During%20the%20COVID-19%20Pandemic%20One-Page_Pager_ADA%20Compliant_English.pdf
4. <https://www.todaysdietitian.com/newarchives/ND21p36.shtml>
5. <https://www.montana.edu/counseling/selfhelp/selfhelp/stressmanagement.html>
6. <https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm>
7. <https://www.montana.edu/counseling/selfhelp/selfhelp/mentalwellness.html>
8. <https://www.helpguide.org/articles/stress/stress-management.htm>
9. <https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm>
10. <https://www.cedars-sinai.org/blog/science-of-kindness.html>
11. <https://jedfoundation.org/resource/tips-for-managing-stress/>
12. <https://www.apa.org/science/about/psa/2018/06/motivation>
13. <https://www.ucl.ac.uk/news/2015/nov/10-ways-motivate-yourself-study>
14. <https://www.montana.edu/counseling/selfhelp/study.html>
15. <https://www.teenline.org/youth>
16. <https://www.yolocounty.org/government/general-government-departments/health-human-services/mental-health/mental-health-services>
17. <https://www.crisistextline.org/>
18. <https://www.thetrevorproject.org/>
19. <https://www.loveisrespect.org/>
20. https://www.sadd.org/_files/ugd/84f7d1_4637863900684d79ab550943bbc55d87.pdf
21. <https://www.consumer.ftc.gov/articles/choosing-vocational-school-or-certificate-program#accreditation>