

# Building Resilience

Being resilient means that you can bounce back from stress and challenging situations. You're not born with resilience. It's something you develop over time by facing challenges and learning from your experiences. Protective factors, like positive relationships, increase your resilience. Risk factors, like long-lasting stress, decrease it. The more protective factors you have, the more resilient you are.

WAYS TO BUILD RESILIENCE	TIPS	YOUR PLAN
<div data-bbox="94 485 652 552">MAKE CONNECTIONS</div> <div data-bbox="94 604 214 730"></div> <p>Making and maintaining strong connections with friends, family, and other adults strengthens your resilience. Having strong connections makes it easier to reach out to people when you need help, encouragement, or support.</p>	<p>Does your local support network include two or more adults? If not, think about a teacher or other adult you might build a connection with.</p>	<p><i>People I can lean on</i></p> <hr/> <hr/> <hr/> <hr/>
<div data-bbox="94 783 652 850">TAKE CARE OF YOURSELF</div> <div data-bbox="94 903 214 1029"></div> <p>Caring for yourself helps you stay balanced and deal with stressful times — and so does having fun. Make time for physical activity, plenty of sleep, good food and friends, and activities you enjoy.</p>	<p>Don't let self-care get squeezed out. Build physical activity, meals with your host family, fun with friends and regular bedtimes into your schedule.</p>	<p><i>Ways I'm caring for myself</i></p> <hr/> <hr/> <hr/> <hr/>
<div data-bbox="94 1081 652 1148">MOVE TOWARDS YOUR GOALS</div> <div data-bbox="94 1201 214 1327"></div> <p>Setting goals and making progress toward them helps you build the resilience to persist in the face of challenges. Break large goals into smaller, achievable pieces and acknowledge your accomplishments on the way to the larger goals.</p>	<p>Goals aren't only for schoolwork or things you think you "should" do. Think about what you actually want for yourself and set goals around that too.</p>	<p><i>Steps toward my goals</i></p> <hr/> <hr/> <hr/> <hr/>
<div data-bbox="94 1379 652 1446">KEEP THINGS IN PERSPECTIVE</div> <div data-bbox="94 1499 214 1625"></div> <p>When you feel overwhelmed, remember that difficult times will end eventually, and things will change. Remind yourself that you've made it through tough times before, and you can get through what you are facing now. Know that the future can be better.</p>	<p>Ask yourself: Is this all my fault, or are there other factors involved? Will this problem last forever, or is it temporary? Does it affect my whole life or just part of it?</p>	<p><i>Reasons to be hopeful</i></p> <hr/> <hr/> <hr/> <hr/>
<div data-bbox="94 1677 652 1745">EPIC FAIL = EPIC LEARNING EXPERIENCE</div> <div data-bbox="94 1797 214 1923"></div> <p>You often learn the most about yourself when you fail. Challenge yourself. Set obstacles for yourself to overcome so you'll be more prepared for the challenges life gives you. After facing a difficult situation, think about what you have learned.</p>	<p>Ask yourself about where things went wrong. What could you have done differently? Ask feedback and listen to it with an open mind.</p>	<p><i>What I would do differently</i></p> <hr/> <hr/> <hr/> <hr/>