



Factors That Can Help Build Up Resilience

in children, teens and adults,
and in families, groups, schools, businesses, organisations
and communities...

Research confirms these particular factors play a significant part in helping us to build up our resilience to cope with life's knock backs – whatever has caused them:

Support Circle – positive relationships with supportive family, whanau, friends, colleagues and neighbours – and making the most of them

Self Worth – believing in one's own value and worth – every person's life matters

Sense of Competence – knowing one's strengths, abilities and skills – and using them

Life Skills – learning and practicing skills like how to problem solve, decision make, communicate, set goals, source information and ask for help when it's needed

Flexibility – being able to adjust and bend a little as situations change – recognizing that it won't always be as it is now and putting up with things is needed sometimes

Creativity – trying to approach things in new ways and look at things with fresh eyes, or from different angles

Sense of Humour – being able to laugh at things, to put things into perspective at times and to relieve tension

Perseverance – giving things a go, and keeping on trying and working at it – despite set backs

Self Care – caring for personal needs as a way of building up one's strength

A Hopeful Outlook – looking beyond the present to a more positive future ahead – understanding things can become better.

See Skylight www.skylight.org.nz or phone 0800 299 100
for a range of helpful support resources for all ages and other support services

BECAUSE GRIEF HAPPENS...AND SUPPORT MATTERS

© Skylight 2011. Developed by Skylight www.skylight.org.nz – for personal use only