
Emotional Resilience



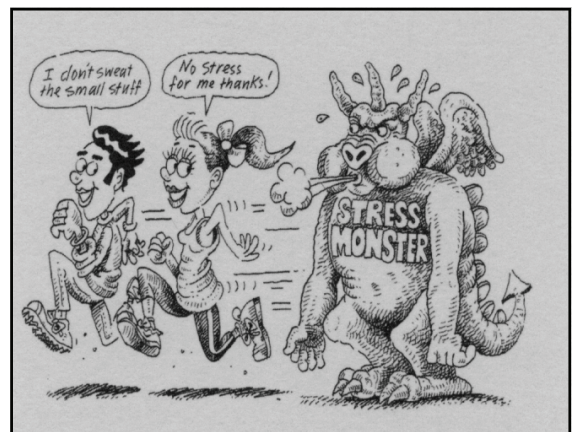
Emotional Resilience Behaviour

- Does not get too down when schoolwork is not good
- Keeps trying in the face of setbacks
- Handles teasing or social difficulties without getting too upset
- Manages frustration when he/she does not understand something right away
- Manages frustration of having a lot of work to do
- Controls anger when treated unfairly
- Manages nerves when taking exams or performing in public
- Is able to say "no" and stand up to negative peer pressure
- Calms down quickly after getting very upset

Emotional Resilience

Things to Say to Encourage Emotional Resilience

- "You didn't let yourself get too angry."
- "You've learned how not to get too nervous."
- "You didn't let that setback stop you from trying."
- "Even though you didn't do as well as you wanted, you are still positive."
- "You seem not to have blown that negative event out of proportion."
- "Keeping your cool helps."
- "You see, you can get through the tough stuff."
- "You chose not to get upset yourself about what happened."



Eliminate the Following Types of Thinking

- **Self-Down:** Don't put yourself down when something bad happens.
 - **Needing to Be Perfect:** Mistakes are normal along the road to success. It doesn't have to be perfect.
 - **Needing Approval:** Don't be too worried about what others think of you. You are you.
 - **I Can't Do it:** If you think you can't, you can't.
 - **I Can't Be Bothered:** Doing things you don't like to do is the key to your success.
 - **Being Intolerant of others:** Do not judge people. It is good to find out more about
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