

GUIDE: Rooted in Resilience

Bouncing Back: Strengthening Young People's Resilience

Resilience is the ability to bounce back from challenges, adapt to change, and move forward, even in the face of stress, loss, or adversity. For young people, building resilience is essential to their mental, emotional, and academic well-being.



Resilience helps young people develop confidence, cope with setbacks, and make healthy decisions under pressure. This guide offers practical strategies caregivers can use to nurture resilience at home, including helping young people grow and become more self-aware as they navigate life's ups and downs.

Four Strategies to Build Important Coping Skills

Try these approaches to help your young person develop key emotion-focused, problem-focused, meaning-focused, and social-focused coping skills.

1. Emotion-focused coping skills

These strategies help a young person alleviate feelings of emotional distress. If left unaddressed, emotional distress can cloud judgment, lead to burnout, and increase anxiety or depression. Emotion-focused skills calm the nervous system and create space to think more clearly and act with intention.

What helps?

Mindfulness
Therapy
Fitness activity
Aromatherapy
Managing impulses

Breathing exercises
Muscle relaxation
Music
Distracting yourself
Slowing down your
reaction time

Humor
Yoga
Arts and crafts
Exercising self-control

Bounce Back Stronger: Strengthening Resilience in Young People



2. Problem-focused coping skills

These approaches help address the issue causing the stress. Problem-focused coping skills can help a parent or their young person to feel more in control by breaking down a challenge and working toward solutions rather than staying stuck in worry or avoidance.

What helps?

- Brainstorm a list of solutions
- Seek resources to help solve the issue
- Manage your time better
- Organize your priorities
- Break down the challenge into smaller, more realistic goals
- Manage expectations

3. Meaning-focused coping skills

These coping strategies can help a young person make sense of the situation they may be experiencing. Meaning-focused coping skills help develop hope, resilience, and personal growth, especially during situations that can't be changed. With practice, these skills can help individuals find peace, purpose, and strength in adversity.

What helps?

- Reframe a challenge into something positive
- Turn to spirituality, faith, and values to cope
- Place the experience into perspective
- Believe the experience can help you build strength and resilience
- Use the challenging experience or thought as motivation
- Meditation/prayer
- Practice gratitude
- Journal
- Look for the good even in a challenge



4. Social-focused coping skills

These coping skills involve using strategies to reduce stress by seeking support from your community. Social support is one of the strongest protective factors for mental health. Feeling seen, heard, and supported reduces isolation and promotes healing.

What helps?

- Spend time with loved ones
- Volunteer in your community
- Civic engagement and advocacy
- Share a cultural tradition
- Talk to a mentor or a coach
- Join a support group
- Process experiences with others

Learn More: [Rooted in Resilience Mini Workbook](#)

Equip your family with practical tools to cope, adapt, and bounce back, turning challenges into opportunities. This workbook is part of ***Built to Thrive***, an interactive workbook. [Explore the Built to Thrive workbook.](#)

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