



Resilience is the ability to bounce back from stress, adversity, or even trauma. It is a skill that we develop as we grow. All children and adults are capable of working through the difficulties they will face throughout their lifetime. **One of the many ways to build resilience is by taking care of ourselves, which can be practiced in many ways, including:**

1. Talking about and labeling emotions
2. Making time for relationships
3. Practicing gratitude
4. Spending time outside and prioritizing exercise
5. Following a healthy diet and trying to sleep well
6. Taking a break from media
7. Practicing relaxation and coping skills



Being mindful means taking the time to focus on the present, being intentional and thoughtful about where you are and how you are feeling. Below are a few mindful activities that can be practiced daily.

1. **Squeeze your muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat this exercise, moving up your body.
2. **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
3. **Teddy Bear Breath-** This is a great variation on the belly-breathing practice for little ones. Have them lie down with a teddy or stuffed animal on their belly, and let them watch as it moves up and down while they breathe, as if they are rocking it to sleep.
4. **Four Square Breathing-** this is a great tool for older children. Breathe in for a count of four. Hold for a count of four. Breathe out for a count of four. Hold for a count of four. Complete several rounds, and return to normal breathing.



We hope this week's resources will help you and your families to build resilience during this stressful time.

<https://www.childrensmentalhealthmatters.org/resources/mentalhealthmondays/>