



Building resilience through mindfulness

Resilience is a person's ability to cope with stressful events and bouncing back after the difficult times. It also helps mental wellbeing, in particular, dealing with stress and anxiety.

One way of building resilience is focusing on managing and responding to emotions in a healthy and positive way.

Mindfulness focuses on the present, what is going on inside you and your surroundings. Practising mindfulness can help your child pay attention to their thoughts and feelings in the moment, and manage them effectively.

Alongside mindfulness training, use the examples below to help your child voice, respond to and manage emotions:

- Use open-ended questions with your child
- Encourage your child to talk about feelings
- Acknowledged when your child is distressed
- Help your child regulate emotions
- Talk to your child about preparing for events
- Help your child to realise that difficult times are a part of life

For more information about building resilience in children visit

<https://healthyfamilies.beyondblue.org.au/healthy-homes/building-resilience> or contact your local School Health Nurse.

Quick Tip

Prepare children for big life events that may be stressful by building their coping skills and resilience. Mindfulness training can help your child recognise thoughts and feelings they experience during a stressful event. Taking control of their thoughts and feelings can help reduce stress and anxiety.

Try these free mindfulness apps: Smiling Mind, DreamyKid and Headspace.