Resilience

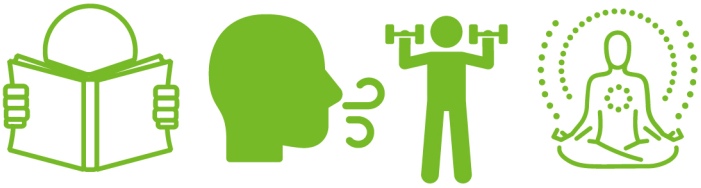
Definition

Resilience is the ability to overcome adversity. Resilience is possible at any age. Anyone can become more resilient at any stage of life, but it's easiest to build resilience in early childhood. We are all born with the capacity to be resilient. It is a skill that is built overtime and is like a muscle we must exercise.

Feeling safe, connected and supported by a caregiver provides a child with a foundation for building resilience. A caregiver can include a parent, teacher, coach, pastor or another safe, stable, nurturing adult in a child's life.

Building Resilience

Resilience can be built by improving skills to work through challenges. The resilience of an individual depends on their relationships and community. It is the systems around us that influence the ability of both children and adults to be resilient.



Why It Matters

It is never too late to build resilience. Developing age-appropriate, healthy activities can increase the chance that an individual will better cope with stress. For example, regular physical activity, breathing techniques, and meditation can strengthen resiliency. Adults with these skills model healthy behaviors for children, thus promoting resilience for the next generation.

Take Action

- Invest in your own resilience through these four approaches:
  - Building Connections
  - Fostering Wellness
  - Finding Purpose
  - Embracing Healthy Thoughts
- Foster Resilience in Children with the 7 C's of Resilience: Competence, Confidence, Connection, Character, Contribution, Coping, & Control

Resources

- Alberta Family Wellness Initiative
- Resilient Georgia Training Roadmap
- ResilientTeens.Org
- Community Resiliency Model
- Child Welfare Training Collaborative
- Raising Resilience – Teaching Kids to Be Resilient | Strong4Life

Learn More

Scan with your camera to learn more.

RESILIENT NORTHEAST GEORGIA

ResilientGEORGIA

Aligning public and private efforts and resources across the state that support resiliency for all persons aged 0-26 and their families.

info@resilientga.org | 678-940-1431 | 5170 Peachtree Road, Building 100 Suite 400, Atlanta GA, 30341