“7 RESILIENCIES ALL TEENS NEED!”

- We understand that for some teens/adults, life is especially hard.
- Researchers Sybil and Steven Wolin have identified seven resiliencies that seem to make a difference.
- How many do you have?
- To learn more about the Wolins and their work, please visit www.projectresilience.com

RESILIENCE

1. **INSIGHT:**
   - **means** knowing how to cope in spite of setbacks, or barriers or limited resources.
   - **Resilience** is a measure of how much you want something and how much you are willing and able to overcome obstacles to get it. *It has to do with your emotional strength.*

2. **INDEPENDENCE:**
   - is the habit of asking tough questions – about yourself about the situations you find yourself in – and giving honest answers.
   - **Insight** helps you see things as they really are, not as you wish they were.

3. **RELATIONSHIPS:**
   - are connections with people who matter.
   - **Relationships provide a sense of belonging,** opportunities to express yourself and support when you need it.

4. **INITIATIVE:**
   - means facing life’s challenges head-on.
   - **When you take initiative,** you begin a positive cycle of solving problems, overcoming fears and being a winner.
   - **Initiative** puts you in charge.

5. **HUMOR:**
   - Using laughter for good allows you to find what’s funny, even when you are sad or in pain.
   - **It’s a wonderful way to release tension and to relieve pain or embarrassment.**

6. **CREATIVITY:**
   - means using your imagination as a safe haven – a place where you’re free to express yourself and rearrange the details of your life as you please.
   - **Creativity can help you channel overwhelming feelings and make them manageable.**

7. **MORALITY:**
   - means doing the right thing, even if it’s not easy or a natural thing.
   - **It helps connect you to other people through being useful and caring.**
   - **It helps you feel like you are a good person.**