

## Resilience for the Teenage Years

### Resilience Competency- Self-Regulation

The ability to regulate impulses, emotions, physiology, and behaviors to achieve goals and express emotions appropriately.

<https://www.hhs.gov/ash/oah/adolescent-development/explained/emotional/support/index.html>

**Dept. of Health and Human Services:** How Parents and Caring Adults Can Support Emotional Development in adolescents.

<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-A-Personal-Guide-for-Managing-Stress.aspx>

**Healthy Children:** This article is written specifically for young people from 12 to 18 years of age. Your teen will get the most out of this article if he or she also reads [For Teens: Creating Your Personal Stress-Management Plan](#) and downloads [My Personal Stress Plan \(PDF\)](#).

<https://parentandteen.com/building-resilience-in-teens/>

**Parent and Teen:** Our parental instincts drive us to protect our children. Given a choice we'd bubble wrap them. But we can't. We can, however, prepare them to navigate the world. We can support them to develop the character strengths and human connections that allow them to thrive in good times and rebound (maybe even grow) in challenging times. In other words, we can build their resilience.

<https://www.simplepractice.com/blog/art-therapy-activities-teenagers-relieve-stress-boost-self-esteem-improve-communication/>

**Simple Practice:** Art therapy activities for teenagers include more than just drawing and painting. "Art, in itself, is an attempt to bring order out of chaos." —Stephen Sondheim

### Resilience Competency- Mental Agility

Thinking flexibly, accurately, and thoroughly to see other perspectives, understand problems, and try new strategies.

[https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/5-video-games-to-help-tweens-and-teens-boost-reasoning-skills?\\_u=1\\*1v27th8\\*domain\\_userid\\*YW1wLU9IUHMzQnlBSmdMazVCR21yT284OU5PVIMxOVp0U0p2Qmh2RG80XzFBOG5kUnV6RVBVc2hHM2I0STVRQ2F4cmw](https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/5-video-games-to-help-tweens-and-teens-boost-reasoning-skills?_u=1*1v27th8*domain_userid*YW1wLU9IUHMzQnlBSmdMazVCR21yT284OU5PVIMxOVp0U0p2Qmh2RG80XzFBOG5kUnV6RVBVc2hHM2I0STVRQ2F4cmw)

**Understood:** 5 Video Games to Help Tweens and Teens Boost Reasoning Skills - You may worry that your teen or tween plays too many video games. But there are some great games for building critical-reasoning skills. Those skills help kids become good decision makers and problem solvers.

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