Resilience is the process of adapting well in the face of adversity, trauma, threat of significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors. (American Psychological Association)

**WHAT:**

**WHY:** Greater resilience leads to the following:
- Improved outcomes in learning and academic achievement
- Lower absences from school due to sickness
- Reduced risk-taking behaviors including excessive drinking, smoking, and use of drugs
- Stronger and better able to cope with life's problems

**HOW:** How can schools build resilience in students?
- Change in mindset - Deficit based thinking to strength based thinking
- Help students build their belief that results in perseverance
- Helping them feel a part of the academic community
- Helping them see their skills grow with effort
- Helping to facilitate success with academic tasks
- Helping them understand the value of the work
- Collective efforts amongst Family, Staff and Community

**CHARACTERISTICS OF RESILIENT PEOPLE**
- The ability to set goals
- Close and secure attachment to others
- A sense of self-efficacy and perceived control
- The ability to express gratitude and appreciation
- Good self-awareness and emotional management
- Adaptable

**Everyday strategies that help build resilience:**
- Develop positive self-concept
- Develop positive self-image
- Stress Management
- Develop self compassion