

inspired

[to make healthy choices]

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Building Youth Resilience

WHAT IS RESILIENCE?

Resilience is the ability to **cope with challenges, adapt to change and rebound from setbacks**. For youth, strong resilience is a key protective factor that supports mental health, healthy decision-making and overall well-being.

WHY IT MATTERS

- Youth with at least one supportive adult are **more likely to experience positive mental health outcomes**.
- Resilient youth are **less likely to engage in risky behaviors** such as substance use.
- Developing resilience helps youth **manage stress, build confidence and navigate everyday challenges**.

WAYS TO SUPPORT YOUTH RESILIENCE

Build Strong Connections



- Encourage open communication and active listening.
- Be a consistent, caring adult in a young person's life.
- Foster strong connections with peers and trusted adults like teachers, coaches and mentors.

Teach Coping & Problem-Solving Skills



- Celebrate effort, perseverance and learning from mistakes.
- Emphasize that setbacks are opportunities to learn, not failures.

Promote a Growth Mindset



- Help youth identify healthy ways to manage stress, such as journaling, mindfulness or time in nature.
- Encourage goal-setting, breaking challenges into manageable steps and reflection.
- Reinforce thinking through problems in everyday moments.

Encourage Healthy Habits



- Schedule a phone or video call with a friend or family member.
- Plan a small act of kindness for someone else.
- Send a card or message to someone you appreciate.
- Share a favorite holiday tradition with someone new.

Resilience isn't about avoiding stress—it's learning how to navigate life's challenges with support, skills and confidence. By encouraging resilience, we can help young people build a strong foundation for a positive, healthy future.

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