

## Ten Traits of Emotionally Resilient People

“Resilient People are like Bamboo in a hurricane—they bend; they don’t break.”

Over the past two school years, we’ve written to parents and teachers on a number of topics we feel vital to creating emotionally healthy and successful young people: typical adolescent brain development, teenagers and identity, gratitude, cheating, Mindset, perfectionism. Looking back, we might have called this project any one of a number of things: the Staples

It’s-Not-About-The-Grade-But-What-You-Learned-In-The-Process Project, maybe, or possibly the Staples

Step-Back-And-Let-Your-Children-Make-Mistakes-And-Live-With-The-Consequences-Once-In-A-While Project. The bottom line, though, is if we could personally instill just one quality in our young people, it would be resilience.

As counselors, we sometimes marvel at students who bounce back in the face of monumental loss...and we lose sleep over those who fall apart with the smallest setback. Children will inevitably face disappointment and loss at some point over the course their lives. Those of us who care for them—their parents, teachers, counselors—won’t be able to shelter them and bolster them up forever. As adults, we may have already experienced some of these losses ourselves and figured out that life does go on and that we learn and grow in ways we never expected, as a result. Our children don’t yet have enough experience behind them to gain the perspective that looking back can offer us.

The Staples Guidance Department and the Resilience Project are continually finding new ways to bring this message to students—through their health classes, bulletin boards, and in all of our classroom presentations. This week, we are providing milk and cookies to students between their final exams... along with little “Resilience Fortunes.” (A few examples: “We’re all faced with a series of great opportunities brilliantly disguised as impossible situations”; “I’ve learned so much from my mistakes, I’m thinking of making a few more”; “As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.”)

We believe that young people model their attitudes on those of the adults around them. Resilient people accept what comes at them with flexibility, not rigidity. How Emotionally Resilient are you? Brad Waters does a great job of describing the “[Ten Traits of Emotionally Resilient People](#)” in his Psychology Today blog.

*The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.*

[shs.westportps.org/departments/guidance/staples-resilience-project](https://shs.westportps.org/departments/guidance/staples-resilience-project)