

Creating  
Achieving  
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Leading

**CAISL**

**CARLUCCI AMERICAN  
INTERNATIONAL SCHOOL  
OF LISBON**

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*CAISL is a student-centered educational community in which we challenge ourselves and each other to do our best and to make positive contributions to our diverse and ever-changing world.*

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# RESILIENCE

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March 2023

# WHAT IS RESILIENCE?





# RESILIENCE IS....

“the ability to bounce back from adversity, frustration, and misfortune”

Ledesma, 2014, p.1

“the developable capacity to rebound or bounce back from adversity, conflict, and failure or even positive events, progress, and increased responsibility”

Luthans, 2002a, p. 702

“a stable trajectory of healthy functioning after a highly adverse event”

Bonanno, 2004; Bonanno, Westphal, & Mancini, 2011

“the capacity of a dynamic system to adapt successfully”

Masten, 2014; Southwick, Bonanno, Masten, Panter-Brick, & Yehuda, 2014

A group of researchers that debated the concept of Resilience, agreed that it is a complex term. It can have a different meaning between people, companies, cultures, and society. They also agreed that people could be more resilient at one point in their lives and less during another, and that they may be more resilient in some aspects of their lives than others.

(Southwick et al., 2014)

If my child/teen can't \_\_\_\_\_ right now.

I fear in the future, \_\_\_\_\_.

Which will lead to \_\_\_\_\_.

This scares me because what I want for my child \_\_\_\_\_.

# WHAT DO YOU DO?

Your child was not invited to a birthday party.

Your child was not chosen for the role they signed up for in the school play.

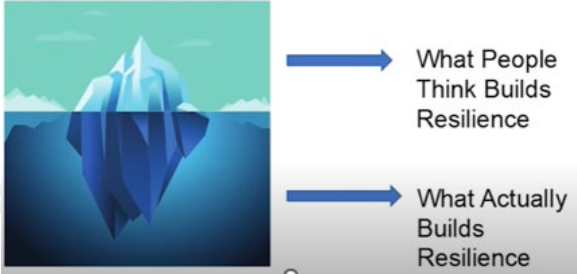
Your child is having a hard time adjusting to the new school.

Your child did not get to play a game during lunch time because of another child.

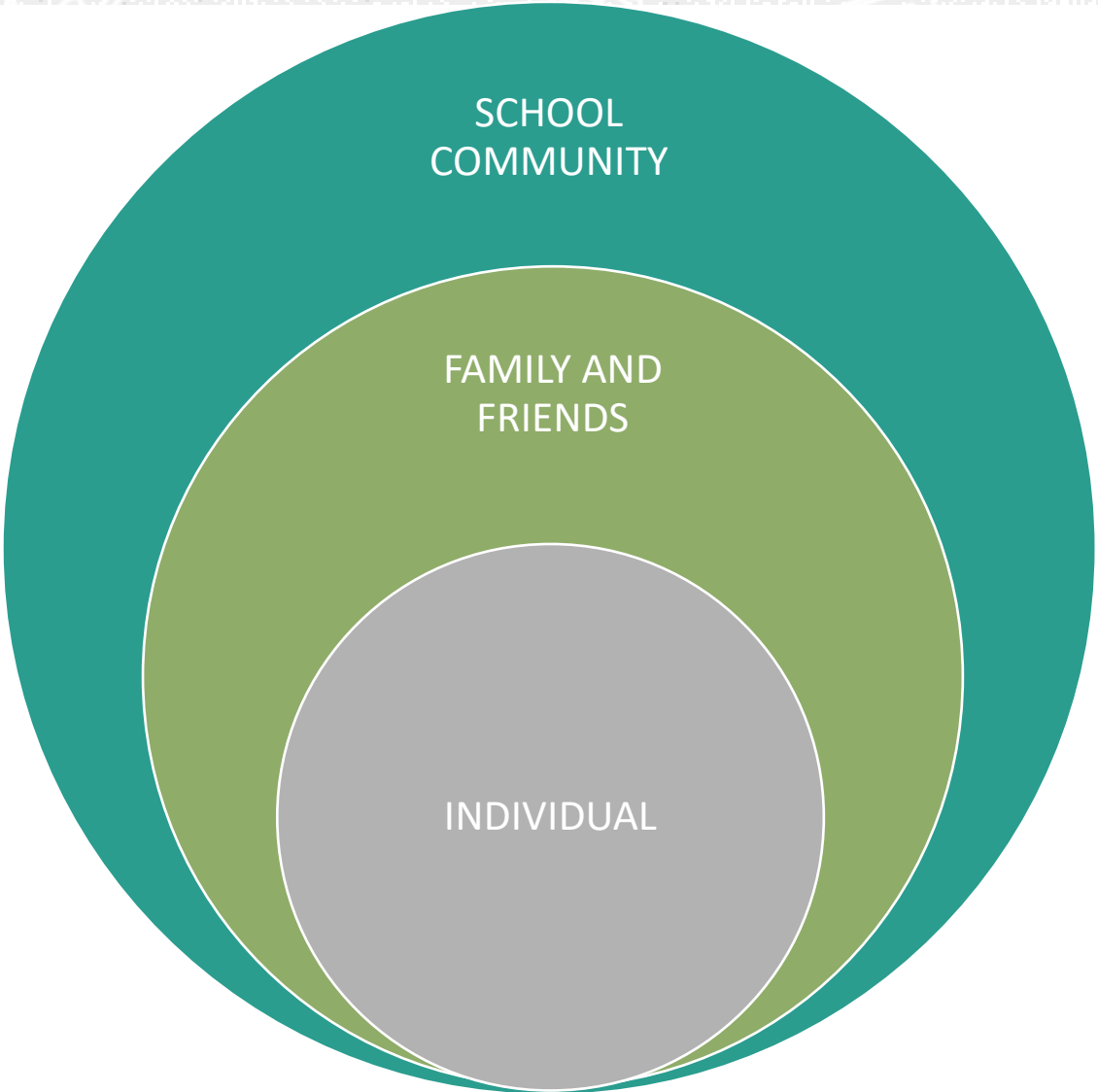
Your child's good friend is spending time together with other kids.

Your child is the last one to be chosen for the teams when they play games at recess or in PE

# RESILIENCE: PROTECTIVE AND RISK FACTORS



**Empathy**  
**Compassion**  
**Collaboration**  
**Acknowledge**  
**Acceptance**  
**Focus**  
**Positive self-talk**  
**Be kind to yourself**  
(is this harmful/not)



**Failure**  
**Risks**  
**Obstacles**  
**Imperfections**  
**Adversities**  
**Mistakes**  
**Rejection**



# BUILD RESILIENCE



## Adversities

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Starting at a new school  
Moving houses  
Welcoming a sibling  
Arguments with friends  
Disappointing test/sport results  
Workload  
Friendships/Bullying  
Illness  
Death  
Disability

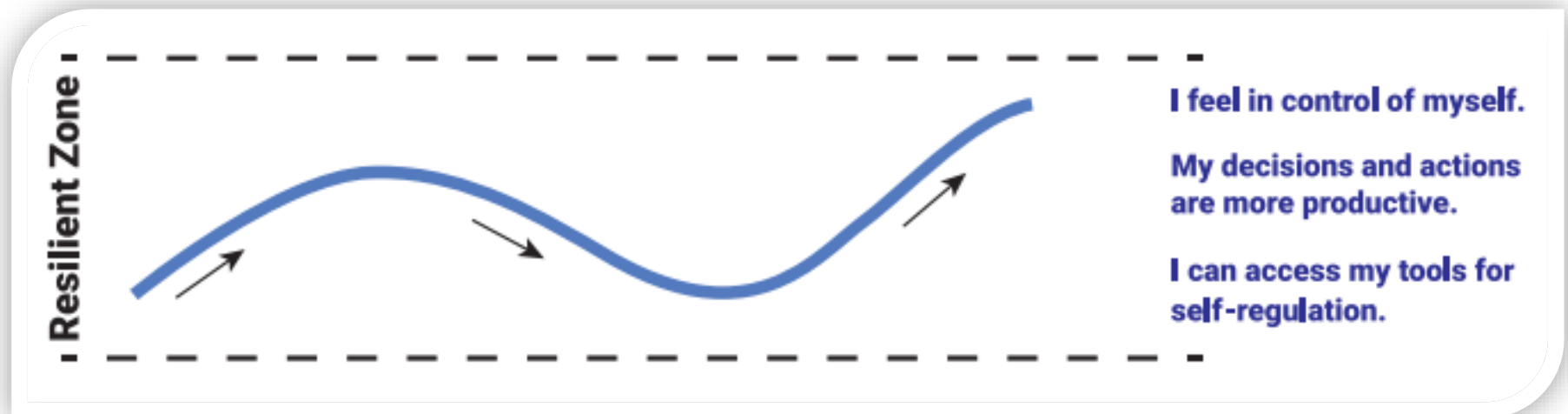
## Strategies

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Support your child but try not to solve every minor problem or disappointment  
Avoid predicting and preventing problems for your child  
Help your child to identify and manage strong emotions  
Encourage your child to have another go when things don't work out the first time they try something  
Build self-compassion  
Make it a habit to recognize and acknowledge when things are going well  
Help your child to develop problem-solving skills in an age-appropriate way  
Find a positive role model who has experienced similar challenges to your child.

# 5 THINGS RESILIENT KIDS DO:

1. Start with Who and Why
2. Process Emotions
3. Tolerate Frustration
4. Plan for Obstacles
5. Feel supported





# RESOURCES

[Resilience Theory: A Summary of the Research \(+PDF\) \(positivepsychology.com\)](#)

[The Neuroscience of Resilience | Journal of the Society for Social Work and Research: Vol 9, No 2 \(uchicago.edu\)](#)

[Frontiers | Understanding resilience \(frontiersin.org\)](#)

[Neurobiology of Stress and Resilience - A Review \(psychscenehub.com\)](#)

[Resilience: The Key To Future Business Success \(forbes.com\)](#)

[Resilience guide for parents and teachers \(apa.org\)](#)

[How to Build Resilience in Kids | Understood](#)

[Lucy Hone: The three secrets of resilient people | TED Talk](#)

[Denise Mai: How to build resilience as your superpower | TED Talk](#)

[Sasha Shillcutt: Resilience: The Art of Failing Forward | TED Talk](#)

[Raphael Rose: How failure cultivates resilience | TED Talk](#)

[Bhakti Sharma: What open water swimming taught me about resilience | TED Talk](#)

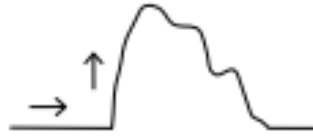
[WATCH THIS EVERYDAY AND CHANGE YOUR LIFE - Denzel Washington Motivational Speech 2023 - YouTube](#)

[Oscar® Qualified Animated Short Film | UMBRELLA - YouTube](#)

1. Make connections and build your social support network.



2. Avoid the tendency to view crises as insurmountable challenges.



3. Accept that change is a natural and unavoidable part of life.



4. Move towards your realistic goals.



5. Take decisive action that will help you face your challenges.



6. Look for opportunities that promote self-discovery.



7. Nurture a positive view of yourself and your abilities.



8. Keep things in perspective and in context.



9. Maintain a hopeful outlook on life.



10. Take care of yourself.



Four Themes of Resilience training:

Resilient Thinking



Effective Relationships



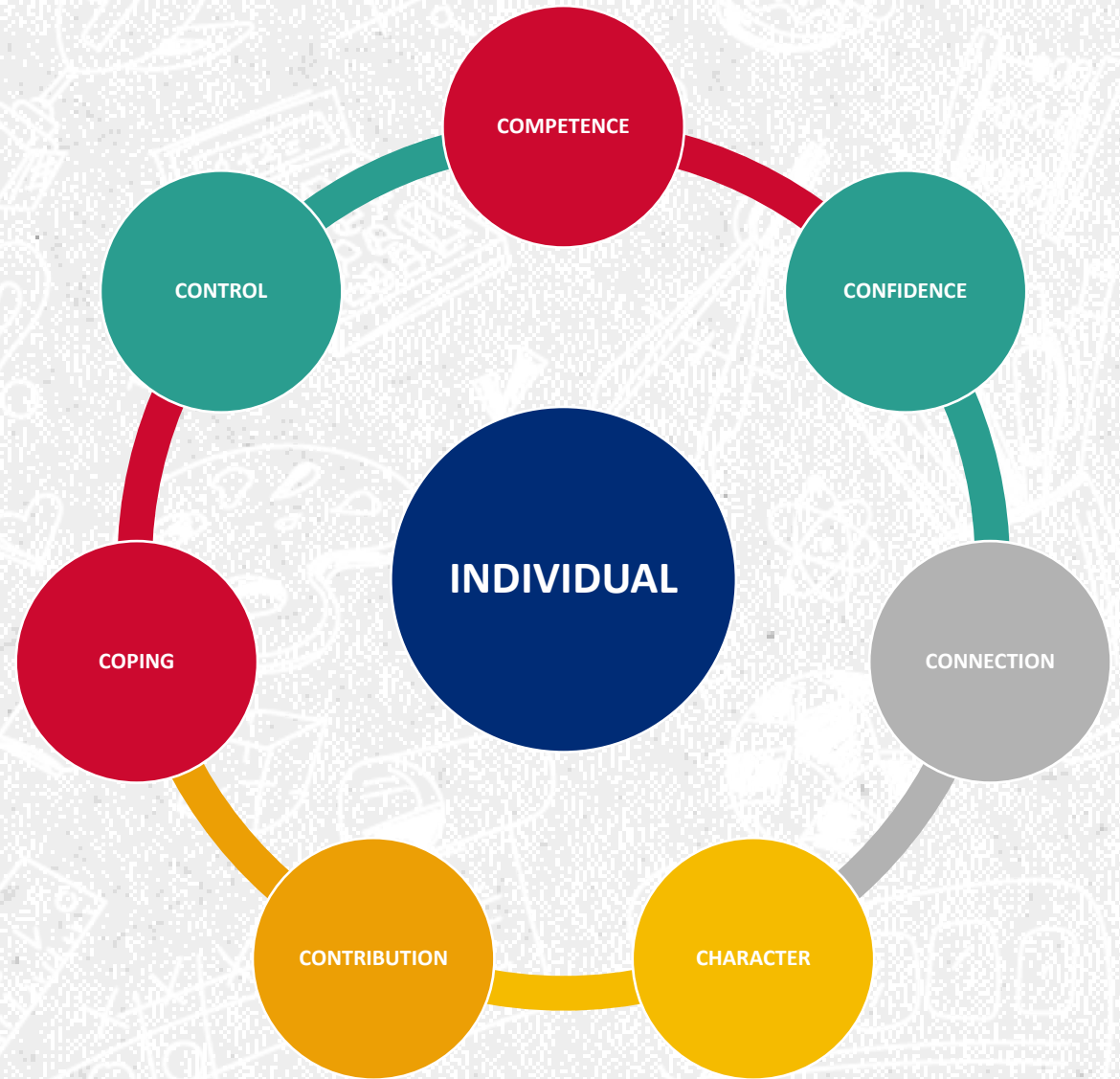
Managing Emotions



Building on Strengths



# 7 C's RESILIENCE





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# THANK YOU

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