Santa Paula Unified School District

Mental Health Matters

March 2026

Building Resilience to Support Mental Health

Understanding Resilience

Everyone experiences stress, change, and difficult life events. From everyday pressures to more significant challenges such as loss, illness, or personal hardship, these experiences can affect emotional well-being.

Resilience is the ability to adapt and recover in the face of adversity, trauma, or stress, helping individuals maintain balance and move forward during challenging times.

Resilience and Mental Health

Resilience does not mean avoiding difficult emotions. Feelings such as sadness, frustration, fear, or anxiety are natural responses to stressful situations. Resilience helps individuals recognize these emotions and manage them in healthy ways. It is also not a fixed personality trait, resilience is a skill that can be developed and strengthened over time.

Key Factors That Strengthen Resilience

Connection

Supportive relationships are one of the most important protective factors for mental health. Maintaining connections with colleagues, friends, family members, and community groups can provide encouragement, understanding, and a sense of belonging during difficult times.

Wellness

Physical and mental health are closely connected. Healthy habits such as regular exercise, balanced nutrition, adequate sleep, and stress management practices like mindfulness or meditation can help the body and mind respond more effectively to stress.

Healthy Thinking

Maintaining perspective during challenging situations can reduce feelings of helplessness. Focusing on what can be controlled, accepting change, and reflecting on past successes can strengthen confidence and emotional resilience.

Finding Purpose Through Action

Setting realistic goals and taking small, manageable steps can help restore a sense of control and motivation during challenging times. Supporting others, volunteering, or engaging in meaningful activities can also strengthen resilience and create a stronger sense of purpose.

OPTUM

Need Mental Health Support?

OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP) OFFERS **FREE CONFIDENTIAL HELP**

Call toll-free **888-444-8624** any time
OR
Go to **www.liveandworkwell.com** and browse as a guest using code **CSEBO**

mental health matters

988 SUICIDE & CRISIS LIFELINE

Practical Ways to Strengthen Resilience

Resilience is built through small, consistent habits that support mental and emotional well-being. Incorporating simple strategies into daily routines can help individuals better manage stress and maintain balance.

- Identify the people, activities, and interests that bring strength, motivation, and joy.
- Prioritize meaningful connections with family, friends, and colleagues.
- Begin the day with a positive routine such as stretching, meditation, or setting daily goals.
- Use humor and positive moments to help balance stressful situations.
- Limit excessive exposure to negative news or social media.
- Take short breaks during the day to reset and recharge.

Small Steps Make a Difference

Resilience develops over time through everyday habits. Simple actions such as connecting with others, practicing gratitude, or taking a short walk can help reduce stress and support overall mental health. Even small steps can have a meaningful impact on well-being.

Seeking Support

When challenges feel overwhelming, reaching out for support can help. Talking with trusted colleagues, friends, family members, or mental health professionals can provide valuable guidance and coping strategies.

Moving Forward

Strengthening resilience helps protect mental health and equips individuals with tools to navigate stress, adapt to change, and continue growing through life's challenges.

Full Articles Found at: https://www.apa.org/topics/resilience/building-your-resilience https://www.nami.org/your-journey/frontline-professionals/public-safety-professionals/building-resilience/

This newsletter is brought to you by the Mental Health Counselors:

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Mental Health Matters

Local and National Resources and Support

911 For Immediate Support
Ventura County Crisis Team (866) 998-2243 (24 hours)
Suicide Prevention Lines (24 Hours)

- **National Suicide Prevention Lifeline** 988 or (800) 273-8255
- **Suicide Prevention Crisis Line** (877) 727-4747
- **National Hope line Network** (800) SUICIDE or (800) 784-2433
- **California Youth Crisis Line** (800) 843- 5200 –24 hours, bilingual
- **TEEN LINE** (310) 855-4673 or text TEEN to 839863 – a teen-to-teen hotline with community outreach services, from 6pm-10pm PST daily. Text, email, and message board also available, with limited hours—visit http://teenlineonline.org for more information.
- **The Trevor Project** (866) 488-7386 – a 24-hour crisis line that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Text and chat also available, with limited hours—visit www.thetrevorproject.org for more information.

In case of an Emergency:

911 For Immediate Support
Ventura County Crisis Team
(866) 998-2243 (24hrs)