Emotional Resilience

**What is Emotional Resilience?**

 **Being able to bounce back from, or overcome, setbacks, obstacles or disappointments, and also to keep going in the face of challenges and failure**

**Having the skills, self-belief and ability to cope with life’s challenges**

We are born with the capacity for resilience. But resilience is not something we have or don’t have. We work on it throughout our lives.

**What helps us to be Emotionally Resilient?**

Self-esteem and confidence

Self-efficacy – believe you can succeed; have control

Security – predictable and safe environment; sense of belonging

Solution finding- finding solutions to our problems

**Using Emotionally Resilient language**

Resilience features can be described in three areas:

I have (external supports)

 I am (inner strengths)

 I can (social/interpersonal skills)

Look at the examples in the ‘I have, I am, I can’ sheet then see if you can complete your own version.