



# Resiliency



## What is Resiliency?

- The ability to overcome the challenging events in our life and to function as well as before and eventually move forward.
- It is the ability to “bounce back”.
- It involves accepting all that life throws at us, learning from the good and the bad and becoming stronger.
- Building resiliency is complicated as we are dealing with human beings.
- A protective factor for one person may be a risk factor for another depending on their situation, experiences and the circumstances.

*For those times our children are not feeling strong, be strong for them.*

**Remember**, there are agencies out there who want to help and support your families through the precarious life events that are cast at us.



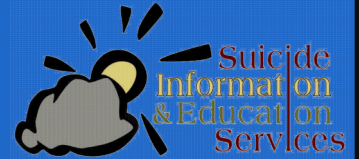
## 10 Positive Characteristics

- Can assist in developing healthy and respectful environments where children thrive and build the strength to adapt and grow:
  1. **Develop Empathy** – teach children to understand and sympathize with how others feel.
  2. **Good Communication** – teach children to become assertive communicators for win-win situations.
  3. **Strong Problem Solving Skills** – teach children confidence in making good choices.
  4. **Dedicated to Learning** - teach children to be interested in school and increasing their knowledge.
  5. **Goal Driven** – teach children how to set goals and strive for them.
  6. **Involved in Engaging and Rewarding Activities** – teach children a sense of purpose and belonging.
  7. **Hopeful About the Future** - teach children that things change and will get better.
  8. **Solid Relationship with One or More Adults** – teach children to build a support network.
  9. **Live in a Safe Community** – teach children to feel safe and secure.
  10. **Live in a Well- Functioning Family** – teach children how to engage in positive relationships.

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## 7 Healthy Habits for Positive Mental Health

**1. Exercise:** regular daily exercise is important for maintaining brain health. It is recommended approx. 30min/day of moderate exercise.

**2. Nutrition:** a proper well-balanced diet consisting of all the nutrients, vitamins and minerals is essential to feed our brains as well as our bodies.

**3. Sleep:** our brains repair from the days stresses and prepare us for the next day so it is essential for good brain health that we receive enough deep sleep to complete these processes. School aged kids require between 9-11 hours of consistent nightly sleep.

**4. Be Creative:** Exercise your imagination (painting, drawing, doodling, sewing, writing, dancing, composing music, etc.) and you not only get those creative juices flowing, you also loosen up some positive emotions.

**5. Identify Troubles...Let them Go:** express your emotions and let them out. But, don't dwell on them. Focus your energy instead on actions for solutions.

**6. Laughter:** releases positive chemicals within our brain aiding in positive thinking. Watch a funny movie, tell a joke or do something silly.

**7. Build a Support Network:** ask for help when needed. Talking about our stresses, pain and issues with others helps to create solutions and creates connectedness.

## Resources:

### 24 Hour Resources

Any trusted person (family, friends, coworkers)

Central Alberta Info Help Line	211
Distress Line	1-877-303-2642
Crisis Line	1-800-SUICIDE
Alcohol & Drug Crisis Line	1-800-663-1441
Victim Link (abuse/violence)	1-800-563-0808
Red Deer Regional Hospital	403-343-4448
Central Alberta Women's Shelter	403-346-5643
Mental Health Clinic (walk-in)	403-340-5466
Parkland Family Counselling (walk-in)	403-340-8995
Women's Outreach Centre	1-866-347-2480
Central Alberta AIDS Network Society	403-346-8858
Family Services of Central Alberta	403-343-6400
People's Place Shelter (5pm-9am)	403-342-4722
Canadian Mental Health	403-342-2266
Red Deer Native Friendship Centre	403-340-0020
AADAC (AHS)	403-340-5274
Primary Care Network	403-343-9100