

Resiliency

Think about this quote: "The road to success is often bumpy."

What this means is that all of us will experience challenges and roadblocks in life. But that is not a negative. Overcoming obstacles is how a child grows strong. This is called Resilience - and it matters. Every parent wants their child to lead a happy, healthy and productive life. We want them to have the skills they need to deal with life's inevitable challenges. According to research, resilience is the most important characteristic that a person can possess.

Resilient people may show characteristics like:

- Holding positive views of themselves and their abilities
- Possessing the capacity to make realistic plans and stick to them
- Being a good communicator
- Viewing themselves as fighters rather than victims
- Having high emotional intelligence and managing emotions effectively

We know that some of life's challenges are out of our control and these challenges can be a risk to mental health. The key is balance, the more risks a child has, the more protective factors are needed to be resilient. And, the good news is there is a lot we can do to build protective factors to help our children become resilient!

Hopefulness

Hopefulness represents our ability to approach life in a positive and optimistic way. Hopefulness has been linked to

- A greater sense of meaning
- Lower symptoms of anxiety and depression
- Increased chances of achieving success

Hopefulness is a process and can be learned, it does not have to be a "state of mind". There are ways to practice hopefulness:

- Goal setting
- Visualization
- Growth Mindset

Having hope helps build resilience and our children's ability to get through tough times.

Happiness

Positive Psychologists, who research happiness ask the question: **what does it take to make one happy?** Their answer? Three things:

- Strong, meaningful relationships
- A purpose to one's life
- Setting and achieving goals towards that purpose.

Happiness does not necessarily mean freedom from suffering, stress, or negative emotions. Instead, happiness indicates overall satisfaction and a tendency to view one's life as good, meaningful, and fulfilled. Some criteria common to many definitions of happiness include: (goodtherapy.org)

- Feeling satisfied with the direction one's life is going
- Holding oneself in high regard and being forgiving of your mistakes and shortcomings
- Finding satisfaction in simple pleasures and in relationships
- Having several areas of fulfillment in life
- Having an optimistic disposition and tending to see the glass as half full
- Viewing setbacks as opportunities for growth
- Taking responsibility for one's own satisfaction rather than allowing emotions to be manipulated by outside forces.