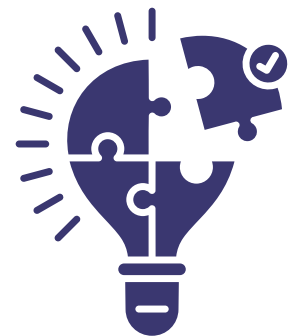


# Promoting Resilience in Young People

Resilience is a key factor in the healthy development of young individuals, and as a professional, you play a crucial role in fostering it. Dr. Kenneth Ginsburg's Seven C's—Competence, Confidence, Connection, Character, Contribution, Coping, and Control—serve as a comprehensive framework for promoting resilience in young people. Here's a guide on how to implement these principles effectively:

## 1 Competence

- **Invest in self-esteem:** Encourage young people to explore and understand their identity and values. Help them recognize their unique strengths and talents.
- **Encourage belief in abilities:** Foster a mindset of self-belief. Encourage them to trust their capabilities and assure them that it's okay to face challenges—it's a part of growth.
- **Learning from experiences:** Cultivate a habit of reflection. Help them analyse their experiences, both successes, and setbacks, to extract valuable lessons for personal growth.



## 2 Confidence

- **Positive relationships:** Facilitate and encourage positive connections with friends and adults. These relationships provide a support system, reinforcing their sense of self-worth.
- **Personal challenges:** Support them in taking on personal challenges. Even if they don't succeed, emphasize the value of the learning experience, promoting resilience through setbacks.
- **Use creativity to encourage problem-solving:** Foster creativity by encouraging young people to think outside the box. This helps them develop adaptive problem-solving skills, a crucial aspect of resilience.

## 3 Connection

- **Build positive relationships:** Help young people establish and nurture positive connections with peers and adults. These relationships provide a sense of belonging and support.
- **Open communication:** Create an environment where they feel comfortable expressing their thoughts and emotions. Actively listen and validate their feelings.
- **Identify support networks:** Assist young individuals in identifying and strengthening their support networks. Knowing they have a reliable support system enhances their ability to bounce back from challenges.



## 4

**Character**

- **Values and morals:** Encourage the development of a strong moral compass. Discuss values and ethical principles, helping them make choices aligned with their character.
- **Model integrity:** Demonstrate integrity in your actions and decisions. Serve as a positive role model for them to emulate.



## 5

**Contribution**

- **Community engagement:** Foster a sense of social responsibility by encouraging involvement in community activities. Volunteering and contributing to others can enhance their sense of purpose.
- **Encourage teamwork:** Highlight the importance of collaboration and working towards common goals. This reinforces a sense of belonging and shared achievement.

## 6

**Coping**

- **Emotional management:** Assist them in understanding, expressing, and managing their emotions constructively. Provide coping mechanisms for dealing with stress and adversity.
- **Resilience through challenges:** Emphasize the importance of facing challenges head-on. Assist them in developing coping strategies that promote resilience in the face of setbacks.
- **Promote mindfulness:** Introduce mindfulness practices to help them stay present and manage stress. Mindfulness techniques can enhance emotional regulation and overall well-being.
- **Self-care habits:** Emphasize the significance of self-care. Encourage healthy habits such as adequate sleep, regular exercise, and nutritious eating to support their physical and mental well-being.



## 7

**Control**

- **Independence:** Foster independence in both actions and thoughts. Help them develop decision-making skills, enabling them to take control of their lives.
- **Goal setting:** Guide them in setting SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. Maintaining routines provides a sense of structure and control.
- **Adaptability:** Teach the importance of adaptability in the face of change. Life is unpredictable, and being flexible in their approach can help them navigate uncertainties.
- **Cultivate a growth mindset:** Instill a mindset of continuous learning. Emphasize that mistakes are opportunities for growth, and learning is a lifelong journey.



By incorporating these principles into your interactions with young people, you can contribute significantly to their resilience and empower them to navigate life's challenges with confidence and strength.