

Dear Families/Caregivers,

Following a traumatic event it is important to help our teens develop the resiliency to move beyond the adversity. Resiliency is a skill that can be learned and must be practiced in order for our teens to continue learning, growing, and thriving.

We learned that we can bounce back from a traumatic event and feel better. We learned that we all have different ways of bouncing back and that some people need more time than others to bounce back – and that's okay.

Here are some suggestions to help your teen build their resiliency to bounce back from this traumatic event:

- Encourage your teen to think about the good. No matter how bad the situation is, there is always something to be thankful for. Help your teen to look for something that makes them smile, such as the sun that is shining, the smile on the face of a friend, or a humorous video on the internet.
- Set aside time to talk with your teen. Encourage them to express their feelings by talking, writing, drawing, dancing, singing, or listening to music.
- Help your teen remember that all things change. Talk about difficult times that you've endured as a family or things your teen used to find hard to that now are easy for them.
- Ask your teen what they are good at. Everyone is good at many different things. Help your teen identify their strengths and use their strengths to grow stronger.
- And most importantly, encourage your teen to love and accept themselves just the way they are. Being kind to oneself is especially important following a difficult event.
- Model resiliency for your teen. Talk about the hope you have and a goal you have to help you feel better. Teens look to adults for reassurance that everything will be okay.

While resiliency is important for recovering from a traumatic event, it is important to note that everyone bounces back in their own way and in their own time. Allow your teen the time they need. Please feel free to talk with me, our school counselor, or your mental health provider if you have concerns about your teen's recovery or resiliency.