



Canadian Mental  
Health Association

Association canadienne  
pour la santé mentale

# Mental Health for All Fact Sheet

## Resiliency: at Home, School and Work

From the booklet *Kids Can Cope: Parenting Resilient Children at Home and at School*



PENINSULA BRIDGE / FLICKR.COM

**Resiliency:** a combination of skills and positive attributes that people gain from their life experiences and relationships. These attributes help them solve problems, cope with challenges and bounce back from disappointments. We can help our children develop attributes or “assets” that enable them to be resilient and will help them throughout their lives.

### Assets That Work Together:

- **Relationships and reaching out:** strong parent–child relationships, social skills and self-confidence, the ability to ask for help, understanding of personal boundaries, belonging to communities and groups
- **Emotional skills:** positive self-esteem, ability to calm oneself, ability to talk about feelings, sense of humour, ability to distract oneself, ability to see hopeful side of problems and challenges, knowing how to act appropriately in various situations
- **Competence:** goal setting and planning, problem solving and reasoning skills, practical skills like being able to cook, clean, budget, fix things and find information, the ability to look after oneself and be independent, assertiveness, perseverance, good judgement and critical thinking skills
- **Optimism:** confidence in one’s own skills and abilities, ability to judge risks, positive childhood experiences, supportive family and community, being generous and supportive of others

### How Parents Build Resiliency in Children:

- Parent-child relationship
- Parent-child communication – listen, listen, listen and respect feelings, voice and assertiveness
- Discipline – making independent decisions
- Optimistic thinking – challenge negative thoughts, show a positive view, model optimistic thinking
- Dealing with stress – provide strategies children can learn — check the Kids Have Stress Too!® Program

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## Transferring These Skills to the Workplace

### Bouncing Back: How Workplace Resiliency Can Work for You

- **Relationships:** Treat people well, practice good listening skills. Try to see situations from the other person's point of view. Don't criticize co-workers in front of others but praise publicly. Admit mistakes and apologize. Forgive mistakes of others.
- **Emotional Intelligence:** Be aware of your emotions and how they affect you. Try to act on the basis of thoughts and ideas, instead of feelings. Empathize. Be mindful of how to express strong feelings. Pay attention to body language. Invest in your emotional well-being by making time for social networks and activities that add energy and enjoyment to your life.
- **Competence:** The knowledge and skills that enable us to solve problems and get things done. Ask for training when you need it. Don't be afraid to ask questions. Take advantage of outside training opportunities such as conferences and courses and reading publications relevant to your field of work. Get involved in community organizations. Talk to people who know more than you do.
- **Optimism:** The realistic, experience-based positive attitude and thinking pattern that helps us deal with challenges and disappointments with a sense of hope. Coach yourself to see bad situations as temporary setbacks rather than permanent disasters. Don't exaggerate the negative impacts of bad situations. Look for one small step to improve the situation. Celebrate success. Challenge negative thoughts and beliefs. Look for the positive in negative situations.
- **Coping Skills:** the tools we use to reduce stress and deal with difficult situations: Keep a mental list of the things that help you cope with difficult situations and use them when you're having a rough time. Stay connected to people who can help you cope. Make time for "down time" — take breaks and vacations. Learn to break problems down into parts and plan to change the things you have the power to change and how to live more easily with the parts you cannot change. Remember the big picture — perceptions can be wrong.

### Do You Need More Information?

Mental Health Week is a designated week created by **The Canadian Mental Health Association (CMHA)** to talk, reflect, engage and celebrate mental health for all. The theme of Mental Health For All represents the right of every Canadian to enjoy and have the best possible mental health. It's this attitude that represents ways in which all Canadians can actively protect and preserve their mental health at home, work and in their own community. CMHA develops policies and delivers programs and services through its 10,000 volunteers and 135 branches across Canada everyday.

Learn more by visiting [www.MentalHealthWeek.ca](http://www.MentalHealthWeek.ca)