



## Supporting Minds at Fullbrook - Building Resilience and Coping Skills in Young People

In last week's instalment of 'Wellbeing Wednesday' we looked at social media and strategies families can adopt to help our teenagers navigate the online world. This week, we are focusing on helping young people develop resilience and effective coping skills. Helping our teenagers to healthily manage challenging circumstances and 'big emotions' is arguably one of the most valuable things we can do as parents. Resilience doesn't mean that life will feel easy, it means young people learn to face challenges, adapt, and grow emotionally through support, practice, and safe experiences.

**What is Resilience?** Resilience is the ability to cope with setbacks, adapt to change and keep going in the face of difficulty. It's a mix of life experiences, supportive relationships and learned behaviours that help protect mental health and boost wellbeing. NHS guidance highlights that resilience is not a fixed trait, it can be developed over time with practice and support.

**Why It Matters:** Adolescence is filled with ups and downs, from exam pressures to social challenges. Young Minds, a leading UK mental health charity, provides resources that encourage schools and families to help young people recognise and build resilience through structured activities like conversation prompts and wellbeing exercises.

### Practical Tips for Parents

#### 1. Encourage Connections

A strong support network of family, friends and trusted adults gives young people a sense of belonging and increases their confidence to cope. NHS guidance emphasises the importance of staying involved in your child's life: listening, talking about feelings and supporting their interests helps them feel valued and understood.

#### 2. Model Coping and Positivity

Young people learn by watching us. Showing how you manage your emotions (admitting when something is hard but demonstrating healthy ways to cope) teaches them that challenges can be tackled.

#### 3. Build Healthy Routines

Good sleep, balanced nutrition, physical activity and time offline strengthen emotional wellbeing and give young people a better foundation for managing stress. NHS and health services resources suggest these basics make it easier for young people to cope when difficulties arise.

#### 4. Talk About Feelings

Helping your child name what they are feeling builds emotional literacy - a key part of coping. When you respond with empathy: "It sounds like you're feeling really stressed about that", it helps them feel understood and less alone.

#### 5. Coping Isn't "Fixing" Everything

It's natural to want to protect your child from hurt, but allowing them to experience age-appropriate challenges, with your support, gives them space to learn coping strategies.

**Support and Resources:** As well as contacting your child's Head of Learning, Tutor and/ or the DSL team at Fullbrook, Young Minds offers a free Parents' Helpline (0808 802 5544) and email support, providing confidential advice for anyone worried about a child or young person's mental health.

Resilience isn't about "never feeling down", it's about feeling supported, learning from experience, and knowing how to find help when it matters. As parents, fostering connection, empathy and healthy coping skills helps young people build inner strength for life's challenges.