

Building Resiliency

Life is full of challenges and stressful changes for teenagers, and it is important for teens to learn to be resilient. Resilience is the ability to face tough situations, cope with the stressors of life, and recover from these obstacles.

Teens have many situations that can be difficult, and it's important to find your support system to build internal confidence that can really help you bounce back when life throws an upsetting or uncomfortable situation your way.

Teens can learn to develop and grow more resilient by:

- Finding supportive relationships with parents, teachers, and peers.
- Challenging yourself without the fear of failure. Falling short of a goal is how we all learn.
- Have conversations about the feelings and emotions that come with both successes and disappointments.
- Teens-ask to make your own decisions and be part of bigger decisions. These conversations build independence and can remind us to face the results of those decisions.
- Understanding that life is hard sometimes, and life is not always fair. Bad things happen but with support from others you can adapt and find successes.

Thank you Sarah Borchert for the great education this month!

School Nurse Expertise

From Sarah Borchert, School Nurse for the Waterloo School District:

"Often everyday life can be challenging for teens and having resiliency can help you focus less on the negatives and look for the positives in their life. Learning from the experiences that upset you and expressing your feelings can help you grow resilience. I also list a few things teens can do to help under the 'Building resiliency' section of this edition of Backpack News"

24/7 Mental Health Crisis Resources

- Jefferson County
920-674-3105. If calling after 5:30pm, weekends or holidays, press 7.
- 988 Suicide & Crisis Lifeline
Call **988** (multiple languages) or text **988** (English only)
- Center for Suicide Awareness
Text **HOPELINE** to **741741** on mobile devices.

Healthy Habits in 2023

Each year, millions of individuals make "New Year's Resolutions" or goals to improve their health/lives. Here are 9 suggestions from the American Heart Association:

- **Slow Down**

Plan time each day to make sure the most important tasks are done without having to rush.

- **Snooze More**

Each age needs a different amount of sleep each day. Teens (8-10 hours); Adults (7-9 hours)

- **Let worry go**

Take time to breathe before you work through problems.

- **Laugh it up**

Laughing makes us feel good—aim to do more daily.

- **Get connected**

Connect as a family or with friends via the phone, in-person or video calls.

- **Get organized**

Cleaning clutter and having a plan can leave everyone feeling great.

- **Practice giving back**

Get into volunteering—helping others helps you.

- **Be active daily**

Adding movement each day can aid in helping to prevent illness, disease and stress.

- **Give up bad habits**

Dropping smoking/vaping, drinking alcohol or excess screen time will leave you feeling better overall and will help your health in the future.

[Fight Stress with Healthy Habits Infographic](#) | [American Heart Association](#)