



## WEEKLY NEWSLETTER

# Resilience

## STRATEGIES



*The ability to emerge from challenges even stronger*

### 1:1 FRIENDSHIP TIME

- You are not alone
- Accept help



### SERVE

- Find a purpose beyond yourself



### VISION

- Set realistic goals
- Proactively work towards goals

### HEALTHY MIND

- Challenge negative thinking
- Reframe a challenge to an opportunity
- Learn from mistakes
- Be hopeful



### HEALTHY BODY

- Eat well, sleep well, exercise

### LEAN ON PAST SUCCESS

- Trust your strengths and your ability



# Tips for Building Resilience

by Stephanie Brekstad

What is Resilience?

*Hardships and challenges are a part of everyday life.* Resilience is a quality that allows individuals who experience these hardships, to overcome and rise above them instead of letting it prevent them from moving forward.

Being resilient does not mean that a person doesn't experience difficulty or distress.

In fact, the road to resilience is likely to involve considerable emotional distress (APA, 2020.). To show resilience requires work, and to develop the skills to do so, takes work.

There's growing evidence that the elements of resilience can be cultivated.

Psychologists have identified some of the factors that make a person resilient, such as: a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback.

## ***Why is Resilience Important?***

- \* Experience more positive emotions and better ability to regulate emotions
- \* Greater ability to manage stress responses
- \* Better ability to problem solve under stress
- \* Improved view of self
- \* Greater confidence in personal strengths
- \* Greater ability to communicate under stress

## ***Tips for Building Resilience***

### *1. Make connections*

- \* Maintain or improve relationships with close family members, friends or others
- \* Accept help and support from those who care about you
- \* Get active in groups, spiritual organizations, volunteer
- \* Assist others in their time of need

### *2. Work towards goals*

- \* Develop realistic goals
- \* Accomplish small regular tasks daily
- \* Develop the habit of asking yourself "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

### *3. Take action*

- \* Act on adverse situations rather than detaching and avoiding problems
- \* Practice problem solving and breaking larger issues into smaller parts

### *4. Take care of yourself*

- \* Pay attention to your needs and feelings

- \* Engage in activities that you enjoy and find relaxing
- \* Practice general self care—eating and sleeping regularly. Etc.

*References:*

American Psychological Association (2020). The road to resilience. . Retrieved from

<https://www.apa.org/helpcenter...>

Psychology Today (2020). Psychology Today. Resilience, . Retrieved from

<https://www.psychologytoday.co...>

## GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Intensive Outpatient Group
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Substance Use Group
- Parenting Teens Support Group
- Support Group
- 

**DEPRESSION & ANXIETY GROUP (16-18)**

IN PERSON  
THURSDAY FROM 6-7:00 PM  
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit  
\$50 per group  
(919) 893-9444

**DEPRESSION & ANXIETY GROUP (14-15)**

IN PERSON  
THURSDAY FROM 5-6PM  
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit  
\$50 per group  
(919) 893-9444

**IN PERSON DEPRESSION & ANXIETY GROUP 11-13**

IS YOUR TWEEN EXPERIENCING CHANGES IN THEIR APPETITE  
WITHDRAWING FROM FRIENDS AND ACTIVITIES  
DECLINES IN GRADES  
A CHANGE IN NORMAL BEHAVIOR OR PERSONALITY  
INABILITY TO ENJOY LIFE

Research has shown that children who experience depression are at a greater risk of their symptoms increasing in severity and engaging in dangerous behaviors. Our group can help! Your child can learn valuable skills for overcoming their depression and live healthier lives.

TUESDAYS@ 5pm  
\$200 Deposit  
\$50 per session

Email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com)  
Call 919 893 9444  
Visit us [www.ncpsychologist.com](http://www.ncpsychologist.com)

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

## Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary  
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

You received this email because you  
signed up on our website or made a  
purchase from us.



[Unsubscribe](#)