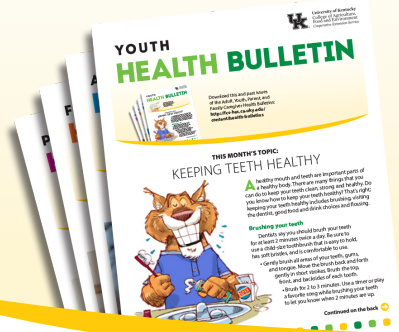


YOUTH HEALTH BULLETIN



NOVEMBER 2025

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THIS MONTH'S TOPIC

BUILDING RESILIENCE: BOUNCING BACK STRONGER

Don't let
Things
BRING YOU
DOWN!



Resilience is a big word, but it has a simple meaning. It is the ability to bounce back after something hard happens. Think about a rubber ball. When you drop it, the ball does not stay on the ground—it bounces back up. People can do the same thing. When life gets tough, resilience helps us stand up, keep going, and even grow stronger.

Everyone faces challenges. You might get a bad grade, lose a game, or argue with

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When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

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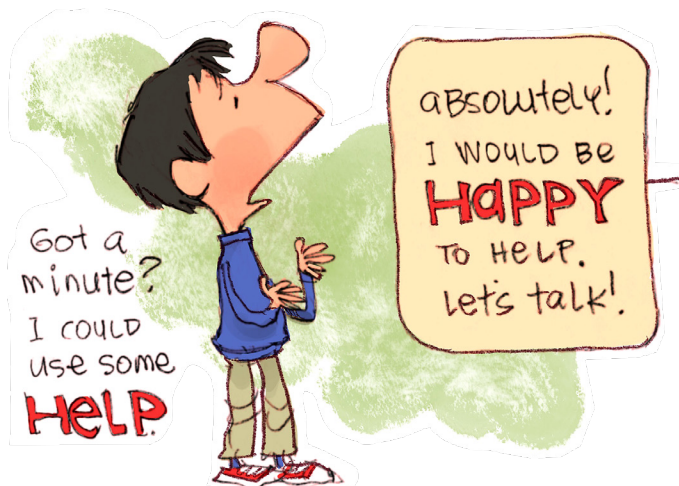
a friend. Sometimes, bigger problems arise, like moving to a new school or having someone you love get sick. Feeling sad, upset, or worried is normal. But resilience helps you cope with these feelings in healthy ways, instead of giving up.

One way to build resilience is to stay positive. This does not mean you always have to be happy. It means looking for the good, even in hard times. For example, if you lose a game, you can think about what you learned and how you can do better next time. A positive attitude helps your brain stay hopeful.

Another way to grow resilience is to ask for help. Strong people know they do not have to do everything alone. You can talk to a parent, teacher, coach, or friend when things feel too heavy. Sharing your feelings can give you new ideas and comfort. Remember, it is OK to need support.

Taking care of your body also builds resilience. Eating healthy foods, getting enough sleep, and moving your body with play or exercise makes your mind and body stronger. When you feel good physically, it is easier to deal with stress.

Resilience also comes from practicing problem-solving. When you face a challenge, instead of giving up, ask yourself, "What can I do about this?" Breaking big problems into smaller steps makes them easier to manage. Each time you solve a problem, your confidence grows.



Another important piece is kindness—to yourself and others. Sometimes we are our own biggest critics. Instead of being hard on yourself when you make a mistake, try saying, "I did my best, and I can try again." Treating yourself with kindness makes it easier to keep going. Helping others also builds resilience. When you do something kind for someone else, it reminds you that you can make a positive difference in the world.

Resilience is like a muscle. The more you use it, the stronger it gets. Every time you face a challenge and keep moving forward, your resilience grows. You may not notice it right away, but over time, you will see how much stronger and braver you have become.

Remember: Life will always have ups and downs, but resilience gives you the tools to bounce back. With practice, you can face challenges, learn from them, and keep shining brightly.

REFERENCES:

- <https://developingchild.harvard.edu/resource-guides/guide-resilience>
- <https://www.apa.org/topics/resilience/guide-parents-teachers>

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