

# RESILIENT ME

## WHAT IS RESILIENCE AND WHY IS IT IMPORTANT?

RESILIENCE IS ABOUT HOW WE REACT TO STRESS AND WHAT WE LEARN FROM IT. HAVING GREATER RESILIENCE CAN HELP TO STRENGTHEN OUR FAITH AND IMPROVES OUR FAMILY LIFE AND RELATIONSHIPS.

## 3 WAYS TO DEVELOP RESILIENCE ACCEPT BEING HUMAN

IT IS IMPORTANT TO REALISE THAT ALLAH HAS CREATED US WITH EMOTIONS, THEY SERVE A PURPOSE, BY ACCEPTING WE WILL EXPERIENCE DIFFICULT EMOTIONS, WE CAN REFLECT AND BUILD UPON THIS.

## 2 MAKE CONNECTIONS

HAVING SUPPORTIVE FAMILY AND FRIENDS WHO ARE COMPASSIONATE, EMPATHETIC, UNDERSTANDING AND LISTEN, CAN INCREASE YOUR RESILIENCE. YOU CAN ALSO BUILD NEW CONNECTIONS THROUGH VOLUNTEERING, ONLINE AND FAITH GROUPS.

## TAKE YOUR UNHELPFUL THOUGHT TO COURT

### IDENTIFY UNHELPFUL THOUGHT

I.E. I CAN'T HOME SCHOOL BECAUSE I'M NOT A QUALIFIED TEACHER

RATE BELIEF IN STATEMENT: RATE BETWEEN 0-10

RATE THE EMOTIONS:

### DEFENSE

WHAT TELLS YOU THIS THOUGHT IS TRUE BASED ON FACTUAL EVIDENCE?

I.E. I AM NOT A TEACHER.

### PROSECUTION

WHAT TELLS YOU THIS THOUGHT IS NOT TOTALLY TRUE, BASED ON EVIDENCE AND OPINIONS OF OTHERS.

I.E., I MIGHT NOT BE A TEACHER, BUT I HAVE TAUGHT MY CHILD

HOW CHILD EAT, DRESS, READ ETC

ALTERNATIVE THOUGHT: I MAY NOT BE A TEACHER, BUT I HAVE TAUGHT MY CHILD MANY THINGS

RATE BELIEF IN STATEMENT:

RATE THE EMOTIONS:



## BUILDING RESILIENCE IN OUR CHILDREN

- **Be a Resilience Role Model:** Remain calm and consistent when you are faced with trial and tribulations and help you child understand how you overcome these.
- **Strengthen their brain function:** Board games, creative play, sensory and messy play is a great way of doing this.
- **Let them make Mistake and resist the urge to fix it:** Help your child develop problem solving skills by asking questions, encouraging them to explore different ideas and reflect on what they can do differently next time.
- **Take their unhelpful thought to Court:** This is a useful tool for teenagers and children who may be experiencing bullying.
- **Love them and empower them.**

## PROPHET MOHAMMED (SAW) SAID:

"How wonderful is the affair of the believer, for his affairs are all good, and this applies to no one but the believer. If something good happens to him, he is thankful for it and that is good for him. If something bad happens to him, he bears it with patience and that is good for him." (Sahih Muslim)



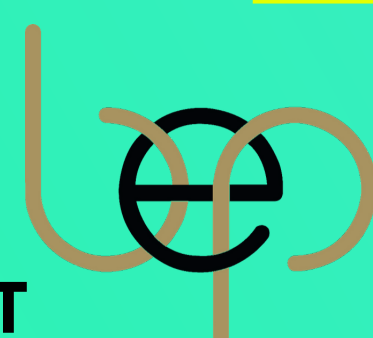
CONTACT US AT:

**0121 773 8643**

OR EMAIL US AT:

[INFO@APPROACHABLEPARENTING.ORG.UK](mailto:INFO@APPROACHABLEPARENTING.ORG.UK)

**#GETPARENTINGRIGHT**



BIRMINGHAM

Education  
Partnership