

## BUILDING RESILIENCY

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Resilience has traditionally been considered a result of adversity; as you overcome a problem, you grow more resilient. It is actually much more of a process, though. How you respond to and handle emotional and mental stress truly defines your level of resilience. Being resilient entails having guts, determination, and the capacity to persevere. These qualities may sound more adult-sounding, yet they are exactly what you would anticipate from a student who is struggling with a challenging homework assignment or who has been assigned a group project.

Additionally, pupils daily progress significantly in both their physical and mental selves. Teenagers encounter a variety of different situations and difficulties between school, extracurricular activities, employment, and their social lives. They can face problems head-on, recover from any setbacks, and have the highest chance of success if they are resilient. It enables kids to learn and develop in every circumstance – two abilities essential to their welfare and growth. They will be more likely to succeed if they face new circumstances, people, or experiences with confidence and a positive outlook thanks to resilience.

In light of this, resilience is a collective good. Grit, which is the result of effort and determination, produced it (Duckworth, 2016). Children can better manage stress, emotions of worry and uncertainty by developing resilience, the capacity to adapt successfully to adversity, trauma, tragedy, threats, or even substantial levels of stress. Children who are resilient, meanwhile, still encounter hardship and distress from time to time. When we experience a big trauma or personal loss, or even when we learn of

someone else's loss or trauma, we frequently experience emotional pain, despair, and anxiety.

Growing data supports the need to boost resilience, which is consistent with our educational system. One method for accomplishing this is through including crisis prevention and peacebuilding strategies in educational policy and planning. Implementing resilience programming into the classroom will really assist prepare your pupils for success, especially given this hard last year. They will be able to develop wholesome tactics they may use in their future employment and personal life, as well as discover more about themselves. Additionally, they will learn to rejoice in victories and take lessons from failures.

Most importantly, they will learn how to appraise difficulties and choose the best course of action while maintaining self-assurance and belief in their ability to recover and achieve new and higher levels.

*References:*

Duckworth, A. L. (2016). *Grit: The power of passion and perseverance*. Scribner.

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