

What can grant holders do to build resilience among young people?

- Support Workers – youth clubs
- Bring professionals e.g. in mental health
- Talk with the young people, not to them
- Mindful tips on how to deal with situations like stress
- Use it as a learning experience – encourage!
- Workshops
- Reassure individuals that they're not alone
- Find alternative ways to express your emotions
- Make solid connections with the young people – put the time in to get to know them – trust is important!
- Introduce activities e.g. mindfulness, ask young people what they want to do/learn
- Make connections and reduce isolation
- Therapy such as CBT
- Focus on the here and now
- Compartmentalise – what to worry about now, what to worry about later
- Help to improve lifestyle – diet, exercise to improve well being
- Connect groups with similar experiences
- Trauma informed practice/ACES training with staff
- Draw on work of other grant holders, sharing skills and experiences