

BUILDING RESILIENCE



What is resilience?

Resilience is the ability to adapt to and overcome difficult times in your life. Resilience can help you find the skills to recover from hardships and come out stronger. You can learn to be more resilient. This can help you cope with stress, bounce back from challenges, and feel more confident in your parenting role.

SET ACHIEVABLE GOALS AND MOVE TOWARD THEM

- Know that you are strong and can overcome crises in your life.
- Deal with big problems by focusing on what is most important.
- Start by thinking of solutions. Then break those down into smaller steps.
- Make a set of goals for you and your grandchild. Write your goals down and put them somewhere you can look at each day (refrigerator, wall, or door).
- Talk about your goals. Remind yourself and your family of what you are working towards. Be patient and know that it will take time to get there.

ASK FOR SUPPORT

We all need support to get through hard times. Make connections and build your social network. Reach out to friends, family, and people in your community. Make a phone call, send an email, or meet a friend for coffee or a walk. By staying connected to others you are taking care of yourself!

Find a local or online support group <http://tiesthatbindor.org>



NURTURE A POSITIVE VIEW OF YOURSELF AND YOUR ABILITIES

- Start a journal and write down positive notes to yourself.
- Replace negative thoughts with positive ones (“I am a great grandparent” and “I can do this”).

TAKE CARE OF YOURSELF

- Find respite care
- Eat healthy meals
- Exercise (walk, yoga, hiking)
- Get good sleep each night
- Find time to do the things that make you happy

MAINTAIN A HOPEFUL OUTLOOK ON LIFE

Try to accept the changes in your life and focus on the big picture. Do not let your hardships define you. Keep an optimistic view of your life by looking forward.

- Practice positive thinking every day.
- Avoid negative self-talk.
- Remember to smile and find the humor in your life.
- Focus on the things in your life that you can control.
- Picture a bright future for you and your grandchild.



Ties That Bind is a program of the Jessie F. Richardson Foundation. With this program, we aim to connect grandparents and kinship caregivers with the resources they need.

Visit us at <http://tiesthatbindor.org/> for more.