

Encouraging Resilience

Encourage your girl scouts to:

Be a Sister to Every girl scout.

Connecting with people provides social support and strengthens resilience.

Resources:

Spotlight on Sharing our Cultures and

Spotlight on Outcomes - Building Healthy Relationships

Help Others.

Overcome helplessness and feel empowered by helping others. Engage in age-appropriate volunteer work, or ask for assistance themselves with some task that they can master.

Encourage your girl scouts to TAKE ACTION!

Resources:

Spotlight on Discover, Connect and Take Action.

Maintain a daily routine.

Sticking to a routine can be comforting, especially for Daisies and Brownies who crave structure in their lives. Encourage your girl scouts to develop their own routines.

Resources:

Spotlight on Planning with Girls Scouts.

Take a break.

Endlessly worrying can be counter-productive. Teach your girl scouts how to focus on something besides what's worrying them. Build in unstructured time during full day or overnight outings to allow them to be creative with their time.

Resources:

Spotlight on Fun with Purpose

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Learn self-care.

Make yourself a good example, and teach your girl scouts the importance of making time to eat properly, exercise and rest and have fun.

Resources:
Spotlight on Modeling.

Move toward their goals.

Set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your girl scouts on what they have accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges. Break down large tasks into small, achievable goals for younger scouts, and for older scouts, acknowledge accomplishments on the way to larger goals.

Resources:
Spotlight on Goal Setting

Nurture a positive self-view.

Remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future challenges. Help them learn to trust themselves to solve problems and make appropriate decisions. Teach your girl scouts to see the humor in life, and the ability to laugh at one's self. Help them see how their individual accomplishments contribute to the wellbeing of their troop or group.

Resources:
Spotlight on Achievable Steps.

Keep things in perspective and maintain a hopeful outlook.

Help them look at the situation in a broader context and keep a long-term perspective. Although Daisies and Brownies may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables girl scouts to see the good things in life and keep going even in the hardest times. Use history to show that life moves on after bad events.

Resources:
Spotlight on Perseverance

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Look for opportunities for self-discovery.

Tough times are often the times when girl scouts can learn the most about themselves. Help your take a look at how whatever they are facing can teach them "what they is made of." Consider leading discussions of what each girl scout has learned after facing down a tough situation.

Resources:
Spotlight on Reflection.

Accept that change is part of living.

Change often can be scary. Help your girl scouts see that change is part of life and new goals can replace goals that have become unattainable. Point out how girl scouts change as they bridge and discuss how that change has had an impact on the them.

Resources:
Spotlight on Strong Sense of Self.