



Resilience

Definition

Resilience, from an emotional perspective, is the inner capacity to cope effectively with adversity, stress, trauma, or failure, while maintaining psychological well-being and continuing to grow. It is not about avoiding challenges but about developing adaptive strategies, emotional strength, and perseverance to recover from them. Emotionally resilient individuals experience difficult emotions without becoming overwhelmed, and they learn from hardship to build future resistance.

How does it affect teenagers

Teenagers are in a key developmental stage where emotional regulation, self-concept, and social identity are still forming. During this time, they may face academic pressure, peer rejection, family conflict, or emotional instability due to hormonal changes. Resilience helps adolescents maintain a sense of control and hope during setbacks. Resilient teens are more likely to persist in their goals, stay engaged in school and relationships, and view failures as learning opportunities rather than personal flaws. On the other side, low resilience may lead to emotional withdrawal, chronic stress, depression, or risky behaviors such as substance use or school dropout.





Resilience and social inclusion

Resilience is deeply connected to social inclusion because it supports an individual's ability to remain engaged, communicative, and connected with peers and adults, even during hard times. Adolescents with low resilience may internalize rejection, isolate themselves, or react aggressively, leading to exclusion or stigmatization. In contrast, resilient youth can navigate interpersonal tensions, repair relationships, and contribute positively to group dynamics. This fosters trust, belonging, and community cohesion—essential elements of social inclusion.



How to tackle it?

To cultivate resilience in adolescents at risk, involves creating emotionally safe spaces, encouraging reflection on personal challenges, setting and celebrating small goals, and promoting a growth mindset. Using inspiring stories and modeling persistence reinforces the idea that setbacks are part of learning. Together, these actions strengthen their capacity to overcome adversity and stay engaged.





Warm up questions

- What does “being strong” mean to you?
- Have you ever faced something hard but managed to overcome it?
- Who do you admire because they didn’t give up?
- Why do some people give up more easily than others?



Questions for discussion

- What makes a person resilient? Is it natural or learned?
- How can we help each other build resilience?
- Have you ever seen someone bounce back from a tough time? How did they do it?
- What role do friends, family, or teachers play in helping someone be resilient?

Find out more

- Dweck, C., 2016. Mindset: The new psychology of success, Ballantine Books.
- Edelman, S. and Redmond, L., 2011. Good Thinking for Teens: Managing Emotions and Challenging Negative Thoughts. Wollombi, NSW: Exisle Publishing.
- Brown, B., 2010. The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are. Center City, MN: Hazelden Publishing.
- [What teenagers need to know about resilience - Tolu Roberts](#)





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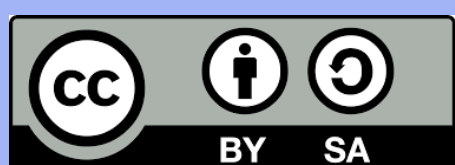
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