

# The courage to continue

- Teaching learners to bounce back



## Counsellor's Newsletter



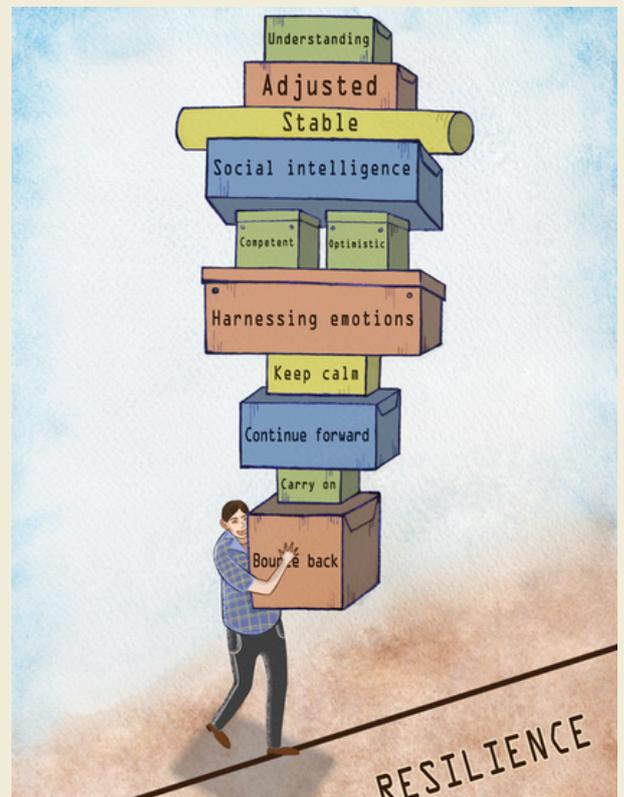
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Life does not come with a map, but everyone experiences twists and turns from everyday challenges with more lasting impacts. The above image represents the power of taking action. Just as the figure stands between falling dominoes to prevent the chain reaction, each of us has the ability to pause, reflect and make choices that change outcomes. However, is it easy for everyone to bounce back and bring change? No, it's easy to say but difficult to be aware and practically apply it in our daily life. Being resilient is a skill we develop in the long run. Let's learn about resilience a bit more.

### Understanding Resilience

Most of us have a varied understanding of being resilient. It does not mean that a person will not have trouble. The one who suffered major adversity in their life commonly experiences pain, anxiety and stress, in fact the road of resilience is likely to involve considerable emotional distress.

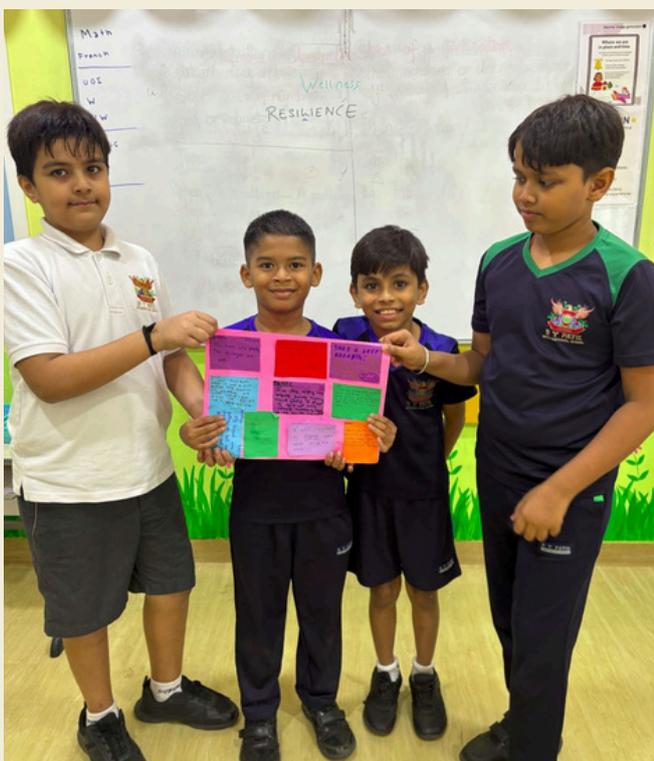
While certain factors might make some individuals more resilient than others, resilience is not necessarily a personality trait that only some people possess. It involves behaviour, thoughts and actions that everyone can learn and experience. It is not something we were born with, it needs to be built and nurtured as a part of development. Hence, when it comes to children we have to consciously imbibe this skill in them.



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## At DYPIS

We understand the importance of bouncing back or thinking over the actions. Therefore, in our wellness sessions we try to inculcate these skills amongst our learners. They learn to resolve fights, their interpersonal issues, bullying, developing good friendships, being competitive, pressure of fulfilling goals and parental approach etc. To tackle such real life problems we teach them to change their perspectives, setting SMART goals, encouraging collaboration and teamwork and directing them for a positive approach.



Resilience plays a vital role in growth and development of children across all age groups. Research indicates that resilient learners tend to perform better academically, build stronger relationships, manage issues more productively and experience greater overall wellbeing. Learners who demonstrate resilience are also more likely to stay engaged in school involvement, task orientation, motivation and academic and social self confidence.

## Takeaway for Parents

A resilient parent aims to raise children holistically. Nowadays, parenting is not easy. It takes effort to shape the children emotionally and psychologically. Parents can set a healthy example to their children and enjoy a more fulfilling and wholesome life in general. To become a good resilient parent following are the few tips:



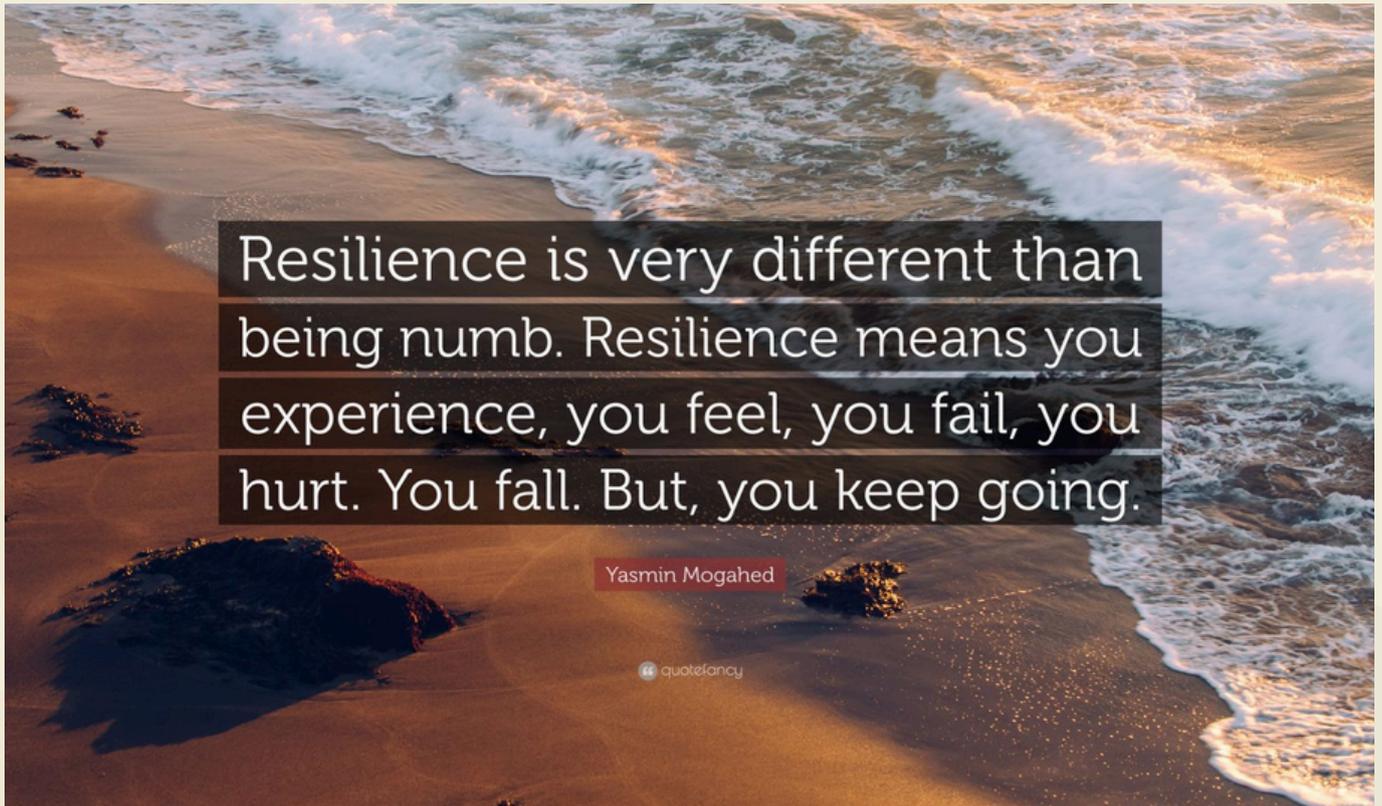
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- Encourage Problem-Solving: Allow children to think through challenges instead of solving them immediately. This builds confidence and independence.
- Model Calm Behaviour : Children learn by watching adults. Responding calmly to stress teaches them healthy coping skills.
- Celebrate Effort, Not Just Results: Praise persistence, hard work, and attempts rather than focusing only on success.
- Allow Age-Appropriate Challenges: Small setbacks and frustrations help children learn patience and perseverance.
- Build Positive Relationships: Strong bonds with family and peers help children feel secure and supported.

- **Teach Emotional Awareness:** Help children name their feelings and express them in healthy ways.
- **Encourage a Growth Mindset:** Remind children that mistakes are part of learning, and every challenge is an opportunity to grow.
- **Promote Healthy Routines:** Balanced sleep, nutrition, physical activity, and screen time all support emotional strength and well-being.
- **Stay Consistent With Rules and Expectations:** Clear boundaries help children feel safe and develop self-discipline.
- **Show Unconditional Support:** Let children know they are loved and valued, no matter the outcome.

The American Psychological Association defines resilience as “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.” In the context of human skills development, resilience is unique because it isn’t a solitary skill or outcome like emotion management, self-awareness, relationship-building, or problem-solving. While closely related, it’s more accurate to think of resilience as a capacity built on the foundation of those other skills.





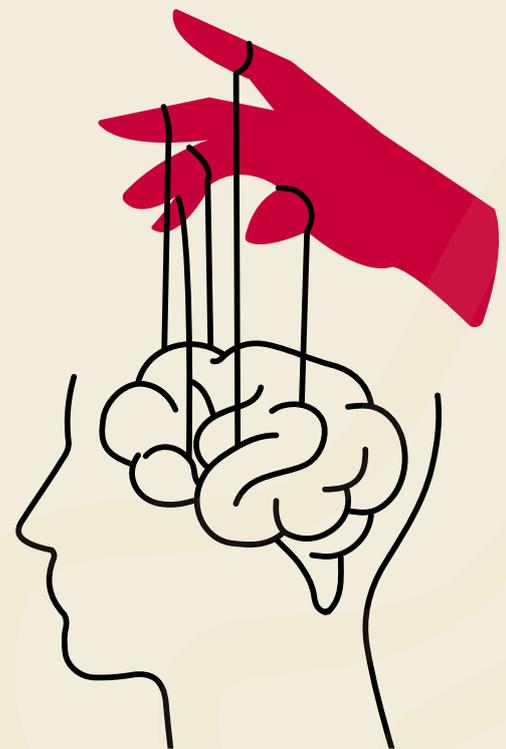
Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.

Yasmin Mogahed

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As we conclude, let us remember that resilience isn't about avoiding challenges or silencing emotions. It is about feeling deeply, learning from setbacks, and choosing to rise each time we fall. Growth happens not in the absence of struggle, but in our courage to continue. May we all keep moving forward – stronger, wiser, and more hopeful with every step.



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