

# Building Emotional Resilience In Your Teen

During the teenage years, having strong emotional strength is important for adolescents to handle obstacles in life. This worksheet aims to assist you and your teenager in understanding emotions, creating positive ways to deal with them, enhancing resilience, establishing a support network, and setting worthwhile objectives. By engaging in these exercises together, you will equip your teen with essential skills to confront life's challenges with confidence.

## Part 1 - Understanding Emotions

**Identifying Emotions:** Ask your teen to list three emotions they commonly experience and describe how each feel physically and emotionally.

**Emotional Triggers:** Discuss with your teen what situations or events typically trigger strong emotions for them. Encourage them to think about why these triggers affect them the way they do.

## Part 2 - Coping Strategies

**Healthy Coping Techniques:** Brainstorm with your teen a list of healthy coping strategies they can use when feeling overwhelmed or stressed. Include activities like deep breathing, journaling, going for a walk, talking to a trusted person, etc.

**Practice Scenario:** Role-play a scenario where your teen faces a challenging situation. Have them practice using one of the coping strategies they identified to manage their emotions effectively.

## Part 3 - Building Resilience

**Strengths Identification:** Help your teen identify their strengths and positive qualities. Encourage them to write down at least three strengths they possess.

**Positive Self-Talk:** Teach your teen the importance of positive self-talk. Have them create affirmations or positive statements they can use to boost their confidence and resilience.

## Part 4 - Support System

**Identifying Support:** Discuss with your teen who they can turn to for support during difficult times. This could include family members, friends, teachers, or counselors.

**Communication Skills:** Practice active listening and effective communication skills with your teen. Encourage them to express their feelings and concerns openly and honestly.

## Part 5 - Reflection

**Reflective Journaling:** Have your teen reflect on their experiences with managing emotions, coping strategies, and building resilience. Ask them to write about what they've learned and how they plan to apply these skills in the future.

**Goal Setting:** Help your teen set specific, achievable goals related to emotional resilience. Discuss steps they can take to work towards these goals and offer support and encouragement along the way.

Discuss with your teen the importance of ongoing practice and self-awareness in building emotional resilience. Remind them that it's okay to seek help and support when needed and that resilience is a skill that can be developed over time.

For a deeper dive, check out this article on our Blog, "Nurturing Emotional Strength In Your Teen"  
<http://onpurposeparents.com/blog>