

Building Emotional Resilience for Teen Girls



What is Emotional Resilience?

Definition: The ability to adapt to challenges and bounce back from adversity.

Why it Matters: Emotional resilience helps you manage stress, build confidence, and face difficulties with a positive outlook.

Example: “Imagine failing a test or having a fight with a friend. Resilience helps you learn from the experience and move forward.”

The Challenges Teen Girls Face

Common Stressors:

Social Pressures: Social media, fitting in, body image

Academic Expectations: High grades, balancing activities

Friendship Issues: Peer pressure, disagreements

Family Dynamics: Expectations at home, sibling rivalry

Impact of These Stressors: Feelings of anxiety, self-doubt, or overwhelm.

How emotional resilience can help reduce the emotional toll.

Traits of Resilient People

Growth Mindset:

BELIEVING CHALLENGES ARE OPPORTUNITIES TO GROW

Self-Confidence

TRUSTING YOURSELF TO HANDLE HARD SITUATIONS

Support-Seeking:

KNOWING WHEN TO ASK FOR HELP FROM FRIENDS OR FAMILY.

Interactive Activity:

Ask the girls to think of someone they admire for their resilience. What traits make that person stand out? (Short group discussion)

Developing Resilience – The Four Key Strategies

- Self-Care
- Positive Self Talk
- Build A Support System
- Set Boundaries



Managing Stress and Difficult Emotions

Identify Your Stressors: Pinpoint the exact cause of your stress (e.g exams, relationships).

Coping Strategies: Mindfulness and Meditation: Stay in the moment and breathe through tough times.

Creative Expression: Channel your emotions into art, writing, or music.

Exercise: Physical activity can instantly boost your mood.

Time Management: Break tasks into smaller steps to reduce overwhelm.

Guided Breathing Activity:

Lead a short 2-minute breathing exercise to show how mindful breathing can quickly calm the mind.

Dealing with Failure and Setbacks

- **Failure is a Part of Life:** Everyone makes mistakes. The key is how you bounce back.
- **Learn from Failure:** Instead of seeing it as the end, ask: “What can I learn?”
- Failure can build resilience by teaching you what doesn’t work.
- **Real-Life Example:** Share a story of someone (famous or personal) who failed but turned that failure into success.



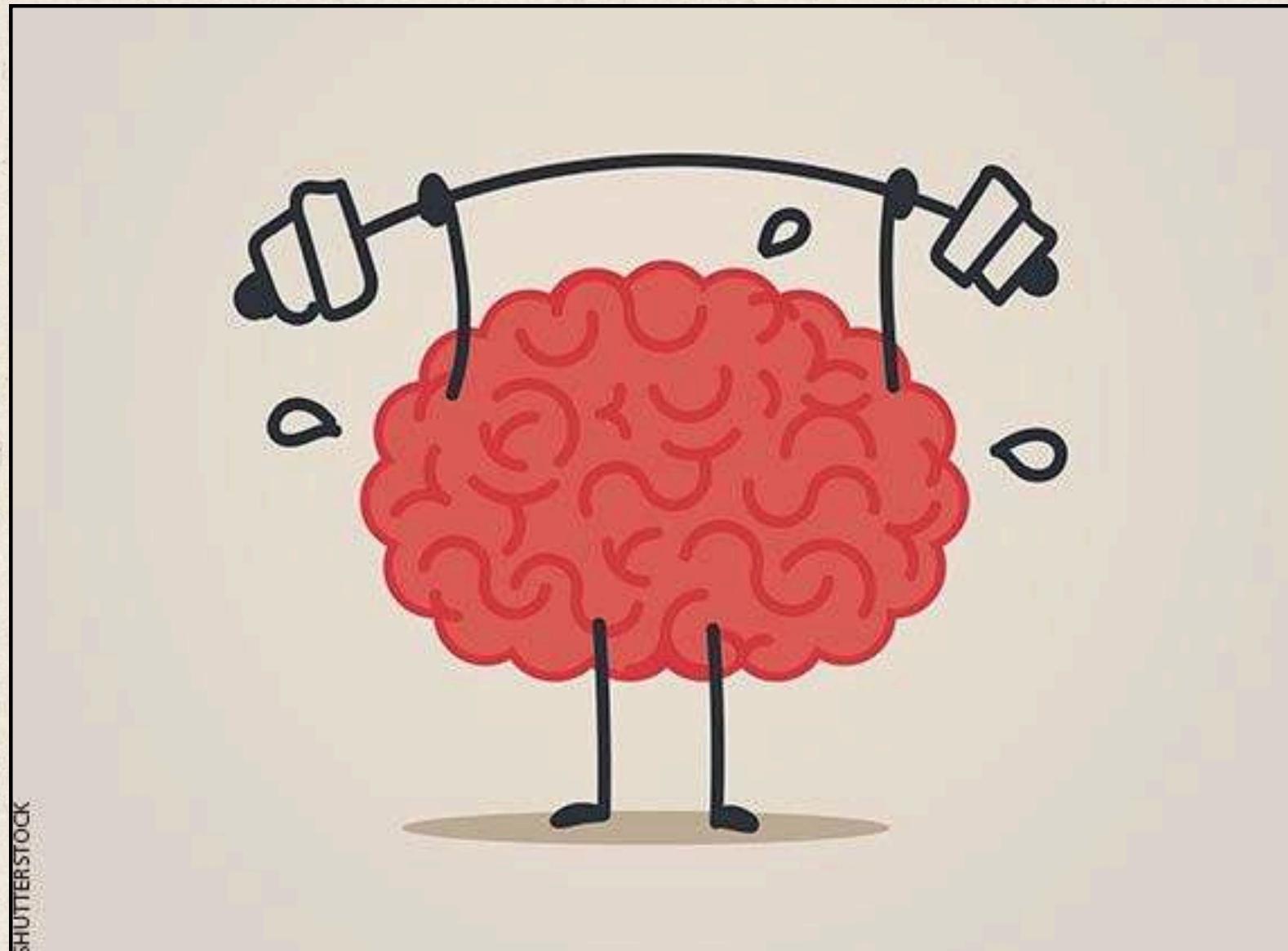
Strengthening Your Emotional Resilience

Practice Gratitude:

- Focus on the positives, even when things are tough. Keep a gratitude journal.
- Gratitude Exercise: Ask the girls to write down 3 things they are grateful for today.

Stay Connected:

- Build strong connections with friends and family who support you.
- Let others know when you need emotional support.



When to Seek Help

Recognizing When You Need Help:

It's okay not to have all the answers. There's strength in asking for help.

Who to reach out to: parents, friends, teachers, counselors

How to Ask for Support:

Practice having an open conversation with a trusted adult when you're feeling overwhelmed.

Role-Playing Activity:

Have the girls practice a conversation where they reach out to someone for emotional support.

Questions & Takeaways

Summary of Key Points:

- Emotional resilience is a skill you can develop.
- Practice self-care, use positive self-talk, and build strong support systems.
- Learn from setbacks and take time to manage stress.



Q&A Session

1. How do you usually react when things don't go as planned?
2. What's one thing that makes you feel strong, even when you're facing a challenge?
3. What are some activities or hobbies that help you manage stress?
4. How do you deal with negative thoughts or emotions?
5. What advice would you give a friend who's struggling to bounce back from a setback?
6. What's one habit you want to develop to build your own resilience?
7. How do you think failure can help someone grow stronger?
8. What's one thing you've learned about yourself through difficult experiences?
9. How do you stay motivated when working toward a difficult goal?

