

Coping

Understand boundaries and keep within them

It is important to help students learn about setting and keeping to limits. Setting boundaries can help students feel safe. Students need routine and structure to feel safe. Boundaries are clear rules that tell people how to behave. Encourage students to explore what boundaries are, why people have boundaries and why some people's boundaries are different from other people's.

Being brave

Being brave invites us to help children face their uncomfortable, scared feelings, and to actively work with them. Being brave enables us to experience that, and to confront our personal power, instead of passively relying on other people to sort everything out. Encourage students to explore what being brave means to them, ways that they could feel braver and how this could make them feel more resilient.

Solving problems

Problem-solving is a learned skill. Helping students focus on one problem at a time can help them avoid getting overwhelmed with the size of the problem. As a tutor encourage students to assess the type and size of a problem, what they need to do in order to resolve it and how they might work out who can help if necessary.

Rose-tinted glasses

Putting on rose-tinted glasses is an idea to put a resilient spin on things. It is about looking at bad things that have happened and adding a positive twist to them. This idea is about deliberately adopting a stance that helps make sense of something from the past in a positive way. It offers another view for the student to make sense of an event and develop a more adaptive view of their lives. Sometimes it is about managing life rather than changing it.

Fostering their interests

Helping students develop their favourite interest can give them opportunities to feel that they can succeed and as a result their self-esteem improves and they can have fun. The quality of their life improves. Succeeding helps students feel they have control of their lives which makes them happier and as a result stronger and more able to deal with difficulties that come their way. This can be an area where as a tutor you notice the things students do well and where they show real talent and creativity at managing difficulties.

Calming and self-soothing

Encourage students to notice when, where and why they are feeling upset. Try to get them to notice and understand why they are feeling stressed and ways that can help them feel more relaxed.

Remember tomorrow is another day

Helping students to remember that tomorrow is another day helps students find a solid place to stand and not feel overwhelmed by the stresses and challenges of a school day. Encouraging students to let go of worries can help students feel that their problems are more solvable and enables them to feel more resilient.

Lean on others when necessary

Encourage students to lean on others and trust that others can help and support them when needed. It is important to encourage students to identify who to go to when they need support.

Have a laugh

Encouraging students to have fun and have laugh can help them feel stronger and able to cope with life's challenges.