

Fostering Resilience Fact Sheet

What is resilience?

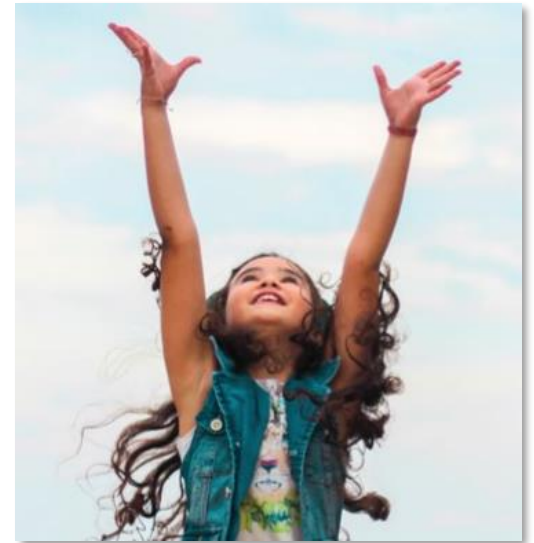
Resilience is the ability to adapt to challenging situations. When stress, adversity, or trauma strikes, an individual still experiences anger, grief, and pain but can keep functioning physically and psychologically.

Positive Childhood Experiences (PCEs) can positively impact resilience.

What are Positive Childhood Experiences (PCEs)?

Positive Childhood Experiences (PCEs) are experiences during childhood that promote safe, stable and nurturing relationships and environments. PCEs can help children develop a sense of belonging, connectedness, and build resilience (CDC, 2022)*.

- These experiences can include close relationships with a parent or a safe, stable adult; feeling safe at home, at school, and in the community; and having chances to learn and belong in a community.
- PCEs can also protect children from Adverse Childhood Experiences (ACEs). ACEs are potentially traumatic experiences during childhood that can affect a person's lifelong health. PCEs can buffer the harmful effects of ACEs that have occurred (CDC, 2019)*.



Strategies that increase PCEs and resilience encourage relationship-building and community connectedness.

What are statewide and community strategies to increase PCEs?

- Teaching children relationship and self-regulation skills in schools and community programs.
- Supporting children's mentorship programs, extra-curricular programs, and civics, arts, and cultural programs,
- Increasing access to early childhood programs, including high-quality childcare and evidence-based home visiting.

- Adapting systems of care to focus on whole-person wellness in addition to physical health.

High PCE scores improve resilience, well-being, and prosperity.

Children with high PCE scores are less likely to engage in risky behaviors, less likely to experience long-term illness, and more likely to enjoy better mental health and overall health later in life (TN Department of Health)*.

Protective factors contribute to resiliency. Protective factors include strong family and social support and the natural ability of youth and children to adapt to new situations

What are specific protective factors that contribute to fostering resilience?

- Healthy practices
- Good self-esteem
- Good problem-solving skills
- A feeling of control in their life
- Spirituality
- Avoiding alcohol, tobacco, and other drugs
- Consistent home and family routine
- Parental and familial support
- High monitoring of youth activities
- Regular school performance and academic performance



- Having a sound social support system
- Economic security
- Availability of constructive recreation
- Community bonding
- Feeling close to at least ONE adult

Fostering resilience is crucial to improving mental health and overall well-being.

