

## Everybody's life has ups and downs

Adults sometimes look back on their childhood as a time when they were always happy, but life's ups and downs are a part of childhood too. Children need to develop resilience and healthy coping skills to deal with life's ups and downs. Life's downs may include emotionally painful experiences such as feeling loss, rejection or disappointment. It takes time and a lot of practise to develop any skill and learning coping skills to manage life's ups and downs is no exception.

Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life's ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Skills and qualities that help children cope with life's ups and downs:

- **Trust** - that the world is safe and that there are caring people to help them.
- **Belief** - in their ability to do things for themselves and achieve their goals.
- **Feeling good** - about themselves and feeling valued for who they are by their parents and carers.
- **Optimism** - that things generally turn out well.
- **Regulation** - Ability to manage their feelings, thoughts and behaviours.

Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

Information sourced from <https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/resilience>

