



EMPOWERING YOUNG HEARTS:

The Educator's Handbook for Enhancing Emotional Resilience in Schools.

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Table of Contents

03

About Us

04

Cultivating Emotional Resilience Tip #1: Validate

05

Cultivating Emotional Resilience Tip #2: Encourage Failure

06

Cultivating Emotional Resilience Tip #3: Focus on the Bigger Picture

07

Cultivating Emotional Resilience Tip #4: Focus on Circle of Control

08

Cultivating Emotional Resilience Tip #5: Give them Resilience Training



[Tara Rawana](#) is a graduate at the Canadian College of Naturopathic Medicine. She completed her undergraduate degree at Carleton University. She also has a diploma in holistic nutrition. Similar to Bisleen, Tara is also certified in Cognitive Behavioural Therapy. As a youth, Tara struggled with anxiety and was an overachieving perfectionist. This has now inspired her to support young people struggling similarly with their mental health.



[Dr. Bisleen Attli, ND](#) is a Naturopathic Doctor who has her own a virtual practice called the WBH Clinic. She sees patients all over Ontario. She completed her undergraduate degree at the University of Waterloo and has additional training in Cognitive Behavioural Therapy. Her passion to support youth stems from her experience as a teenager with depression.

Both Tara and Dr. Bisleen Attli, ND believe that every young person is a limitless being who is capable of achieving great success if they learn to master their mental health using a holistic approach.

OUR MISSION:

To be the one-stop shop for holistic mental health education. We are dedicated to educating youth on step-by-step approach to build their resiliency and create an unbreakable mindset, while also supporting the community which includes educators and the parents/guardians of the students.

TIP #1: VALIDATE THEIR EMOTIONS

Validation:

- Purpose: To acknowledge and accept the student's feelings and experiences.
- Focus: On the student's emotions and perspectives.
- Method: Listening, understanding, and acknowledging their emotions (e.g., "It sounds like you're really upset about this").
- Effect: Helps the student feel heard and understood.
- Used to build emotional intelligence and resilience.
- Example: "It's understandable to feel upset after a hard day."

Reassurance:

- Purpose: To alleviate worry or fear.
- Focus: On the outcome or situation.
- Method: Offering comforting words or guarantees about the future (e.g., "Everything will be okay").
- Effect: Can sometimes dismiss or minimize the student's feelings.
- Used to calm or soothe a student.
- Example: "Don't worry, you'll do better next time."

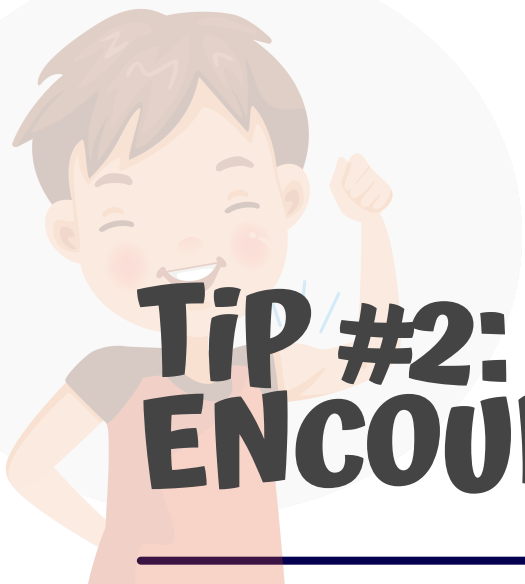


Important Note:

Most students just want to feel heard and understood! Validating their emotions normalizes their experience and helps them feel heard.

Action Steps:

1. Acknowledging Feelings: Verbally acknowledge the student's feelings (e.g., "It sounds like you're feeling upset"). Avoid minimizing their emotions!
2. Reflective Responses: Paraphrase what the student has said to show understanding. Ask clarifying questions to understand better.
3. Follow-Up - Check in with the student later to show continued concern and support.



Tip #2: ENCOURAGE FAILURE

As a means to grow & learn.

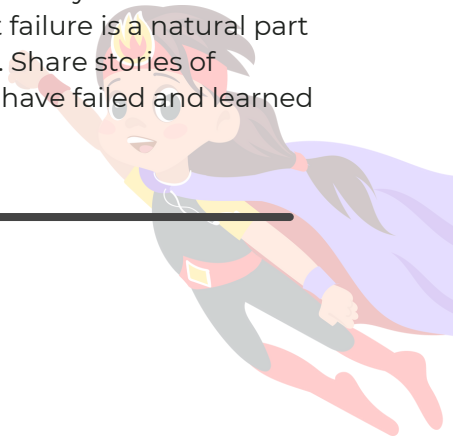
Encouraging Failure Is Important Because...

1. It helps to overcoming the fear of failure. This can be paralyzing for some students and prevents them from trying new things or taking on risks.
2. It creates a healthy attitude around challenges. This makes students feel resilient as they work through hard times.
3. It encourages creativity and innovation because failure is often a stepping stone to innovation. By normalizing it, educators can foster a safe environment for creativity and exploration.



Tips to Encourage Failure:

1. Provide Constructive Feedback: Offer feedback that focuses on improvement and the process of learning, rather than just the outcome.
2. Incorporate Failure into Learning Activities: Design activities where failure is a likely outcome, helping students to experience and learn from it in a controlled environment.
3. Model Acceptance of Failure/Sharing Ex. Demonstrate acceptance of your own mistakes, showing that failure is a natural part of the learning process. Share stories of successful people who have failed and learned from their failures.



TIP #3: Focus on the Bigger Picture

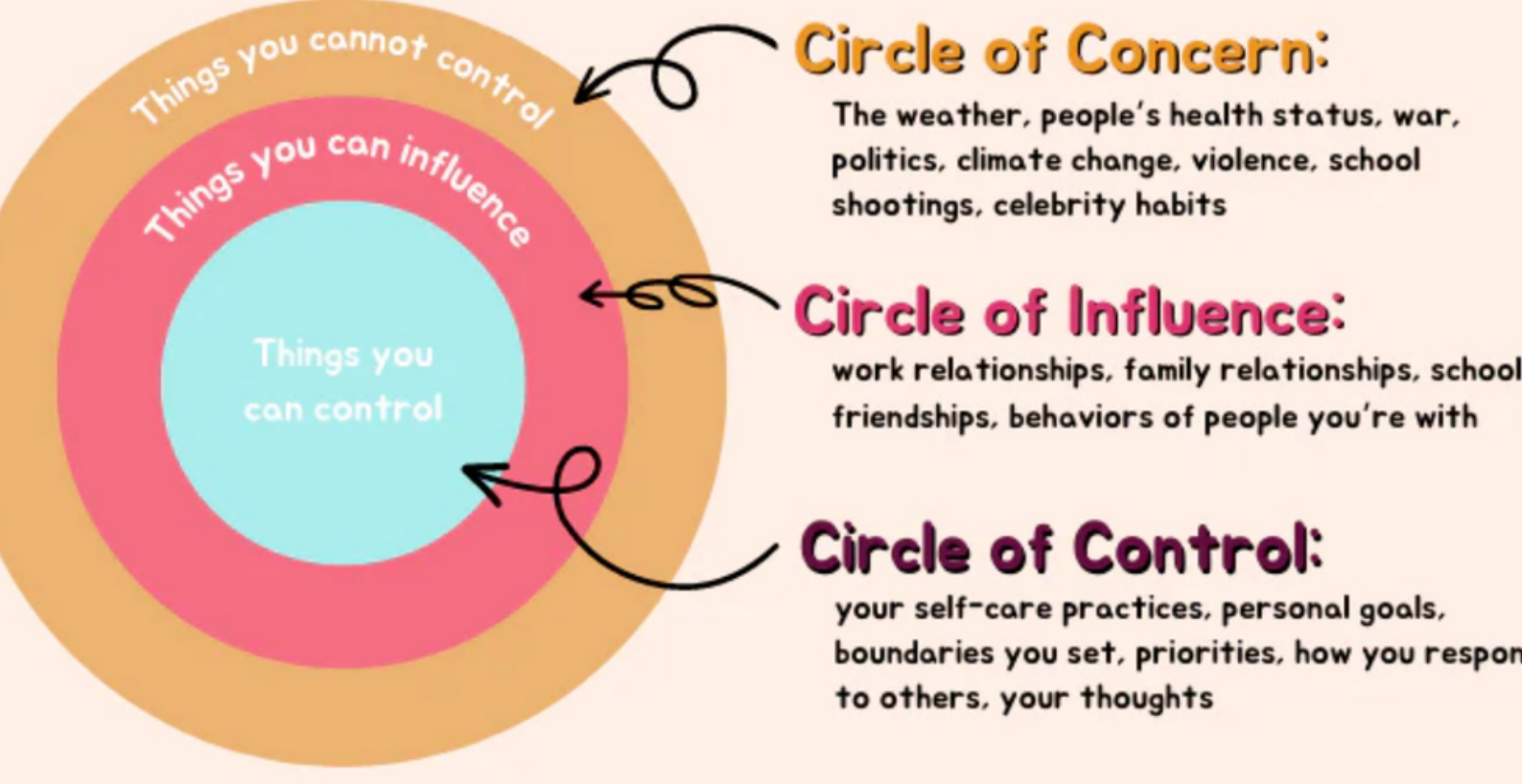


How This Helps Students Expand Their Emotional Resilience:

1. This supports perspective building by teaching them to see beyond the immediate situation, which fosters a broader perspective on life's challenges. This is one of the biggest challenges that students have! They haven't lived enough life experiences to be able to understand the bigger picture and therefore it must be taught.
2. It helps them coping with failure by helping them understand it as a small part of a larger journey, not the end of it.
3. It promotes mental flexibility by helping them adapt to changing circumstances and reassessing goals when necessary.

Action Steps to Supporting Students:

1. Ask them future-oriented questions to get them to reflect on the consequences of their actions.
2. Lead students through exercises where they visualize overcoming their current challenges, imagining the long-term benefits of these struggles. This can help anchor their thoughts in a more positive and broad-minded view.
3. Design projects where students must plan and implement a small initiative that makes a positive impact on their community. This shifts their focus from personal challenges to how they can contribute to the bigger picture, which will help to foster a sense of purpose and perspective.



Tip #4: Focus on The Circle of Control

Why It's Important:

1. Helps students understand their emotions and reactions to uncontrollable events.
2. Use the concept to enhance decision-making skills, focusing on controllable aspects.
3. Empowers students by recognizing their agency in personal and academic contexts.

Tips to Supporting Students on What They Have Control Over:

1. Encourage decision-making based on the Circle of Control by guiding students to make decisions by focusing on aspects they can control, like studying for a test, instead of worrying about external factors, like the difficulty of the test. This empowers them and builds resilience by focusing on proactive actions.
2. Create visual aids like diagrams or posters of the Circle of Control. Use these in the classroom to remind students to differentiate between what they can and cannot control. This constant visual reminder reinforces the concept and helps in internalizing it.
3. Incorporate mindfulness practices that focus on accepting things outside one's control and dealing effectively with stress. Techniques like deep breathing, meditation, or guided imagery can help students manage their emotional responses to uncontrollable external events.

Tip #5: Give Students Resilience Training

Let us help you support the resilience of your students! Choose from one of our resilience-building workshops below! These workshops are designed for all students from grades 1-12.



EMBRACING YOUR AWESOME SELF

This workshop is designed to teach students the concept of self-acceptance and compassion so that they can bounce back from failures quickly. Students will learn practical strategies to identify and challenge negative self-talk, set healthy boundaries, and develop self-compassion.

FROM WORRIER TO WARRIOR: TECHNIQUES FOR OVERCOMING ANXIETY & BUILDING RESILIENCE

This workshop teaches students about good vs. bad anxiety, how it impacts their mental health, and practical CBT-based strategies they can use to calm their anxiety response. This workshop will also tackle beliefs like the need to overachieve in order to succeed. By the end of this workshop, students will feel confident in their ability to conquer their anxiety.



COPING WITH CONFIDENCE

This is an empowering workshop designed for students to enhance their emotional well-being and resilience. Through this workshop, students will learn to discern between healthy and unhealthy coping mechanisms, gaining a deeper understanding of the impact each approach has on their mental health. Students will learn how to develop essential skills to cultivate and implement healthy coping strategies in their life!



**GET IN
TOUCH
WITH US!**



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CLICK HERE to book a meeting us. Let's talk about how we can help your community be more resilient!