



Stress to Resilience for Youth

Skill 1

TELL YOUR STORY

—INSTRUCTIONS FOR ADULT

Ask the child/teen: Tell a story about a difficult interaction you've had recently.

- › Tell only the truth
- › Tell what you experienced, felt and thought—not what anyone else experienced, felt or saw
- › Name the emotions you experienced

After the story, ask these questions of everyone who listened:

- › How did the story make you feel?
- › Who needed what in that story?
- › Did they get what they needed?
If not, what else could they have done?

After the story, ask the story-teller:

- › How did the story make you feel?
- › Who needed what in that story?
- › Did they get what they needed?
If not, what else could they have done?

Skill 2

PROBLEM SOLVING

—DR. G'S PROBLEM SOLVING PATH

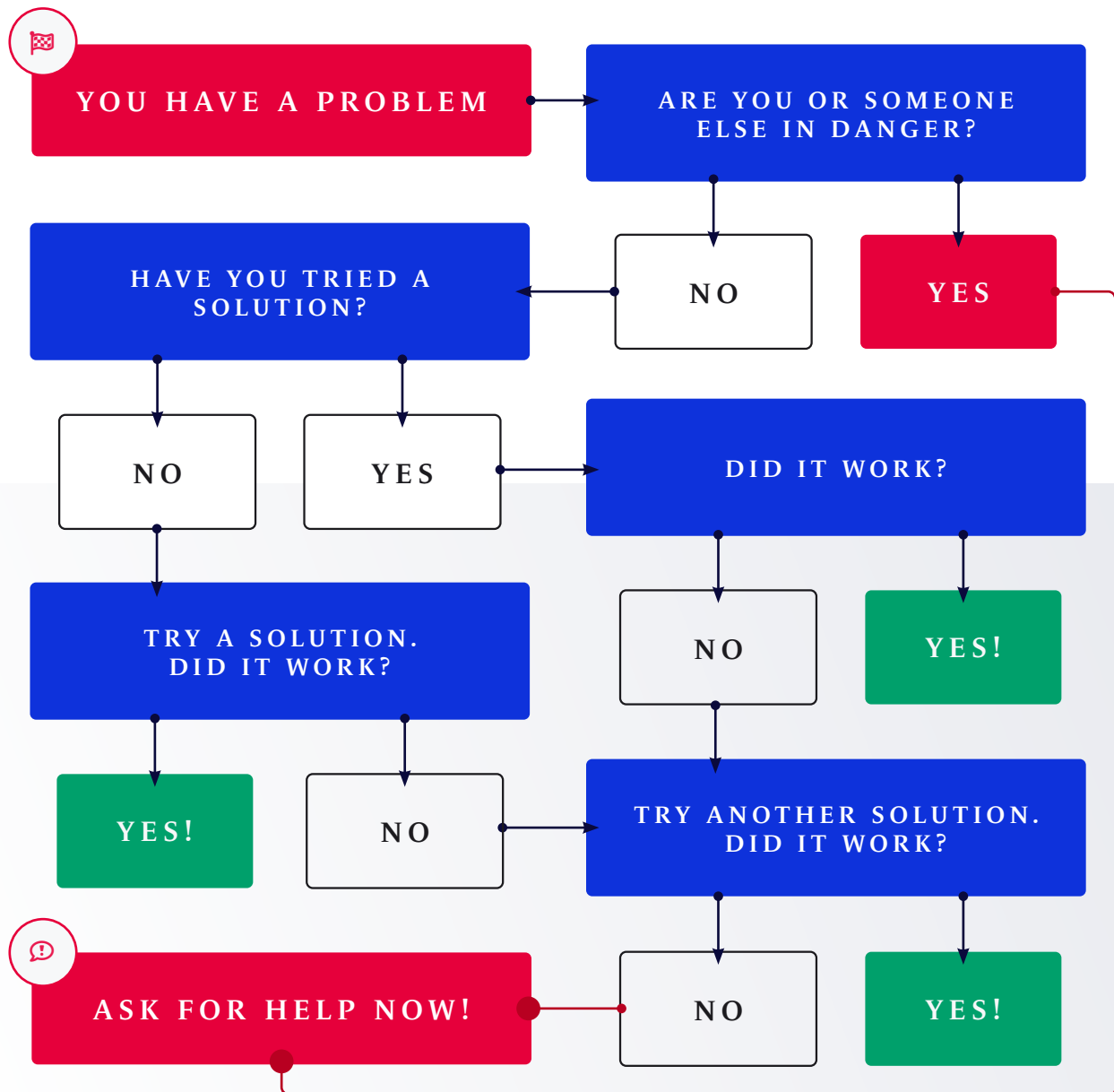


Skill 3

REACHING OUT FOR HELP



WHEN YOU OR SOMEONE ELSE IS IN DANGER, ASK FOR HELP NOW!



Skill 3

REACHING OUT FOR HELP

