RAISING RESILIENT CHILDREN/TEENS...

Research supports that FORGIVENESS promotes resilience - the ability to “bounce back” from difficulty.
FORGIVENESS means letting go of anger and resentment when an individual feels wronged. Forging doesn't mean forgetting or condoning hurtful behavior.

FORGIVENESS Tip #1
Forgiving has physical and emotional benefits

Much research shows that not forgiving and holding a grudge activates the amygdala, the part of the brain that is the site of emotions. This activation releases cortisol, a stress chemical in the brain, agitating the nervous system, compromising the immune system, elevating blood pressure, and increasing heart rate. Forgiving is associated with physical and emotional well-being.

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To Promote FORGIVENESS Tip #2
Parents teach forgiveness by modeling it.

When your child or teen makes a choice that hurts your feelings, calmly tell them how it affects you, stating “I feel...hurt, angry, etc.” If you need a sincere apology, ask for one. Make it clear you forgive them. Demonstrate forgiveness by letting go of negative emotions and by not bringing it up again.

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To Promote FORGIVENESS Tip #3
Children can learn to forgive when parents apologize.

Children and teens need to hear their parents say they are sincerely sorry for their behavior, e.g. losing their temper, and admit when they are wrong. Parents can be powerful models of forgiveness.

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