



Parental resilience is when parents are able to problem-solve and overcome challenges. Resilient parents raise strong and independent children.

### PROBLEM SOLVING

Take a deep breath and count to 10 when you feel yourself becoming angry.

### SELF-CARE

Find ways to let go of stress, like walking, meditation, or prayer.

### SOCIAL SUPPORT

Find friends and family who can support you and your child.

### HEALTHY LIFESTYLE

Maintain a balanced diet, get exercise, and get enough sleep.

Institute for Trauma and Resilience Studies  
Clearinghouse on Supervised Visitation

