

A Resilience Focus for Your Work: Intervention Ideas

Goal: Providing psychoeducation about strengths-based approaches

Strategy 1: Focus on self-care

Strategy 2: Build independent living skills

Strategy 3: Boost interactive skills with peers and authority figures

Strategy 4: Encourage social interaction

Strategy 5: Nurture engagement in activities that inspire cultural interests

Strategy 6: Teach conflict resolution and anger management

Strategy 7: Maintain personal safety in a social environment

Strategy 8: Support time management, including constructive use of structured and unstructured time