

Young carers' resilience pathway



What is resilience?

Children show an ability to 'bounce back' from adversity and adapt positively in the face of challenging personal and situational circumstances.

[Watch our resilience animation >](#)



Young carers and resilience

When someone we love is unwell, it can be hard to stay strong. Building our skills of resilience helps us to develop an inner strength, to be brave and to keep going, even when things feel tough. We develop an

ability to 'bounce back' from difficult situations and to adapt in the face of challenges.

It's ok to feel wobbly. It's ok to start again.

Try these resilience stormbreaks

