



Supporting the anxiety (intervention)

Supporting approach 'Resilience'	Making it successful	Resources
<p>Resilience is the process of adapting to adversities or challenges that are faced in life and being able to cope.</p> <p>It is necessary to develop resilience to be prepared for and cope with challenges that arise.</p> <p>Resilience is not fixed. It is possible to enhance resilience.</p> <p>See Strengthening understanding of anxiety (assessment) overview</p>	<p>These resources can be used to support consideration of resiliency factors that could be strengthened for the child/young person.</p>	<p>See also: Resilience, risk and scaffolding</p> <p>Young Minds <i>et al.</i>, (2012) Resilience Framework and Interactive Resilience Framework (with notes).</p> <p>Building Resilience in Children - 20 Practical, Powerful Strategies (Backed by Science) - Hey Sigmund</p> <p>Use of the Risk and resilience matrix when planning for children (durham-scp.org.uk)</p>

In positive psychology, **flow** is the mental state of operation in which a person performing an activity is completely absorbed and fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. *Mihaly Csikszentmihalyi*