



**Heads Up Kentucky**  
Psychology Promotes Healthy Living

**What is Heads Up Kentucky?**

Heads Up Kentucky! is a collaboration of Psychology and Art that pairs consumer information about healthier living with commissioned public art. Over forty artistically transformed fiberglass "Heads" will be seen across Metro Louisville throughout the Summer, 2005. The Head Stands will serve as a display for consumer education information on the mind-body connection and psychological aspects of wellness, helping people learn how to live healthier lives. *Heads Up for Kids: Secrets of the Mind Body Connection* will bring health curriculum into the elementary schools this fall. The proceeds of the auction of the Heads will be split between the KPA Foundation and a consortium of visual arts education organizations.

**About the KPA Foundation**

The Kentucky Psychological Association Foundation seeks to improve the lives of Kentuckians through public education about psychology, supports psychological research, and provides scholarship to students in psychology at higher education institutions across the Commonwealth. Donations to KPAF are tax-deductible. For more information about KPA and the KPA Foundation, visit the web at [www.kpa.org](http://www.kpa.org)

**Kentucky Psychological Association Foundation**

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# Bouncing Back from Problems



# KID ZONE

Presented by  
**THE KENTUCKY PSYCHOLOGICAL  
ASSOCIATION FOUNDATION**

# Resiliency = Bouncing Back

## What is “resiliency”?

Everyone faces problems, setbacks or hard times. Resiliency is being able to go through these hard times and to recover, or bounce back.

## You can build resiliency!

### Why do I want to be resilient?

- Resilient kids feel loved and lovable, respected and respectful, are held responsible and take responsibility. They know who they can approach in times of need. They are encouraged to learn from their mistakes.
- Resiliency helps you face crises or stresses successfully.
- Without resiliency, you can feel helpless, sad, unloved, stressed out or angry when you are faced with even small setbacks.



## How does being resilient help me?

Being resilient is like having an umbrella—it doesn't stop the rain, but it helps keep you from getting wet. Resiliency doesn't stop the hardship from happening, but it helps you stop it from having such a negative effect on you.

### How do I build resiliency?

First, look inside yourself; look for your strengths and build on them.

- Look at your attitudes and feelings and talk about who you are: “I AM... lovable, proud, strong, happy with myself, caring for others, responsible for what I do, and filled with hope and trust.”
- Make decisions about what to do instead of just letting things happen
- Take responsibility for your decisions, and have a positive outlook.
- List all of the skills you have:  
*“I CAN... be social, get along with others, communicate well, find solutions to problems, manage my feelings and impulses, and seek trusting relationships.”*

### Next, look outside to your family, school and community.

- Look to others for trusting relationships and emotional support
- Look at what supports you have from others and talk about these supports
- List all of the supports you have:  
*“I HAVE... love, someone to help, rules at home, positive role models, encouragement to be independent, chances to learn, be healthy and be safe, chances to play and work ”*

## What do my parents and teachers need to know about resiliency?

- Parents need to create a home where there is unconditional love and a focus on the positive. You need to know that you are loved as a person and not just because of your accomplishments.
- Parents and teachers need to set rules and expectations, to praise you when you try to do what is right and to support you when you make mistakes.
- Parents and teachers can help you to be more resilient if they model or show you ways to deal with hardship. You will learn more from what they do than from what they say!
- Your parents and teachers need to take time to listen to you and to encourage you to identify and express your feelings.
- Parents and teachers should not hide their failures from you. It is important for you to know that everyone makes mistakes and no one is perfect.

## Where do I go for help if hardship is getting me down?

Talk to your parent, teacher, counselor or a family friend and tell them how you are feeling. They can find someone for you to talk with if you are having trouble handling hard times or bouncing back from hardship.

### For more information:

Heads Up Kentucky: [www.headsupkentucky.org](http://www.headsupkentucky.org)