



## 1. Resiliency Resources for Parents and teachers- APA

The American Psychological Association has developed several guides to resilience that may be of interest to you, your teen, and your family:

- For adults: [Building your resilience](https://www.apa.org/topics/resilience) (<https://www.apa.org/topics/resilience>)
- For parents, guardians, and teachers:
  - [Resilience guide for parents and teachers](https://www.apa.org/topics/resilience/guide-parents-teachers) (<https://www.apa.org/topics/resilience/guide-parents-teachers>)
  - [Resilience Booster: Parent Tip Tool](https://www.apa.org/topics/parenting/resilience-tip-tool) (<https://www.apa.org/topics/parenting/resilience-tip-tool>)
- For teens: [Resilience for teens: Got bounce?](https://www.apa.org/topics/resilience/bounce-teens) (<https://www.apa.org/topics/resilience/bounce-teens>)

## 2. Additional Resources for Teachers and Families

*Resources on Resilience from APA*

Building Resilience to Manage Indirect Exposure to Terror

<https://www.apa.org/topics/terrorism>

COVID-19 Stress Management Tools

<https://www.apa.org/topics/covid-19/stress-management-tools>

Open Up! Writing About Trauma Reduces Stress, Aids Immunity

<https://www.apa.org/research/action/writing>

Psychology Topics: Resilience (Building your Resilience)

<https://www.apa.org/topics/resilience>

Psychology Topics: Stress (Stress Relief is Within Reach)

<https://www.apa.org/helpcenter/stress>

Resilience Booster: Parent Tip Tool

<https://www.apa.org/topics/parenting/resilience-tip-tool>

Resilience Guide for Parents and Teachers

<https://www.apa.org/topics/resilience-guide-parents>

Responding to the Needs of Children and Families Following Disaster

<https://www.apa.org/research/action/disaster>



## Supporting psychological approaches to enhancing Jewish identity and defeating antisemitism

The Effects of Trauma Do Not Have to Last a Lifetime

<https://www.apa.org/research/action/ptsd>

Turning Lemons into Lemonade: Hardiness Helps People Turn Stressful Circumstances into Opportunities

<https://www.apa.org/research/action/lemon>

### 3. General resources

- Cole, E., & Kokai, M. (2025). Psychological health and well-being within school organizations: clinical reasoning for assessment and intervention. In J. W. Andrews & D.H. Saklofske (Eds.), *Clinical Reasoning and Decision-Making Process* (pp.385-429). Elsevier, AP, Academic Press.
- Jones, J. (2021). Promoting resilience in culturally diverse youth. In E. Cole & M. Kokai (Eds.). Chapter11. Mental health consultation and interventions in school settings: A scientist-practitioner's guide. Hogrefe
- Ginsburg, K.R. & Jablow, M.M. (2011). Building resilience in children and teens...American Academy of Pediatrics.
- Ungar, M. (2018). What works: A manual for designing programs that build resilience. [www.resilincereserch.org](http://www.resilincereserch.org)
- Zimmerman, M.A. (2013). Resiliency theory: A strength-based approach to research and practice for adolescent health. *Health Education & Behaviours*, 40, 4, 381-383. <http://dx.doi.org/10.1177/1090198113493782>
- The Aspen Institute (2017). The evidence base for how we learn. Supporting students' social, emotional, and academic development. Retrieved from [https://assets.aspeninstitute.org/content/uploads/2018/03/FINAL\\_CDS-Evidence-Base.pdf?\\_ga=2.239078151.528870508.1568313139-7484805.1568313139](https://assets.aspeninstitute.org/content/uploads/2018/03/FINAL_CDS-Evidence-Base.pdf?_ga=2.239078151.528870508.1568313139-7484805.1568313139)

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