



A Young Advocate's Guide to Resilience in the Modern Political Climate

Olivia Onalundula & Riya Rajith

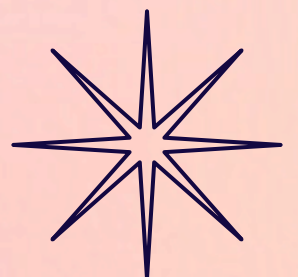
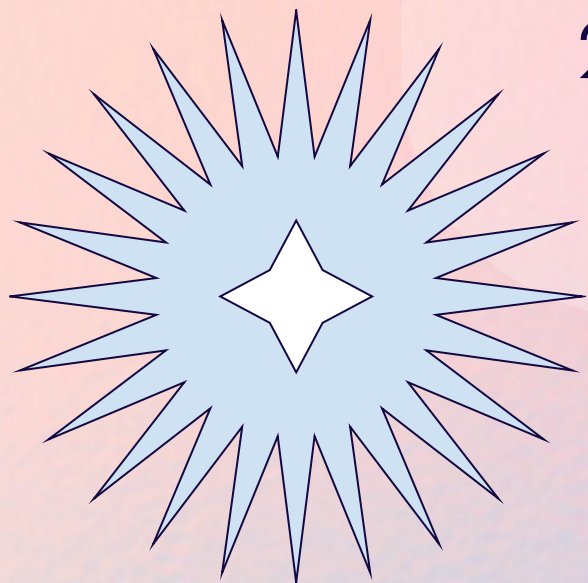
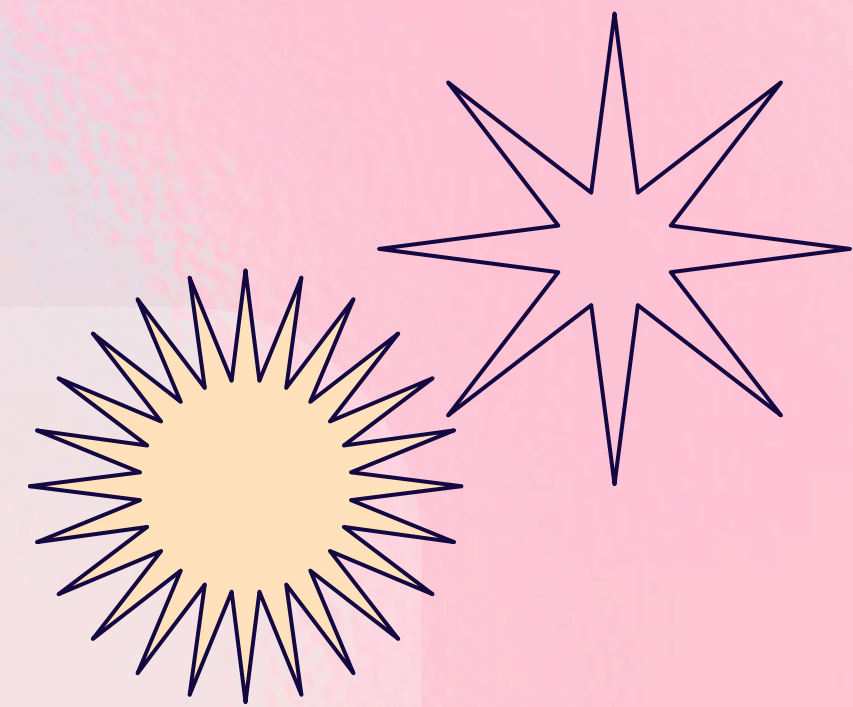


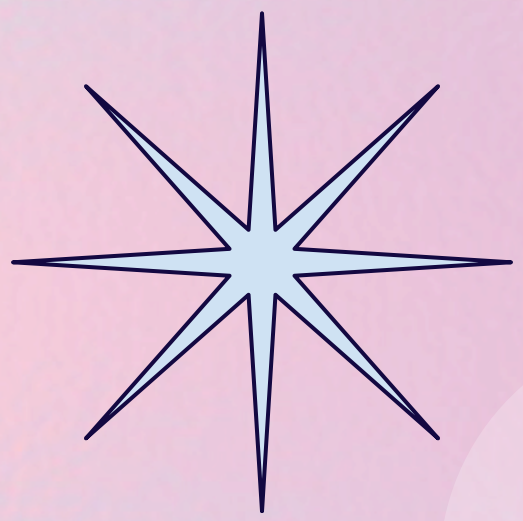
re·sil·ience

/rə'zilēən(t)s/

noun

1. the capacity to withstand or to recover quickly from difficulties; toughness.
2. the ability of a substance or object to spring back into shape; elasticity.

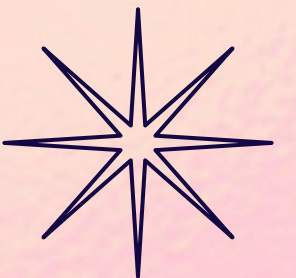
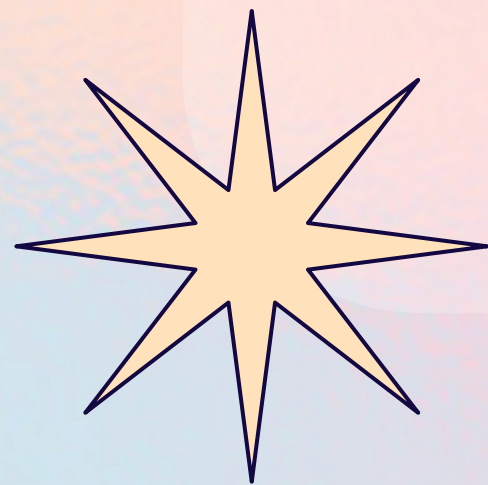


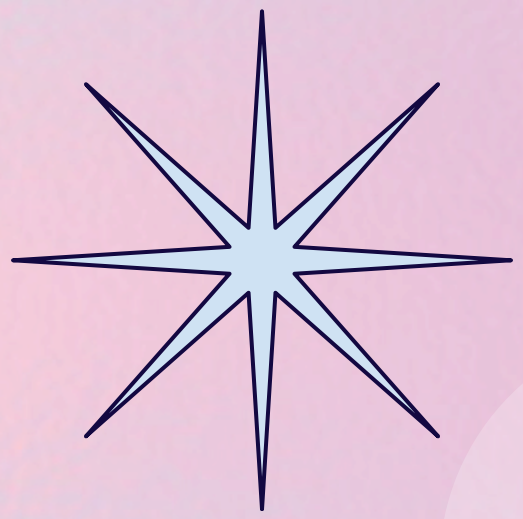


Personal Anecdote: Riya Rajith

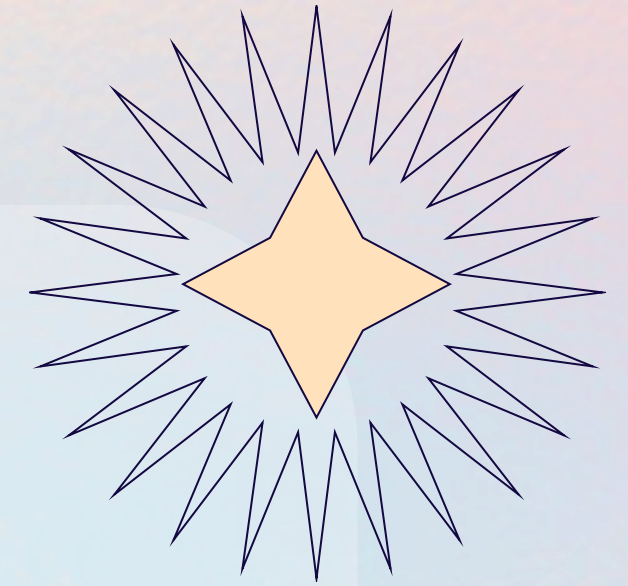


As an immigrant daughter, I've faced challenges like balancing cultures, expectations, and identity. Those struggles weren't always easy, but they taught me resilience and helped shape who I am today.

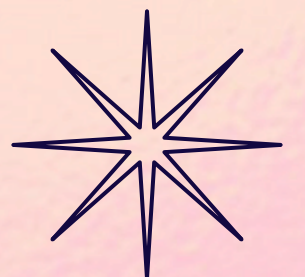




Personal Anecdote: Olivia Onalundula



Throughout my life, I have been met with challenges and important decisions that pushed me to be a more resilient person. Failures and delayed gratification were experiences which helped me gain the skills to have stamina in pursuit of my goals.

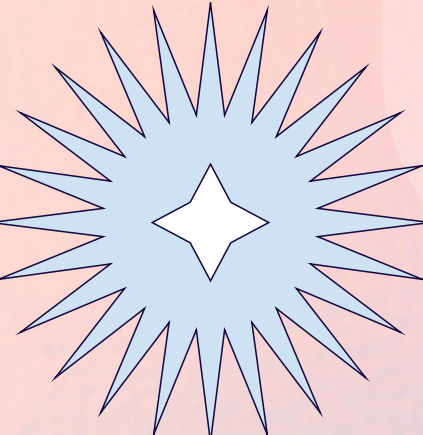
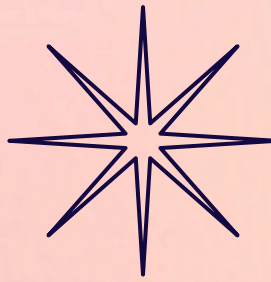


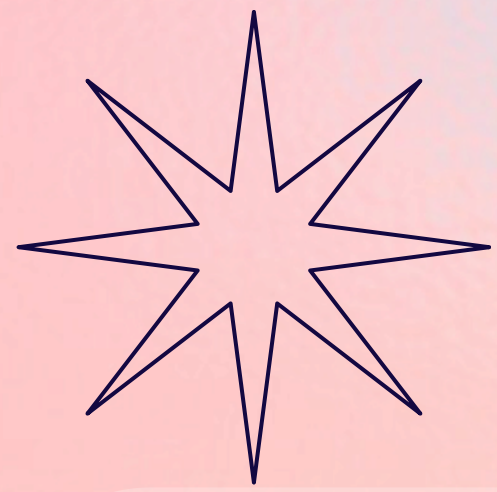


Political Resilience

Regardless of age, It is much easier now than ever to be swayed by political opinions and discourse which arises regarding international politics.

Being politically resilient looks like...

- **Acknowledging personal biases** and where they come from
 - **Listening to people** with different political views than yourself
 - Conducting **research/finding credible sources** before political discussions
 - Remembering that **you are allowed to change your opinion** on a political issue at hand
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Building Resilience in Everyday Life

Embrace Challenges

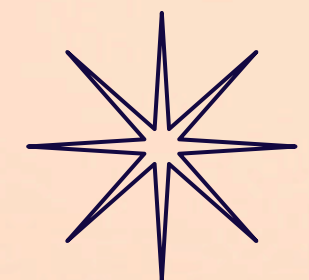
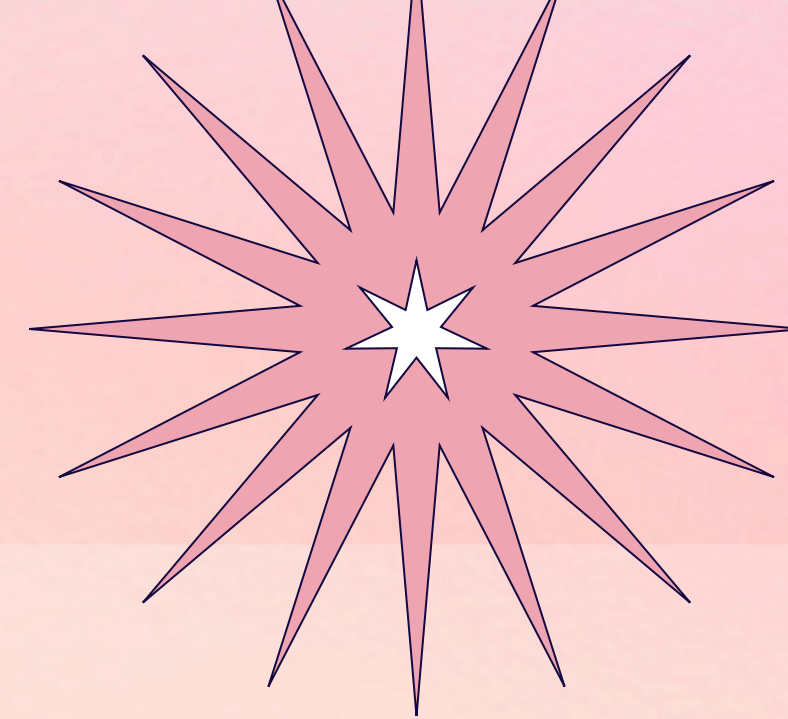
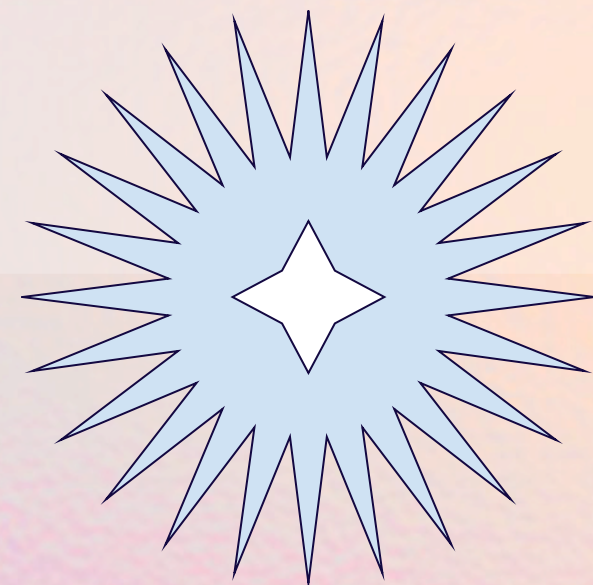
See mistakes as opportunities to learn and grow.

Building Support Systems

Talk to friends, family, or mentors when things feel difficult.

Practice self-awareness & self-care

Manage stress, set goals, and give yourself time to recharge.



Why Does Resilience Matter for Youth?

Intrinsic Motivation

Being resilient and collaborating with others, but doing it for your well-being.

Having Hard Conversations

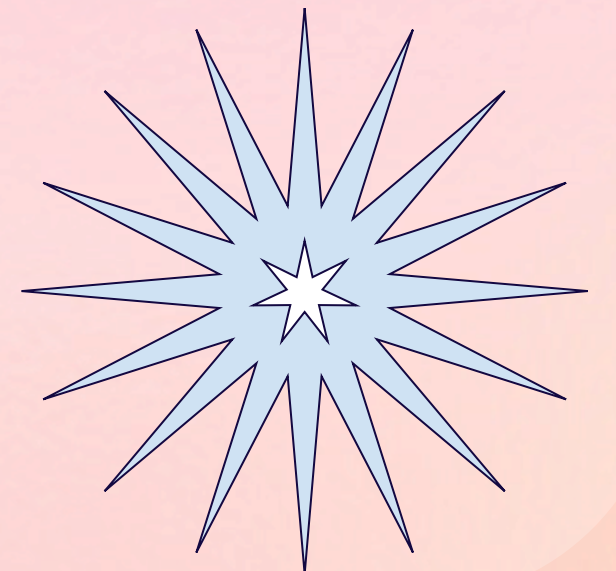
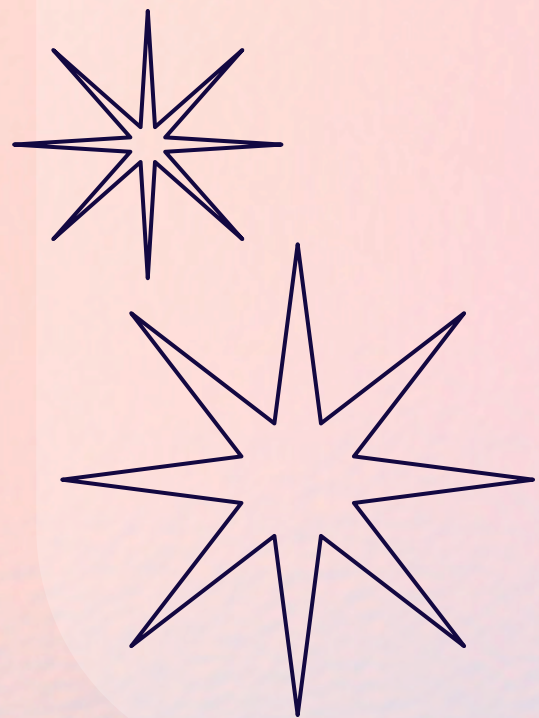
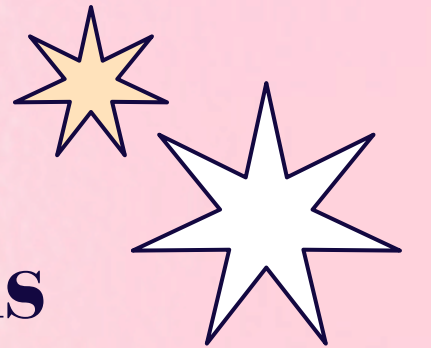
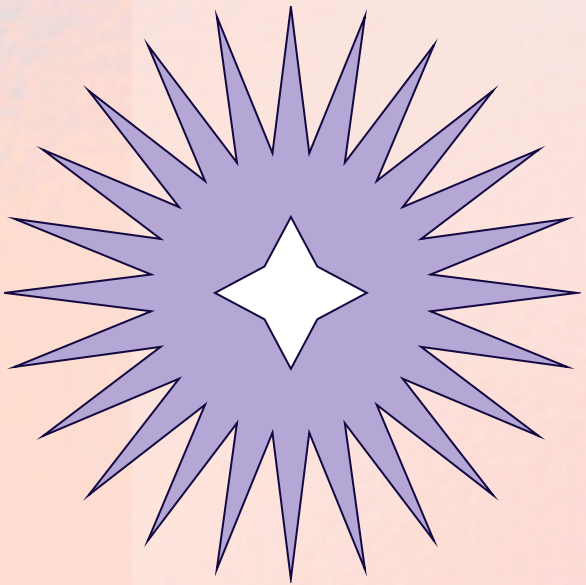
In today's political climate, it is easier than ever to be susceptible to polarization. Having difficult conversations surrounding politics is necessary!

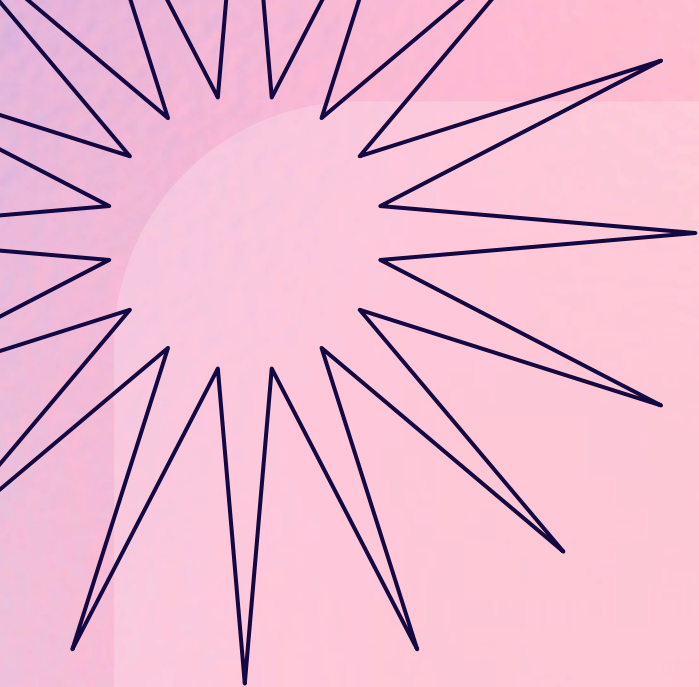
Building Grit

Resilience helps youth have the passion, drive, and discipline necessary to achieve goals.

Greater Empathy

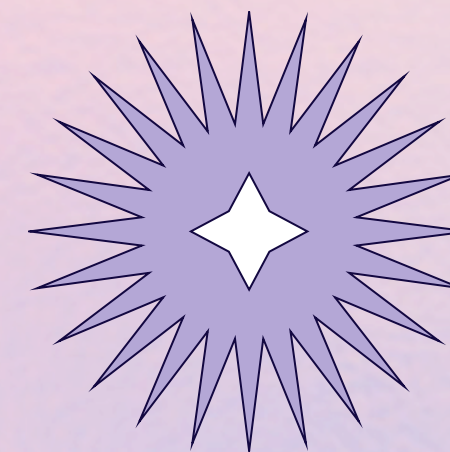
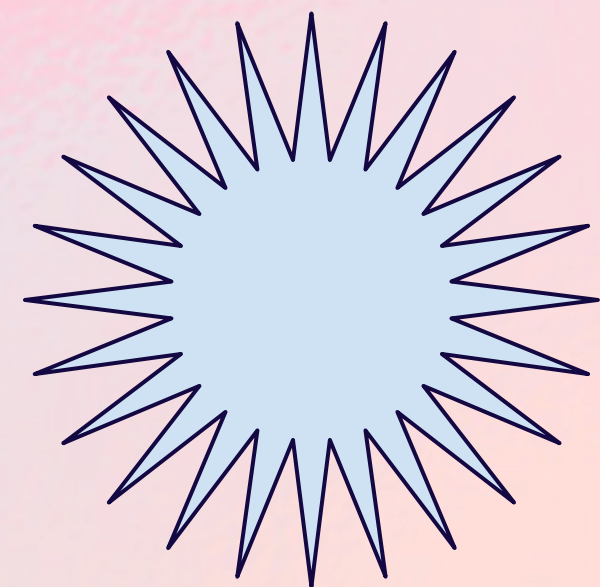
Commitment to long-term goals can help youth also be more connected to their peers.





“Do not judge me by my successes.
Judge me by how many times I fell
down and got back up again.”

—**Nelson Mandela**





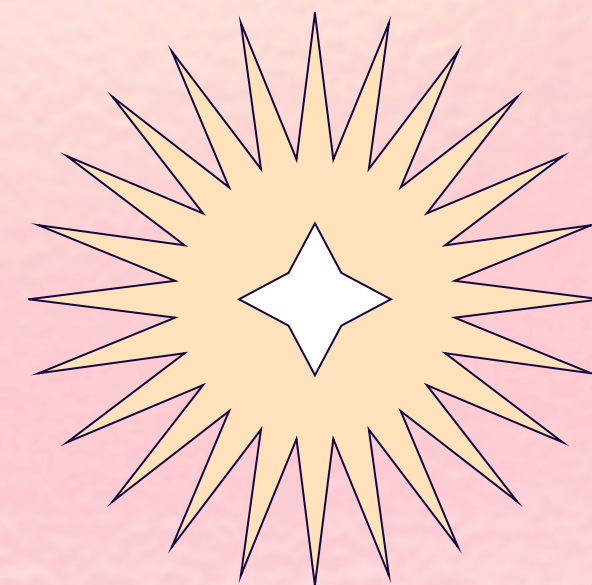
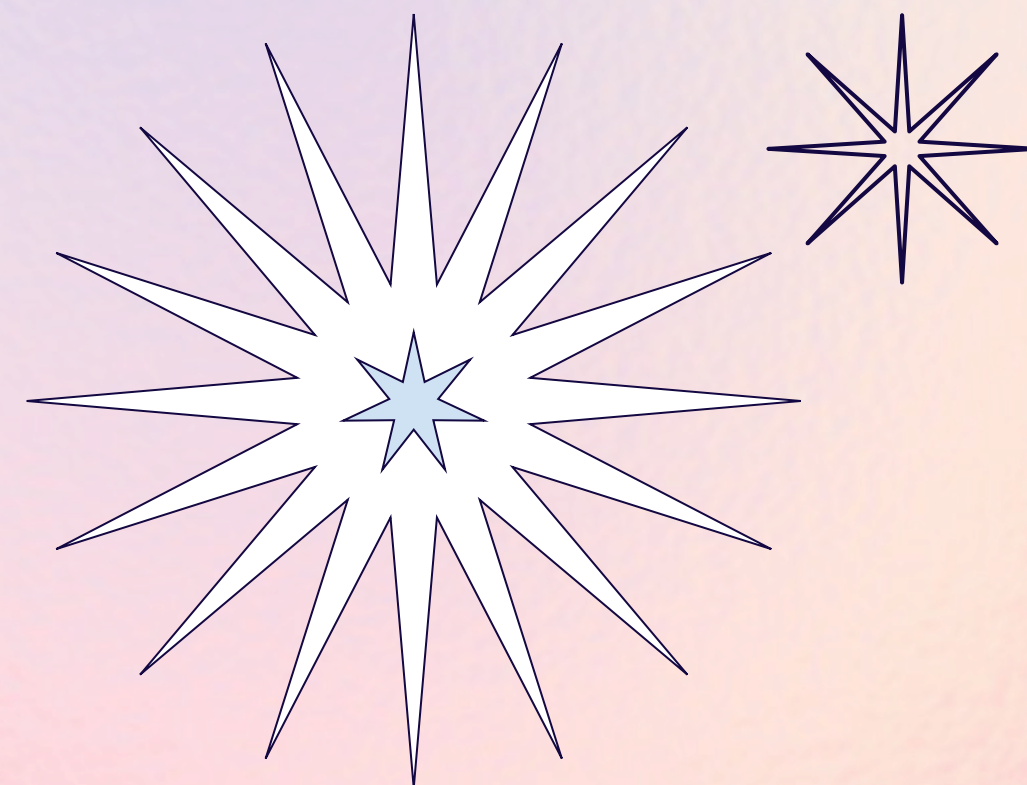
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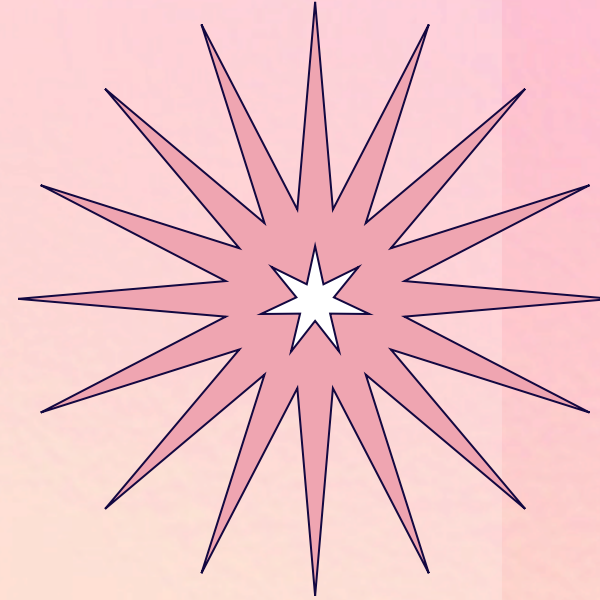
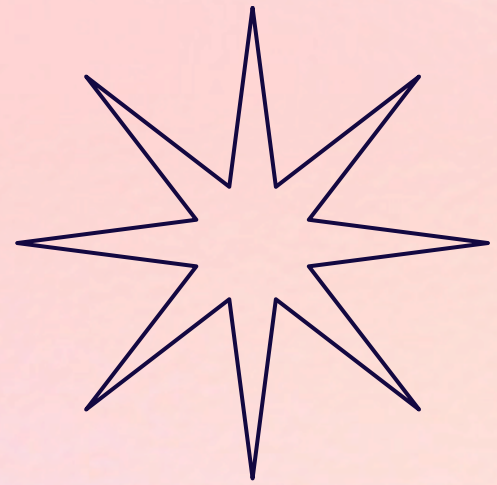
Period

What does resilience mean to you?

How can people strengthen their resilience in the age of political misinformation?

Any further questions/comments?





Thank You!

