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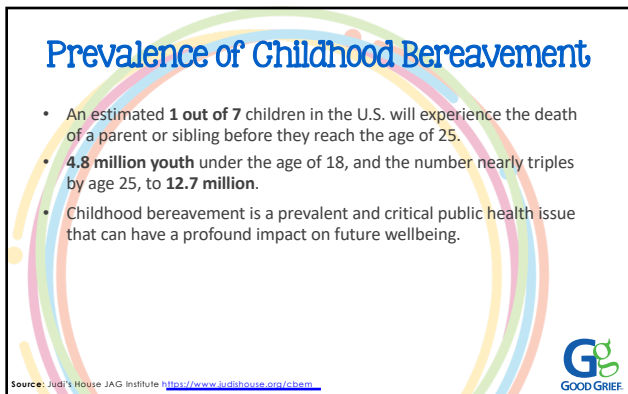
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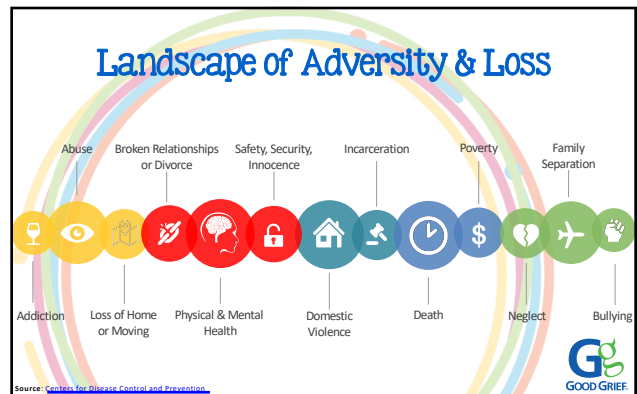
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Four Competencies

1. Love and self-worth
2. Challenges as opportunities
3. Coping with stress
4. Grounded in values

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What is Resilience?

- "Resilience" stems from the Latin verb, *resilire* (to rebound).
- In English, the word *resiliency* refers to the property of elasticity or springing back, much like a rubber band after it is stretched.
- "The capacity of a dynamic system to **adapt successfully to disturbances** that threaten system function, viability, or development." - Ann Masten, *Ordinary Magic: Resilience in Development*

Source: Ann S. Masten, *Ordinary Magic: Resilience in Development*. New York: The Guilford Press, 2014.

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Resilience is...

01. Supportive Relationships

02. Adaptive Skills

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What Do You See?

- Discuss: What are the obstacles to building resilience that children and teenagers are facing today?

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GROWTH MINDSET
 "Failure is an opportunity to grow"
 "Challenges help me to grow"
 "I can learn to do anything I want"
 "My effort and attitude determine my abilities"
 "Feedback is constructive"
 "I am inspired by the success of others"
 "I like to try new things"

FIXED MINDSET
 "Failure is the limit of my abilities"
 "My abilities are unchanging"
 "I'm either good at it or I'm not"
 "I don't like to be challenged"
 "I can either do it or I can't"
 "My potential is predetermined"
 "When I'm frustrated, I give up"
 "Feedback and criticism are personal"
 "I stick to what I know"

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1. Love and Self-Worth

- Child development is in many ways a repeated cycle of going out and coming back.
- How can we prepare our children for going out?
- It starts with unconditional love.

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Simple Acts to Show Love

- Daily routines that build security and attachment:
 - Tell your child, "I love you."
 - Give them a 20 second hug (seriously)!
 - Spend regular face time with them (not in front of a screen)

Source: Light, K. C., Grewen, K. M., & Amico, J. A. (2005). More frequent partner hugs and higher oxytocin levels are linked to lower blood pressure and heart rate in premenopausal women. *Biological Psychology*, 69(1), 5-21. doi: 10.1016/j.biopsycho.2004.11.002

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2. Challenges as Opportunities

Source: Toni, G. D., Roberts, G., Sayre, P. H., Bahnon, H. T., Radulovic, S., Santos, A. F., ... Lack, G. (2015). Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy. *New England Journal of Medicine*, 372(9), 803-813. doi:10.1056/nejmoa1414850

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2. Challenges as Opportunities

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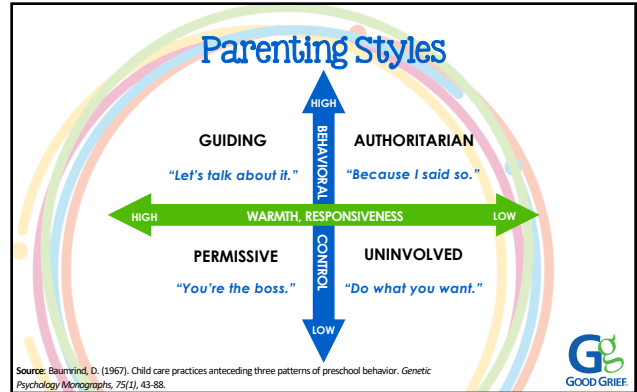
WHAT KIND OF PARENT ARE YOU?

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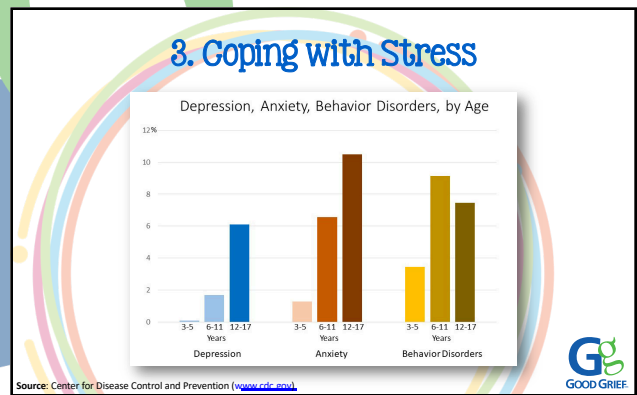


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Resilient Parenting Style Sheet

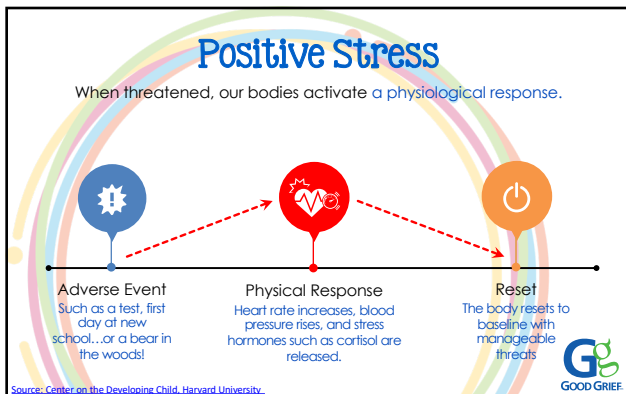
- Discuss at home:
 - Where do you fall on this spectrum?
 - If you have a partner/spouse, where do you fall as a unit?
 - How can you work together to provide a balanced, nurturing approach?
- Remember: This is an evolving process. Have to constantly evaluate yourself, your child, and the situation to determine how to respond.

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Coping with Stress

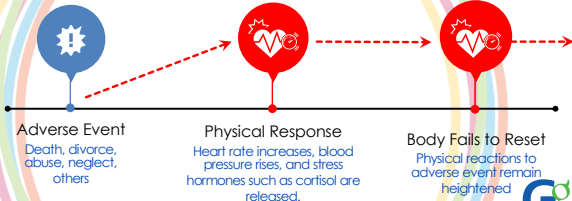
- How do you cope with stress?
 - Our kids are watching our habits, and will develop similar ones.
- Most effective habits and routines:
 - Healthy diet and exercise
 - Sleep
 - Mindfulness and meditation
 - Unplugging from technology
 - Family time together




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Toxic Stress

When threatened, our bodies activate a physiological response.




Source: Centers on the Developing Child, Harvard University.



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Coping with Toxic Stress

- When a child experiences multiple significant adversities, they have a much greater potential for long-term consequences to health and wellbeing.
- Healthy habits are still important, but additional help should be sought.



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4. Grounded in Values



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At Our Best, We Value...


- Freedom
- Justice
- Equality
- Diversity
- Education
- Rights
- Integrity
- Democracy



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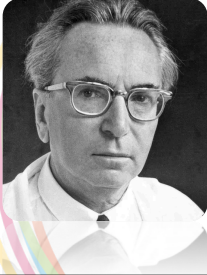
We Also Value...

- Performance
- Profits
- Consumerism
- Status
- Materialism
- The bottom line
- The short term, over the lifetime
- The system over the person




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Viktor Frankl

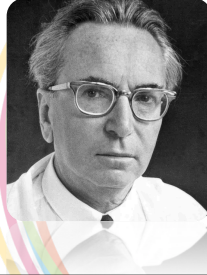


- 1905 – 1997
- Born: Vienna, Austria
- Neurologist and psychologist
- Holocaust survivor
- Wrote *Man's Search for Meaning*



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The Power of Values, Agency



"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

"Everything can be taken from a person but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."


"Those who have a 'why' to live can bear almost any 'how.'"



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What Values Support Resilience?


- Values are a guide to navigate through life's storms
- Values keep us grounded, no matter the circumstance that come our way
- Question: What are the values that help to guide your choices?
 - What is your why?
- Do those values align with fostering resilience?



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Resilient Values

1. Love
2. Compassion
3. Honesty and Integrity
4. Safety
5. Family
6. Humor
7. Empathy
8. Courage



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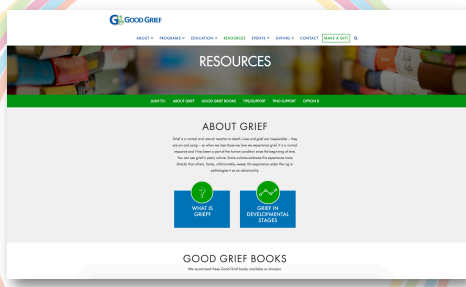

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Life is Like a Box of...




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Visit Our Website!

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