Resilience & Wellbeing Presentation

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That which does not kill us makes us stronger.
Friedrich Nietzsche
Activity

On 1 side of your card write down your top 3 stressors

On the other side of the card write 3 things that give you joy or hope
Is stress healthy or unhealthy?

What do you hope for?

What stresses you out?

What do you do when you experience stress?

How do you think your children perceive you handling stress?
Is there a “healthy” level of stress?
What about chronic stress?
Chronic Stress and health impact

How well do we deal with day to day stress?

What happens when it turns into chronic stress?

Physical & Emotional Symptoms - Pain or tension in your head, chest, stomach or muscles, changes in heartrate and blood pressure, changes in eating and sleeping habits, problems with memory, anger, restlessness....
THE AVERAGE TEENAGE BRAIN
Healthy options to alleviate stress

- Listen to music, dance
- Garden, learn a new recipe, arts and hobbies
- Take a 5 minute walk, exercise
- Make a connection to your spiritual core
- Adult coloring book
- Take a hot bath
- Talk with a spouse or a friend
- Find ways to take mini breaks
- Be mindful of the need for self care
- Laugh
Mindfulness Activity

Mindfulness Activity Card

Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.
Resilience is an innate capacity to rebound from adversity and change through a process of positive adaptation. In youth, resilience is a fluid, dynamic process that is influenced over time by life events, temperament, insight, skill sets and the primary ability of caregivers and the social environment to nurture and provide them a sense of safety, competency and secure attachments.
The core concepts of resilience, as established by BHA Resilience Committee, can be used in strengthening assets and skills in children, families, individuals, organizations and communities.

1. Sense of Competency
2. Caring and Respect for Self and Others
3. Problem Solving and Coping Skills
4. Optimism and Hope for the Future
5. Ability to Reframe Stress
6. Sense of Purpose and Meaning
Hope and Optimism

• High but realistic expectations
• Have a personal value system that guides your life
• Not just Survive but Thrive
• Count Blessings at Night – Better Sleep
• How do you see yourself? Optimist – Pessimist – Realist
• Belief that things can get better
Everyday Resilience

- Being flexible when things do not go as planned
- Roll with the punches, accept and adapt to change
- Put things in perspective, seek balance, don’t over analyze things- things can happen in a blink of an eye
- Know what you can and can’t control and be able to let go of the things that are not important
- Understanding you tolerance for stress/distress
- Laugh about it, find the humor in a stressful situation, model that for your children
WHAT FAMILIES AND COMMUNITIES CAN DO TO FOSTER RESILIENCE

• Have High, but Realistic Expectations
• Consistency and Fairness
• Provide a Sense of Belonging or Connectedness
• Provide Comfort in Times of Distress
• Model Ways to be Resilient
• Opportunities for Involvement
• Sense of Safety and Trust
• Belief that all People can be Successful
5 Ways to Build Resilience in Individuals

1. **Goal Setting**: Teach how to set realistic and achievable goals

2. **Independent Thinking**: Teach how to solve problems, but do not solve problems for them

3. **Social Skills**: Teach positive social skills - identify, practice and reinforce

4. **Empathy**: Teach empathy for others and perspective taking skills

5. **Play**: Make sure children have ample time to explore and grow

SAMHSA’s webinar: Promoting Resilience for Children & Families by Dr. Carmela J. DeCandia https://www.youtube.com/watch?v=CyrfOqKFiOo
Problem Solving and Coping Skills

• Be self reliant, but ask for help when needed
• Nurture a support system
• Put stress and changing priorities in perspective
• Be determined, even with set backs
• Have positive ways to cope with disappointments
• Reinforce and repeat things that work
• Admit, and learn from mistakes
• Have a growth mindset – love of learning
• Find ways to be to show gratitude and joy
Shadow Strengths
How do you see **YOURSELF**?

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<th>STRENGTH</th>
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Humor as a Therapeutic Tool

• Physical and emotional benefits
• Laughter is the best medicine
• Relieves tension / stress
• Don’t take life so seriously – ability to laugh at oneself
• Words and life have multiple meanings

“The last thing I remember is being thrown into the dryer.”
Characteristics of a resilient person:

- Ability to benefit from peace and quiet (away from technology)
- Practices self-care habit
- ?
- ?
- ?
- ?
Ways MY CHILD Shows Resilience
Want to learn more about Resilience?

Resilience Tip

Be determined. Be persistent.

For more mind resilience tips, visit us at www.mindresilience.org
Evaluation Form

How to scan a QR code

1. Open up the camera app on your cell phone.
2. Hold your device so that the QR code appears in your camera’s viewfinder. Pretend like you are taking a picture of the code!
3. A notification will appear. Click the notification to access the Evaluation Form.

The directions above only apply to newer cell phone models. Older models of cell phones may require a QR Code Scanner app.*

Or go to www.aacps.org/familyconference