

Coffee with the Counselors

Building Resilience

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Defining Resilience- Merriam Webster Dictionary

1 : the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress. **2 : an ability to recover from or adjust easily to misfortune or change.**

Why It's Important

There is significant evidence that resilience has declined in young people. Rates of anxiety and depression have increased and direct measures of resilience which have been used longitudinally are showing declines in this important psychological characteristic.

<https://sacsconsult.com.au/blog/are-young-people-less-resilient-than-they-used-to-be/#:~:text=In%20fact%2C%20it%20turns%20out,in%20this%20important%20psychological%20characteristic.>

Life is full of “misfortune or change”, and Covid-19 has forced a lot of changes.

For some families, misfortune.

Ted Talk

We feel this Ted Talk will be helpful for parents to see!

Disclaimer- There are two uses of profanity.

This is Lucy Hone, Director of New Zealand Institute of Well Being and Resilience:

https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people?language=en#t-476968

Length = 16 minutes, Value = priceless

**What Does This
Mean?**

Life is hard, but...



Signs your teen is not bouncing back and needs to build Resilience

They often feel helpless or that problems are someone else's fault

Frequent crying or yelling - not just once in awhile- out of frustration

They avoid tasks and make excuses

They give up easily

They don't have positive peer relationships

They don't have positive adult relationships outside the home

Resilience can be learned

It is not something that you have or do not have

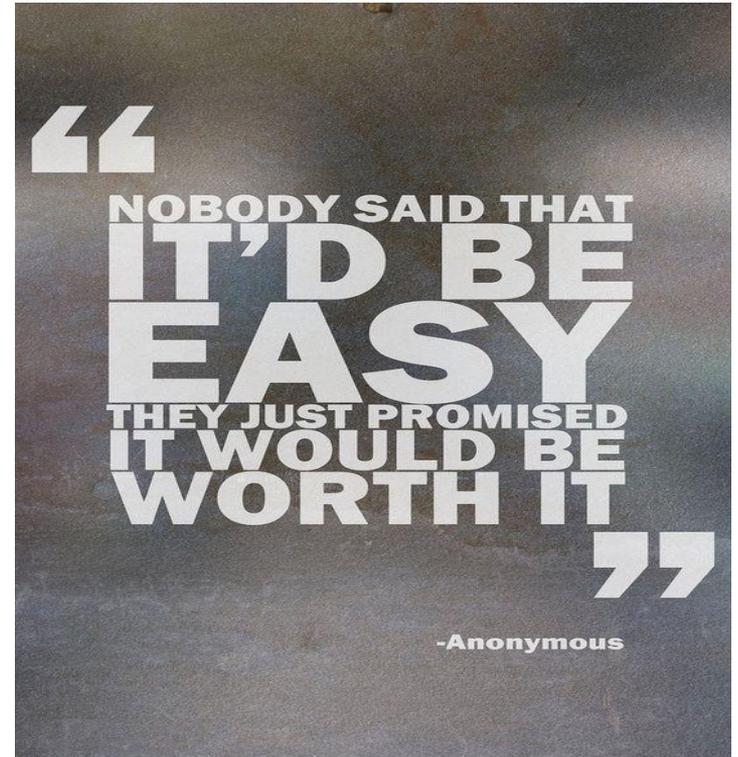
Don'ts for Building Resilience in Your Home

- Dismiss the difficulty in something because you don't find it difficult
 - I.e. "It's not that hard," "It's really not that bad"
- Allow avoidance of stressful and anxiety inducing tasks or feelings
- Allow overuse of social media
- Focus on the negatives
- Do things for your kids that they CAN do
- Allow them to guilt you
- Rescue every time there's a problem



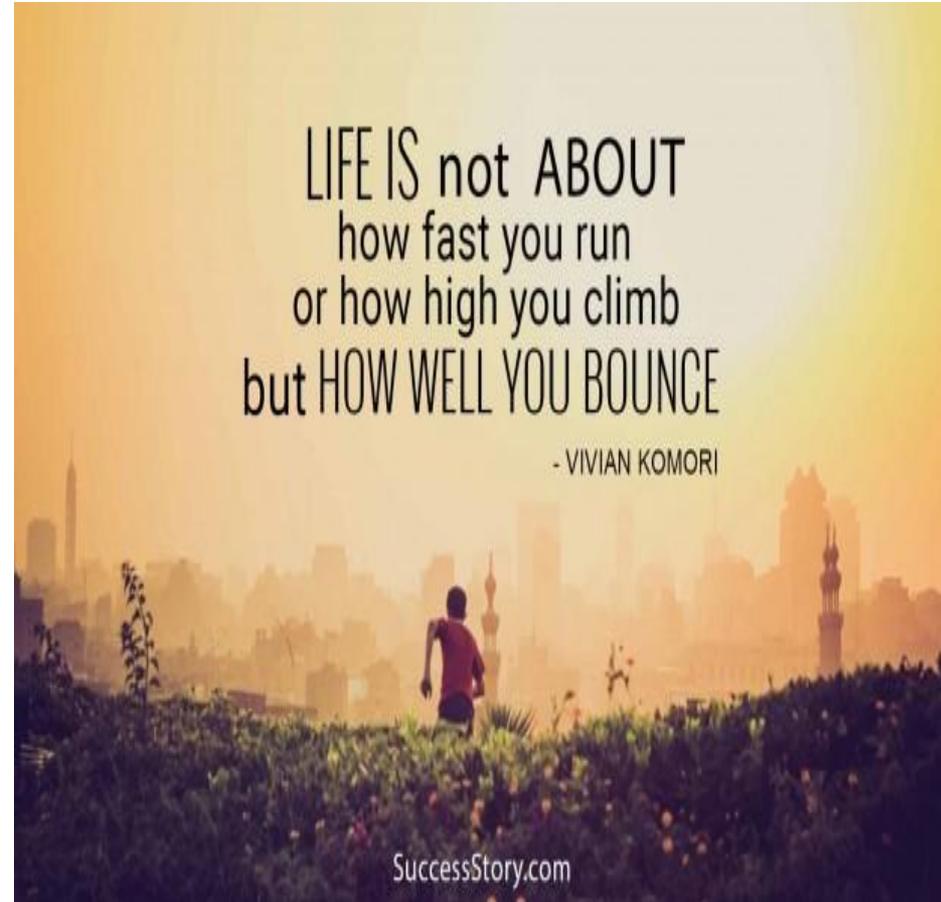
Dos for Building Resilience in Your Home

- Acknowledge that it's okay when something is difficult to do or deal with
- Normalize unpleasant emotions as a part of living and discuss recognizing them and working through them (allow them to experience unpleasant emotions)
- Help provide the “hope”- tell stories or watch movies/read books with resilience, encourage positive social media use (such as following positive influences), reminders of previous situations where they overcame a difficulty
- Allow them to problem-solve and think through problems and choices
- Allow them to experience good and bad consequences of choices and actions



Dos (cont.)

- Help find the things that they CAN control and strive for small steps not perfection
- Display quotes that promote resilience
- Encourage asking for help or using resources available (school counselor, tutoring hours)
- Model other resilience strategies
 - Ex: This week at work will be really stressful, let's have game night Friday & order pizza
 - Ex: Go for a walk to get out of your house/head



Remember, this is normal teenage behavior:

Me: hey can you do this completely reasonable simple task for me

My kid:



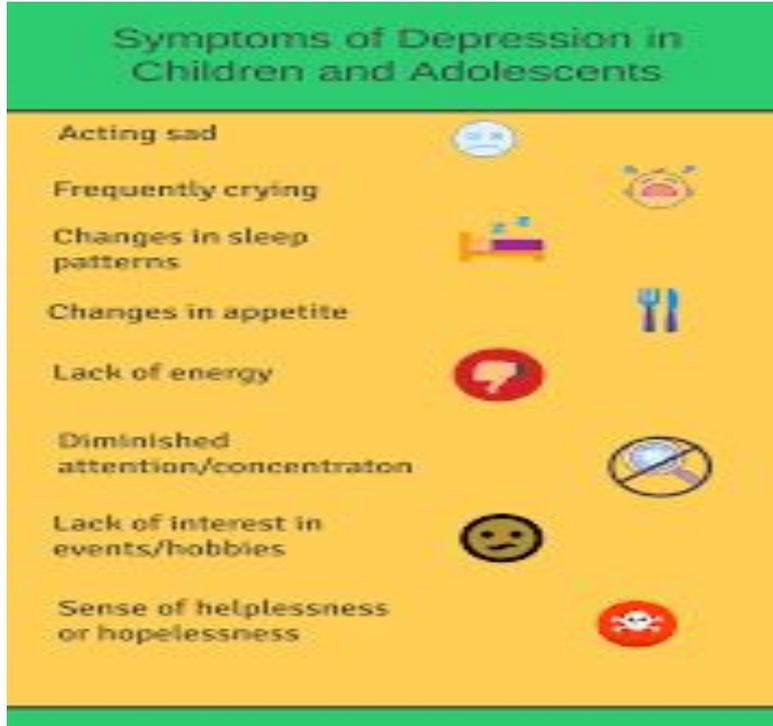
Teens do not have a fully developed frontal lobe, and may have trouble making rational decisions, expressing their feelings and why they feel that way.

They may go to extremes with “solutions” to their problem (i.e. this class is hard, so I want to drop out).

Building resiliency and modeling resiliency skills will help them learn to regulate thoughts and emotions.

Remember: Validate that something is hard for them, encourage working through it. Break it down into smaller goals/tasks.

Lack of Resilience could lead to Anxiety and/or Depression



Should your teen exhibit these symptoms, please make their school counselor aware.

Should they persist for more than two weeks, your school counselor might recommend a therapy appointment.

Other Recommendations

For Building Resilience

We encourage you to visit the Coffee with Counselors Web page to view previous Power Point presentations:

<https://www.longleafschool.org/coffee-with-counselors>

From ParentingNI:

<https://www.parentingni.org/family-wellness-project/family-resources/building-resilience/>

BUILDING RESILIENCE



Resilience is our ability to cope in the face of adversity, trauma or stress. This is something we begin to learn in childhood.

TOP TIPS

Here are some top tips for helping children build resilience.

- ✓ Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- ✓ Try to normalise setbacks. Help your child to see that it is not unusual to have difficulties in life.
- ✓ Help them to see that problems can be solved.
- ✓ Encourage young people to keep things in perspective – the problem is usually confined to only one part of their lives.
- ✓ Remember the value of humour – laughing can be a great release (but only if it is well-intentioned).
- ✓ Encourage children/ young people to accept responsibility for their actions.
- ✓ When reading stories, or discussing events, point out how people manage to overcome difficulties.
- ✓ Remember that learning is often frustrating. Encourage children/ young people to persist and believe they can get there.
- ✓ Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- ✓ Create a positive environment emphasising the importance of relationships and having a sense of purpose.

For more resources on mental health visit
www.parentingni.org/family-wellness-project

**We know parenting
is not for the faint of
heart. Thank you for
all you do to support
your kids and our
community!**

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