Building Resilience in Children, Families, & Our Communities: Part 2

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Hello!

Sarah Kremer, PhD, LPCC, ATR-BC

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RESILIENCE AGENDA

\textit{all three sessions}

- Basic concepts
- Questions & conversations
- Practical strategies
Strengths and Challenges

What have been your/your family’s strengths?
What have been your/your family’s challenges?

*Please type them in the Q&A box*
Figure 1: Percentage with serious mental distress by age group, U.S. adults, 2018 vs. 2020. Error bars are plus or minus one SE.
Figure 2: Percentage with serious mental distress by having children in the household vs. no children in the household, U.S. adults, 2018 vs. 2020. Error bars are plus or minus one SE.
Figure 3: Percentage reporting specific symptoms of mental distress at least some of the time during the last 30 days, U.S. adults, 2018 vs. 2020. Error bars are plus or minus one SE.
What’s really different now?

• Solutions to (natural) disasters of COVID-19 feel out of reach to average person, resulting more stress and fear
• Divisiveness in media and communities also feels unchangeable
• Cumulative effects of chronic exposure to images, sounds, and recounting of (man-made) adversities impacting Black people as well as other people of color in media
• iGen has had more exposure to internet and social media, and are consuming even more in the last several months
• Parents/caregivers are stretched thin, need more support
• Many of us are so tired – and it’s okay to be tired
What are the most important childhood predictors of life satisfaction in adulthood?

What is the least important childhood predictor of life satisfaction in adulthood?

Layard, et al., 2014
What are the most important childhood predictors of life satisfaction in adulthood?

- Emotional Health
- Prosocial Behaviors

What is the least important childhood predictor of life satisfaction in adulthood?
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- Emotional Health
- Prosocial Behaviors

What is the least important childhood predictor of life satisfaction in adulthood?

- Academic Success

Layard, et al., 2014
Questions & conversations
Project Resilience

- **Topic:** Character Strengths
- **Activity:** Identify your strengths
- Reflect on strengths that are already strong, strengths you would like to grow this year

**GRATITUDE:** What’s one strength of your teacher?
Bring your character strengths to life & live more fully.

When you discover your greatest strengths, you learn to use them to handle stress and life challenges, become happier, and develop relationships with those who matter most to you. What are your strengths?

Join the over 11 million people who have taken the only free, scientific survey on character strengths.
Mind Full, or Mindful?

Henck van Bilsen
5-4-3-2-1 Grounding Technique

1. thing you can taste
2. things you can smell
3. things you can hear
4. things you can feel
5. things you can see

TherapistAid, 2018
Mood Meter by RULER
Mood Meter app
From R.U.L.E.R.
Yale Center for Emotional Intelligence
https://moodmeterapp.com/science/
More suggestions for building resilience during summer

1. Check in with yourself
2. Filter what reaches your children as much as you can
3. Commit to action
4. Listen to your children and support their actions
5. Draw their attention to the good things
6. Remember our stories of resilience
7. Take the time to do an activity that you’ll all enjoy together
8. Renew your energy with a supportive check-in on other parents you know
9. Celebrate what you appreciate
10. Take the time to slow down and rest

Briscoe-Smith, 2020; Roehlkepartain, 2020
Focus on the space between the trees: look where you want to go and not the areas that could be disastrous.
References


Values In Action Character Strengths survey Retrieved from https://www.viacharacter.org/character-strengths-via

Thank you!

Last session

- Thursday, July 2nd 4:30 – 5:30 pm
  Focus on Uncertainty in the Future

Please register again through EventBrite to attend future sessions!

All recordings will be posted and available throughout the summer.