Building Resilience in Children, Families, & Our Communities: Part 3
07/02/20

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Hello!

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RESILIENCE AGENDA
all three sessions

• Basic concepts
• Questions & conversations
• Practical strategies
I don't want my children to only remember to wear masks, wash their hands and keep their distance from people. I want them to understand that this is a time when people need to show up for one another. So in the same way I talk about how physical connection is a threat, I need to be as deliberate about elevating stories of how, beyond our small part of the world, people are helping each other out.

Koketso Moeti
Moving Forward with Uncertainty

What feelings come up for you when you think about the uncertain future?
*Please type them in the Q&A box*
We are more resilient than we think!

- Emotion surveys are poor predictors of lasting distress
- Most psychological distress takes time to manifest and be diagnosed
- Anyone with this kind of distress needs continuous care and support, especially now
- However, most of the rest of us will bounce back

Carey, 2020
Mental & Physical Health Resources

- Crisis Hotline
- Family Support
- Grief and Loss
- Health Resources
- Homeless, Foster Youth, Runaway
- Human Trafficking

- LGBTQQ+
- Mental Health Resources
- Sexual & Reproductive Health
- Sexual, Dating or Domestic Violence - Title IX
- Substance Abuse
What conditions help children adapt well after responding to natural and manmade disasters?
What conditions help children adapt well after responding to natural and manmade disasters?

- Amount of exposure
- Loving caregivers
- Calm caregivers
- A higher calling

Divecha, 2020
Resilience

- Protective processes as the phenomenon of competence despite adversity
- Capacities, strengths, individuality, and uniqueness
- Distinct levels
  - Individual
  - Family/ close non-family adult relationships
  - Social environment/ community

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?
9 things to say to your anxious child

1. I'm here with you. You're safe.

2. Do you want to do some dancing or running to get rid of the worried energy?

3. Tell me about it.

4. What would you like to say to your worry? What might your worry say back? Then what?

5. Let's draw it.

6. What does it feel like in your body? Where is the worry? How big is it?

7. Match your breaths to mine.

8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).

9. What's something we could do to help you feel better?
5 Emotional Check-ins

- Internal weather report
- Feelings 1-10
- Creative Expression
- Highs & lows
- Rose, Bud, Thorn
5 Lessons to Remember

- Reducing stress is good for everyone
- Showing gratitude matters
- We need less stuff than we think
- Being with others is key to happiness
- We are stronger when we act together

Suttie, 2020
Strategies for Moving Forward with Uncertainty

1. Remember that we all have the innate capacity to be resilient
2. Tune in to acknowledge feelings in yourself and your children
3. Lead with love and calm
4. Filter what reaches your children, as much as you can, and discuss what is happening
5. When activated, remember to pause and breathe
6. Engage in rest and relaxation and creative expression as a family
7. Stay socially connected to your network and check in on other parents
8. Be a work in progress
9. Find meaning about your spiritual beliefs as a family
10. Remember to share stories of gratitude and resilience
For now, the world is in a difficult state of uncertainty. We don’t know the course of the virus, the full economic impact, or what “normal” life we’ll resume. But the enduring lessons for our children will surely be the emotional ones. These are the lessons they’ll remember as adults when they inevitably experience upheaval again—only then, it may be without us. So let’s stay focused on, and grateful for, what really matters.

Diana Divecha
References


Divecha, D. (May 2020). Will the Pandemic Have a Lasting Impact on My Kids? Greater Good Science Center blog. Retrieved from https://greatergood.berkeley.edu/article/item/will_the_pandemic_have_a_lasting_impact_on_my_kids


Thank you!

Survey

Please complete the survey that will be emailed to you, even if you viewed this webinar after the live session.

All recordings will be posted and available throughout the summer.