

*Ar scáth a chéile a mhaireann
na daoine*

*In the shelter of each other
the people live.*

~ Irish Proverb



Fostering Resilience

Helping Children and Teens Cope During COVID-19



Every Step of the Way I will walk with you. You will not be alone
~ Rumi



RESILIENCE

“To Withstand”

~ Masten (2015)

Resilience does not come from rare and special qualities but from the everyday magic of ordinary human resources in the minds, brains, and bodies of children, in their families and in their communities.

Masten (2015). Ordinary Magic: Resilience in Development.



A



Each Child is Unique

- Resilience: The Biology of Stress and Science of Hope:
<https://www.kindredmedia.org/2017/04/resilience-biology-stress-science-hope/>
- Rethinking Resilience: <https://www.youtube.com/watch?v=mIUuY9tUFok>

Surge Capacity

“a collection of adaptive systems — mental and physical — that humans draw on for short-term survival in acutely stressful situations, such as natural disasters...over a short period of time. Pandemics are different — the disaster itself stretches out indefinitely.”

“The pandemic has demonstrated both what we can do with surge capacity and the limits of surge capacity...
When it’s depleted, it has to be renewed.”

<https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>
Speaking of Psychology Podcast, Episode 105, (2020). The Role of Resilience in the Face of COVID-19 <https://www.apa.org/research/action/speaking-of-psychology/human-resilience-covid-19>

Promoting Resilience: 5 Principles

- ★ Promote a sense of safety
- ★ Promote calming, ability to self-regulate
- ★ Promote a sense of self- efficacy
- ★ Promote connectedness
- ★ Promote hope Masten (2015)

One of the key factors in resilience is the capacity to manage strong feelings and impulses (APA, 2011)

Key Needs: Safety, Predictability, Control

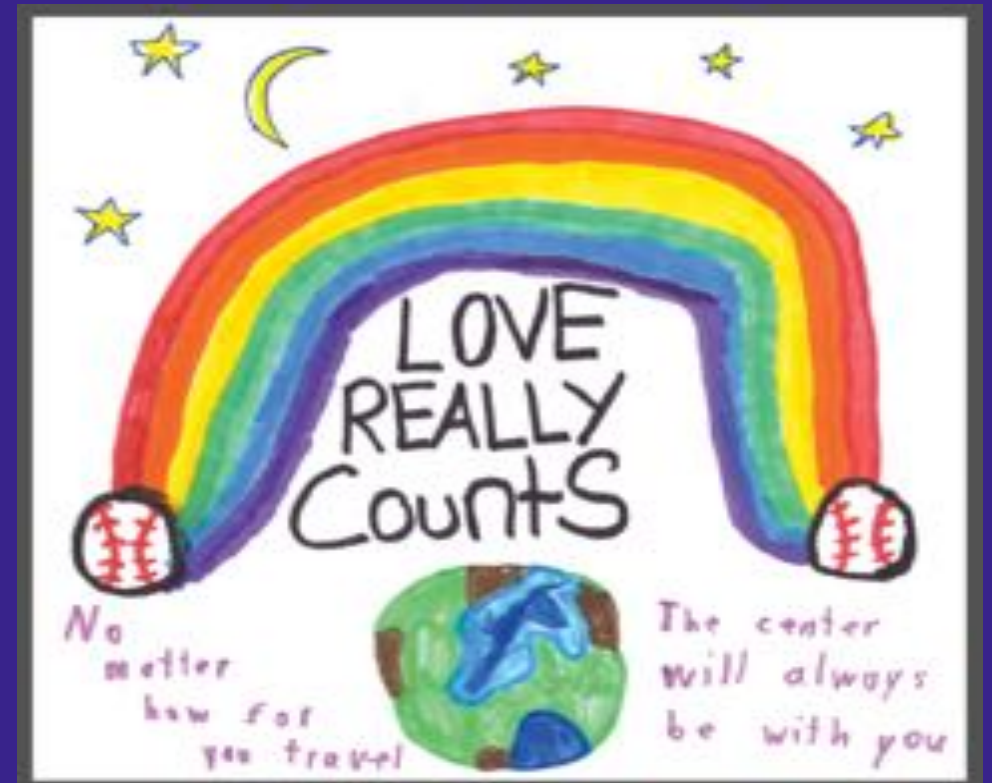
- Adequate, clear information (dosing and pacing)
- Fears and anxieties addressed
- Careful listening (not minimizing concerns)
- Validating feelings (respect and safe ways to express in individual ways)
- Help with overwhelming feelings
- Rituals and Routine
- Involvement/inclusion
- Choices
- Modeled resilient behavior

The way we talk to our children becomes their inner voice. ~ Peggy O'Meara

Advice from Children and Teens



- ★ Words Matter
- ★ Listen
- ★ Ask Questions
- ★ Show Support
- ★ Show Up
- ★ BE KIND!



Center for Grieving Children, Portland, ME
T-shirt Design Contest Winner (2017)

Kindness: The Ripple Effect



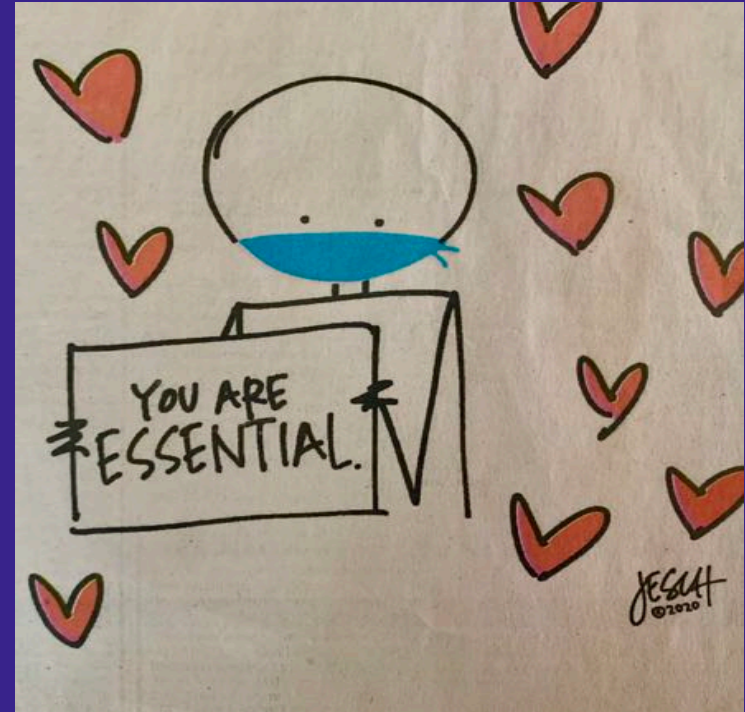
*Just as ripples spread out when a single pebble is dropped in water,
the actions of individuals can have far-reaching effects.*

~ The Dalai Lama

Importance of Self-Care Practices

Best predictor of the child's adjustment is the ability of the parent/caregiver to function and provide nurturance and support

Silverman & Worden (1996)



I do my best because I'm counting on you counting on me.

~ Maya Angelou



Take Care of Your Heart

Hand On Heart Breathing



<https://www.heysigmund.com/hand-on-heart-a-powerful-way-to-calm-anxiety-for-children-teens-and-adults/>

For More Mind/Body
Wellness Ideas:

<https://christinelinnehan.com/mind-body-wellness/>

FAMILY AND SOCIAL SUPPORTS

PROTECTIVE
FACTORS

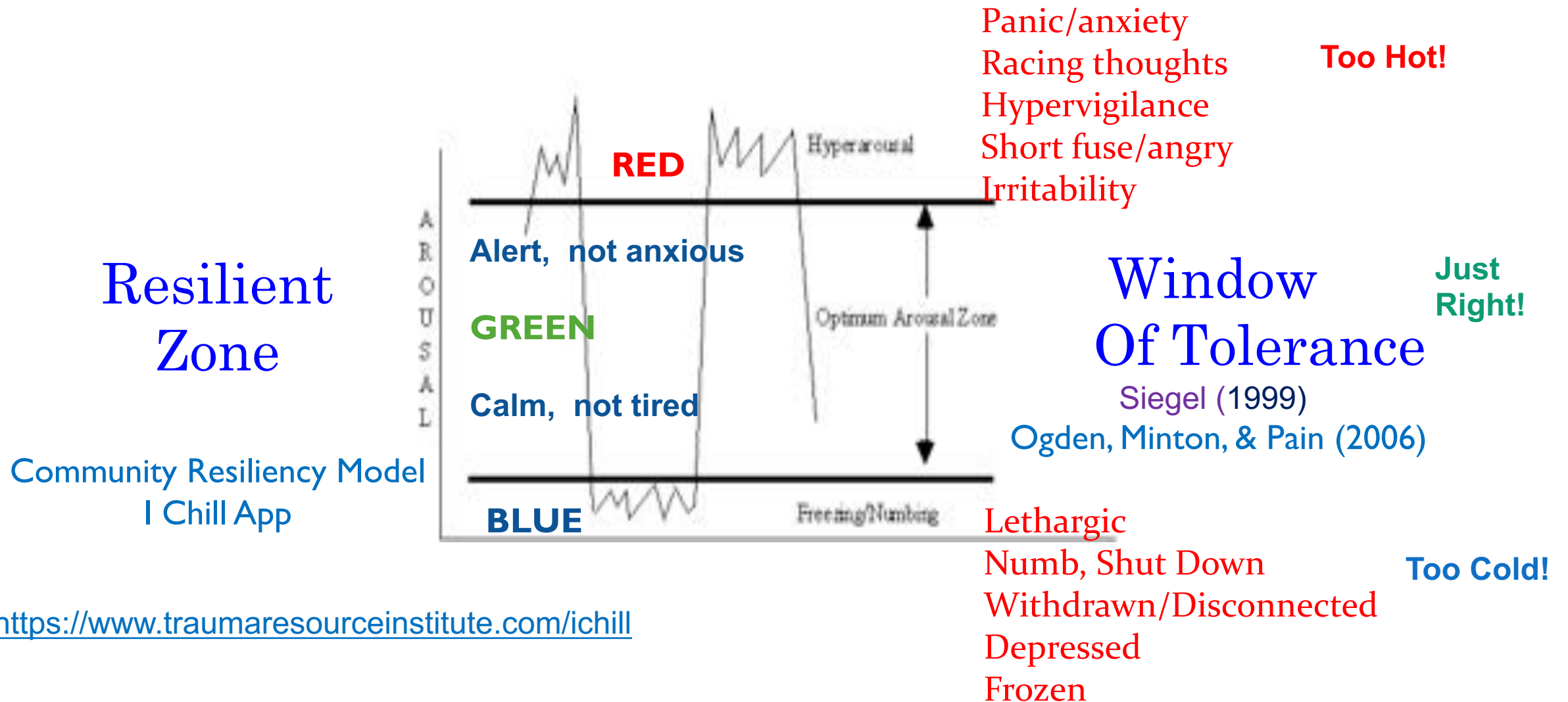
MASTERY

“you can do this hard thing”



SELF-REGULATION

ZONES OF REGULATION



Signs of Distress

- ✦ Intrusive thoughts (reexperiencing)
- ✦ Avoidance and numbing
- ✦ Hyperarousal



Distress Overload

"The reality is that we all need a certain amount of stress, a certain amount of anxiety to perform well... But if all day, you feel like a truck is coming at you, day after day after day, that's gonna take a toll on the body."

The Biology of Toxic Stress (excerpt from the documentary, *Resilience*)

<https://www.youtube.com/watch?v=Z4CD6jyWw2A>

Resiliency Skills

★ Resourcing

★ Tracking

★ Grounding

★ Calming (Centering)

~ adapted from the Community Resiliency Model

➤ iChill App:

<https://www.traumaresourceinstitute.com/ichill>

➤ Difference between grounding and centering:

<https://www.psychologytoday.com/us/blog/the-empowerment-diary/202002/what-is-centering-what-is-grounding>



R. Buttle

Resources

★ SEEN

★ SOOTHED

★ SAFE

★ SECURE

(Siegel, 2013)

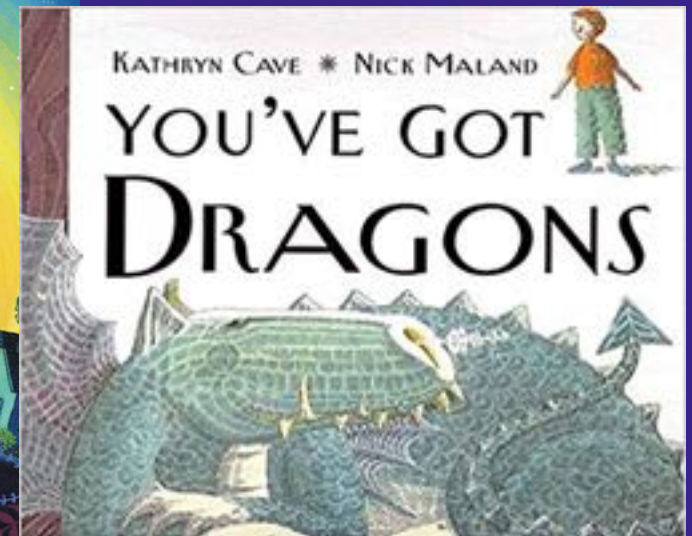
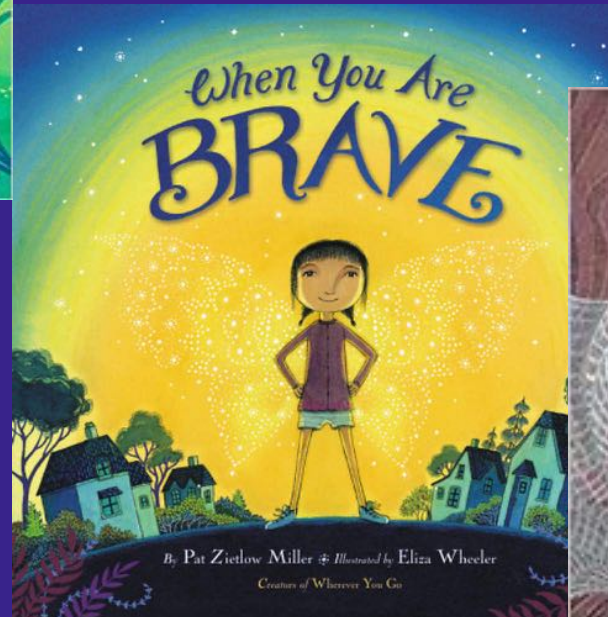
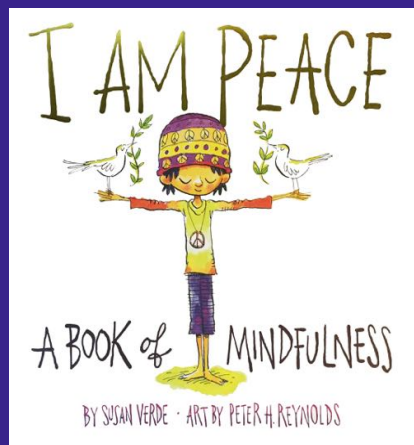
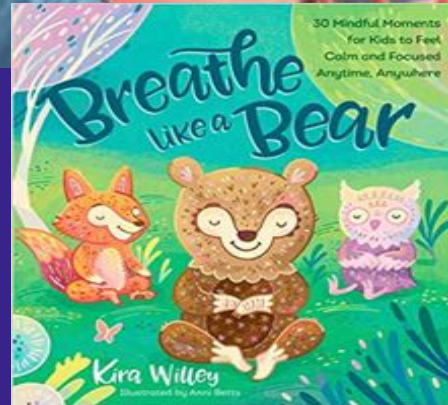
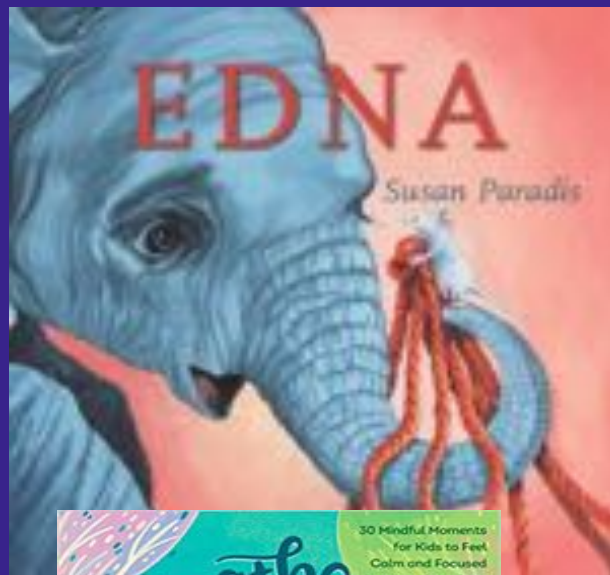
Presence, Parenting, and the Planet:

https://www.youtube.com/watch?v=Ouzb_Urt7LQ



Exquisite Witness

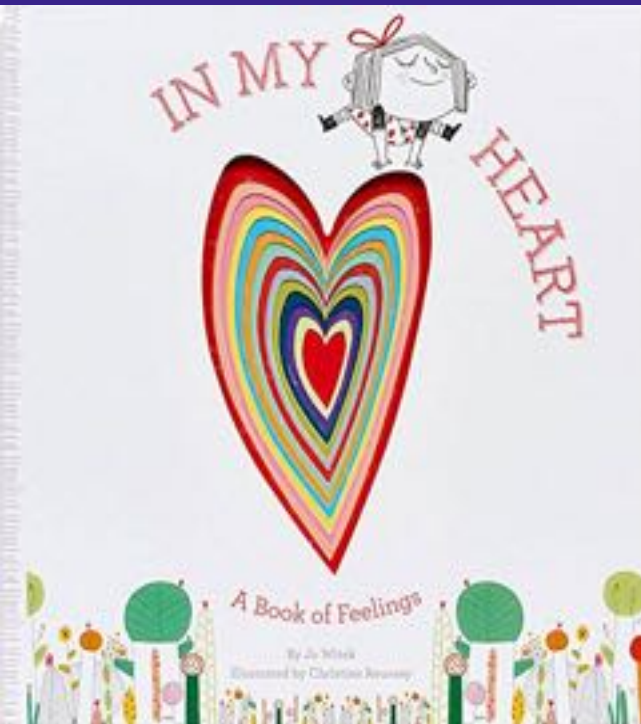
Jeffreys (2011)



Books as Resources

"Books are many things:
lullabies for the weary,
ointment for the wounded,
armour for the fearful and
nests for those in need
of a home."

- Glenda Millard.



Tracking

Sensations

Images

Feelings

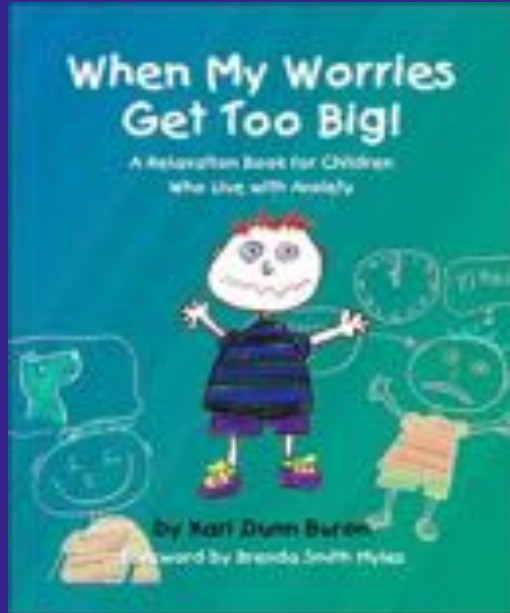
Thoughts

Siegel, D. & Bryson, T. P. (2012)



Levine, P. & Kline, M. (2007) p. 234

Self-Regulation: Grounding



*When the world becomes a tsunami,
I ask how can I dive down to a quiet
place where I can gather myself—
from which I can surface, survive,
and help others thrive.*



Where are your quiet depths and how do you get there? ~ Parker Palmer

Calming Centering

“Mindfulness can help you make your nervous system your ally.”

–Dr. Jefferson Prince

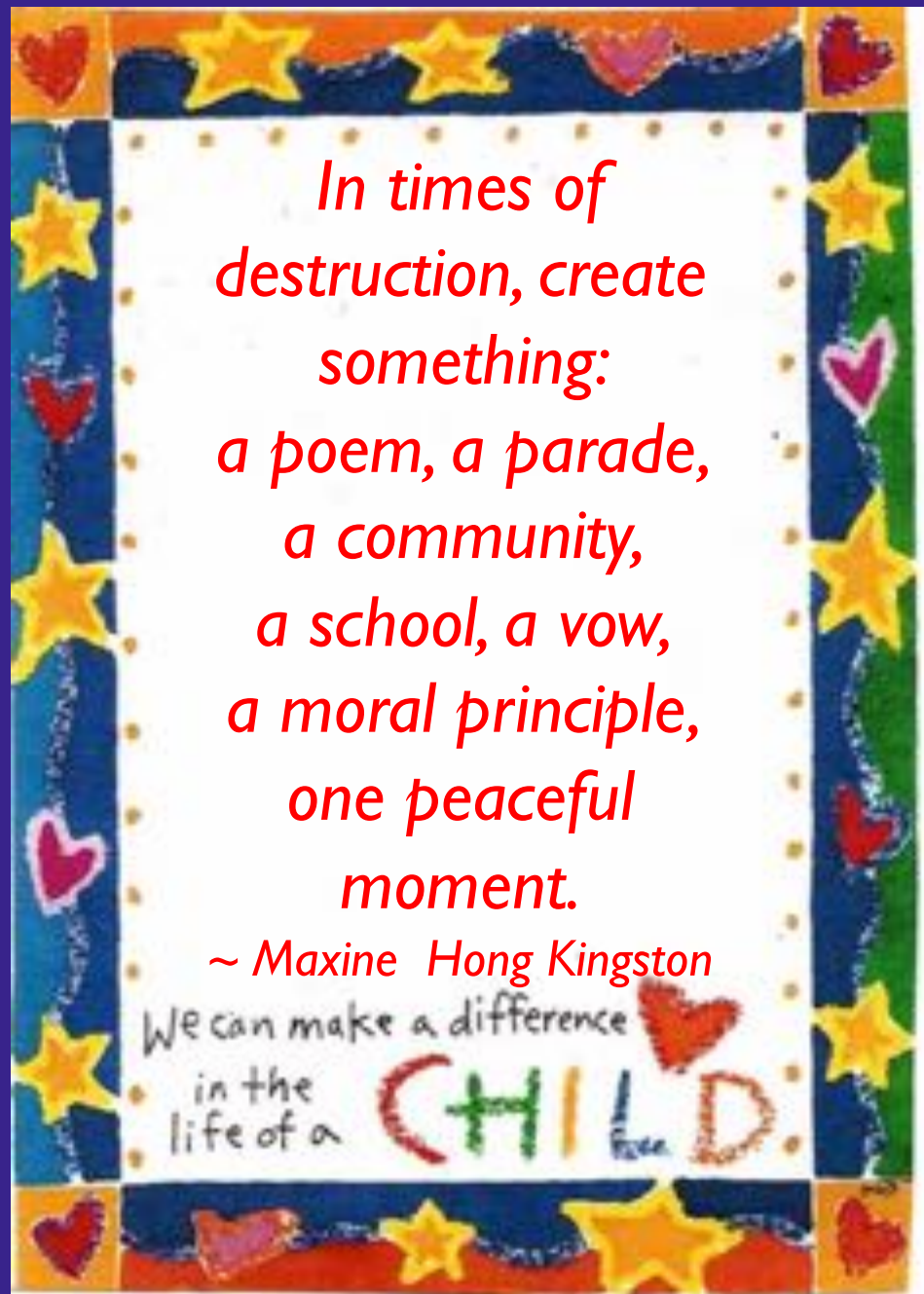
*Harvard Medical School, North Shore Children’s
Hospital*

Video: “Just Breathe” by Julie Bayer Salzman & Josh Salzman (young children explaining calming techniques)
<https://www.youtube.com/watch?v=RVA2N6tX2cg>





Rising Cairn, Celeste Roberge



Thank You!



Keep a Light Shining
for yourselves and your children ✨

<https://christinelinnehan.com/>

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