OVERVIEW

- What is Resilience?
- ABCs of Resilience
- Building Blocks of Resilience
- Teaching Life Skills
WHAT IS RESILIENCE?

Resilience is not the absence of distress or difficulty. Resilience is the ability to adapt and grow following adversity.
“When children aren’t given the space to struggle through things on their own, they don’t learn to problem-solve very well. They don’t learn to be confident in their own abilities, and it can affect their self esteem.

The other problem with never having to struggle is that you never experience failure and can develop an overwhelming fear of failure and disappointing others.”

-Julie Lythcott-Haims
How to Raise an Adult
We can:

- Strengthen resiliency at any age
- Take specific steps to help develop resiliency in children
- Model handling stress in healthy ways
WHY DO WE NEED RESILIENCE?

ADVERSITY

- Stress
- Poverty
- Setbacks
- Heartbreak
- Illness
- Loss
- Trauma
- Neglect
- Disasters
- Illness
- School
- Relationships
- Work
- Abuse
ABCs OF RESILIENCE
MISCONCEPTION

ADVERSITY

CONSEQUENCE

ABCs OF RESILIENCY
Example:

Jane and Daria are in Ms. Balch’s 10th grade physics class. They both struggle through the class and end up with low final grades. Jane and Daria are angry, disappointed and sad.
DARIA finds a tutor and commits to making a greater effort in physics going forward.

JANE grows more and more negative. She sulks and starts performing poorly in all subjects.
WHY DID THEY REACT DIFFERENTLY?

People react differently to the same exact challenges because between A and C lies the crucial letter B.

ABCs OF RESILIENCY

ADVERSITY → BELIEFS → CONSEQUENCE
REALITY

In times of adversity, what you believe can influence the outcome or consequence.

ABCs OF RESILIENCY
COACH VS CRITIC

OUR BELIEFS ARE SHAPED BY OUR THINKING
DARIA believed she could do better. She used her coach mindset.

JANE did not believe she could do better. She listened to her critic.
▪ Parents and respected adults have the most impact and influence
▪ An adult’s beliefs about a child can shape their beliefs about themselves
▪ Youth live up or down to expectations
BUILDING BLOCKS OF RESILIENCE
7 Cs of Resilience

- Competence
- Confidence
- Connection
- Coping
- Contribution
- Character
- Control
COMPETENCE

- The ability to handle situations effectively
- Acquired through actual experience
- Derived from a wide range of achievements, from almost invisible steps to major leaps
COMPETENCE

- Help children focus on individual strengths
- Acknowledge what they do well, not just their mistakes
- Allow for safe mistakes and self-correction versus overprotecting them
7 Cs of Resilience

- Competence
- Confidence
- Connection
- Coping
- Control
- Contribution
- Character
CONFIDENCE

- Rooted in competence
- Not the same as self-esteem
- Not the result of praise or being told, “You’re special”
- Solid belief in one’s own abilities and willingness to try new things

7 Cs OF RESILIENCE
CONFIDENCE

- See the best in a child so he can see the best in himself
- Praise honestly
- Treat a child as a youngsters learning to navigate the world, not as an incapable child
7 Cs of Resilience

- Competence
- Confidence
- Connection
- Contribution
- Character
- Coping
- Control
CONNECTION

A solid sense of security that leads to strong values and helps to prevent seeking destructive alternatives.
CONNECTION

- Nurture strong family ties. Seek quantity and quality time!
- Positive peer relationships
- Encourage school and community connections

7 Cs OF RESILIENCE
7 Cs of Resilience

- Competence
- Confidence
- Connection
- ContributiON
- COPING
- Character
- Control
CHARACTER

- Young people need a clear sense of right and wrong and a commitment to integrity
- Determine the character traits you want to build in your children
CHARACTER

- Help children understand how their behaviors affect others
- Allow children to consider right versus wrong and look beyond immediate satisfaction or selfish needs
7 Cs of Resilience

COMPETENCE

CONFIDENCE

CONTROL

CONNECTION

COPING

CONTRIBUTION

CHARACTER
CONTRIBUTION

Provides a sense of purpose

Children need to:

- Realize the world is a better place because they are in it
- Believe they have the power to positively impact their world

7 Cs OF RESILIENCE
CONTRIBUTION

- Help them understand that there are many people who don’t have what they need in terms of human contact, freedoms, money, and security
- Discuss how they can make positive contributions to change others’ circumstances
- Teach and model generosity and serving others
7 Cs of Resilience

COMPETENCE

CONFIDENCE

CONNECTION

COPING

CONTRIBUTION

CHARACTER

CONTROL
COPING

Children with positive coping and problem-solving skills are:

- Better prepared to deal with life’s challenges
- Less likely to turn to unhealthy behaviors when stressed

7 Cs OF RESILIENCE
COPING

7 Cs OF RESILIENCE

Stress

Discomfort

“I gotta stop this stress.”

Positive Coping Strategies

Relief

Negative Coping Strategies

Gotta stop this stress.
COPING

- Help children put the situation into perspective
- Teach healthy coping skills
- Model positive coping strategies consistently

7 Cs OF RESILIENCE
7 Cs of Resilience

- Competence
- Confidence
- Connection
- Coping
- Contribution
- Character
- Control
CONTROL

When children realize they have the power to control the outcomes of their decisions and actions, they are more likely to believe in their ability to bounce back.

7 Cs OF RESILIENCE
CONTROL

▪ Help children trust their own decision-making skills.
▪ Don’t hand out privileges lightly; freedoms are earned through responsible actions.
▪ Know when to take control.

7 Cs OF RESILIANCE
7 Cs of Resilience
Notice and reinforce your child’s COMPETENCE.

Build CONFIDENCE in your child’s competence.

Foster the vital CONNECTION between adult and child.

Develop CHARACTER and a sense of CONTRIBUTION.

Develop those critical COPING strategies that will help your child thrive even through difficult times.

Help your child gain CONTROL by learning that the privileges they earn are linked to the responsibility they demonstrate.
“Parents are critical to the puzzle’s completion. Boundaries and monitoring create those borders teens can push against as they work on the harder inner pieces on their own.

When we serve as healthy role models, we offer our children a reliable picture on the cover. Adolescents with appropriate boundaries and trustworthy role models can navigate the rest on their own.”

– Dr. Kenneth Ginsburg
THE HELICOPTER PARENT

• Takes too much responsibility for child’s experiences
• Does not allow for natural exploration and growth
• Overprotects and over-perfects
THE HELICOPTER PARENT

“I challenge parents to think about how much our perceptions of our kids as dependent and needy fuel the reality of their dependence and helplessness.”

-Jessica Lahey
The Gift of Failure
THE LIGHTHOUSE PARENT

• Sets the right kind of high expectations
• Protective, not overprotective
• Nurtures coping skills
“We should be like lighthouses for our children. Stable beacons of light on the shoreline…

We should look down at the rocks and make sure they do not crash against them. We should look into the water and prepare them to ride the waves, and we should trust in their capacity to learn to do so.”

– Dr. Kenneth Ginsburg
TEACHING LIFE SKILLS
BUILDING LIFE SKILLS AT ANY AGE

2 to 3: Small chores and basic grooming
4 to 5: Important names and numbers
6 to 7: Basic cooking techniques
8 to 9: Pride in personal belongings
10 to 13: Gaining independence
14 to 18: More advanced skills are learned
YOUNG ADULTS: Preparing to live on his/her own
TEACHING LIFE SKILLS

4-STEP STRATEGY

• I do it
• We do it
• I watch
• You do it
“It’s your reaction to adversity, not adversity itself, that determines how your life’s story will develop.”

-Dieter F. Uchtdorf

How to Inspire Resilience with Words
Bad times don’t last. Things get better.

Other people can only help if you share with them.

Unhelpful thinking only makes you feel worse.

Nobody is perfect, not you, your friends, or your family.

Catastrophizing makes things worse. Don’t believe the worst interpretation of events.

Everybody suffers. Everyone feels pain and experiences setbacks. They are a normal part of life.

Lame fairly. Negative events are often a combination of things you did, things others did and plain bad luck.

Accept what you can’t change and try to change what you can.

Concentrate on the good things in life, no matter how small.

Keep things in perspective. Even the worst time is just one moment.
When you need answers, support and resources for mental health

www.HereForTexas.com
Insights Collaborative Therapy Group

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Learning, growing and changing don’t have to be scary, overwhelming or faced alone. Our counseling services include individual, couples, family, child and marriage therapy. Our goal is to help our clients discover new ways of looking at old issues and provide them with the tools that they need to move forward in life. Whether you are struggling with personal or relationship problems, the Insights Therapy Team will help you develop the necessary skills to navigate tough times and challenging situations.

Licenses and Accreditations
- Licensed Chemical Dependency Counselor (LCDC)
- Licensed Marriage and Family Therapist (LMFT)
- Licensed Professional Counselor (LPC)
- Psychiatrist
- Licensed Psychologist

Areas of Focus
- ADD / ADHD / Behavioral Disorders
- Addictive Disorders
- Process Addiction
- Substance use disorders
- Adjustment Disorder
- Adoption Issues
- Aggression / Impulse Control Disorders
- Anxiety Disorders
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Social Phobias
- Co-occurring disorders (like mental illness and substance use disorder)
- Divorce/Blended Families
- Dual Diagnosis (developmental disorder and mental illness)
- Domestic Violence
- Eating Disorders
- Anorexia
- Bulimia
- Binge eating disorder
- Compulsive overeating disorder

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• Saturday: 09:00 am to 12:00 pm

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• English
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Mental Health Navigation Line

When you need answers, support and resources for mental health
Text HELLO to 741741

A free, nationwide, 24/7 text line for people in crisis
National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

• Save this number in your cell phone
• Call for yourself or someone else
• Free, confidential, available 24/7
QUESTIONS?

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