

Fostering Your Family’s Resilience During Times of Uncertainty

Covid-19 has heightened the impact of the many other stressors affecting families!

RESILIENCE	
<ul style="list-style-type: none"> ▪ Resilience helps families adapt better over time to life-changing and stressful situations. ▪ Families will experience twists and turns, from everyday challenges to traumatic events with more lasting impact. ▪ Challenges affect families differently, and brings a unique flood of thoughts, emotions and feelings of uncertainty. ▪ Adverse events are painful and difficult, but they don’t have to control the health of the family. ▪ Resilience helps families get through difficult circumstances, empowers growth and improves life. 	<ul style="list-style-type: none"> ▪ Resilience is... the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress; ▪ Resilience involves “bouncing back” from these difficult experiences and can also involve profound personal growth. ▪ Resilience is not... a guarantee that families will not experience difficulty. ▪ Resilience is not simply based on natural ability or personality traits. ▪ Resilience does not develop overnight!
RESILIENCE: 4 Core Components	
<p style="text-align: center;">CONNECTION: Stay Connected</p> <ul style="list-style-type: none"> ▪ Show Interest! Find out who and what is important. ▪ Take Action! Encourage and facilitate regular and meaningful social contact. ▪ Get Creative! Seek new ideas and new experiences. 	<p style="text-align: center;">WELLNESS: Balance and Boundaries</p> <ul style="list-style-type: none"> ▪ Daily Schedule: Establish Routine ▪ Nutrition: Maintain Balance ▪ Screen Time: Be Intentional ▪ Physical Activity: Stay Active
<p style="text-align: center;">HEALTHY MIND: Emotional Care</p> <ul style="list-style-type: none"> ▪ Acknowledge the Impact of challenges on thoughts, feelings and behaviors. ▪ Communicate and create a space for safe, open and honest communication. ▪ Encourage independence and personal growth. ▪ Utilize Therapeutic Services, Community and Religious based resources. 	<p style="text-align: center;">MEANING and PURPOSE: Redefined</p> <ul style="list-style-type: none"> ▪ Optimistic Outlook ▪ Increase Adaptability ▪ Pursue Growth

Acknowledgements: American Psychological Association. (2020, February 1). Building your resilience. <http://www.apa.org/topics/resilience>
 American Psychological Association. (2020, August 26). Resilience guide for parents and teachers. <http://www.apa.org/topics/resilience-guide-parents>