

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>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>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>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>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>