# Fostering Your Family’s Resilience During Times of Uncertainty

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

## RESILIENCE

- 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.

- **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

### CONNECTION: Stay Connected

- 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.

### WELLNESS: Balance and Boundaries

- Daily Schedule: Establish Routine
- Nutrition: Maintain Balance
- Screen Time: Be Intentional
- Physical Activity: Stay Active

### HEALTHY MIND: Emotional Care

- 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.

### MEANING and PURPOSE: Redefined

- Optimistic Outlook
- Increase Adaptability
- Pursue Growth

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