

# Fostering Your Family's Resilience During Times of Uncertainty

The impact of the pandemic is real and powerful, especially for families raising children and youth who live with traumatic stress. The session will focus on the strategies for fostering resilience to address the various challenges that have resulted from COVID-19.



Welcome

Kim Francis, LPC

Life Choice Counseling Center

**Therapist**

**Business Owner**

**Partner**

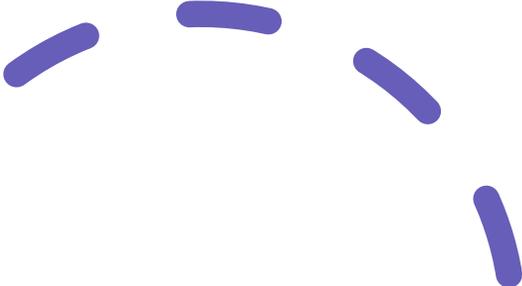
**Mother**

**Daughter**

**Sister**

**Friend**

**Neighbor**





- **COVID-19**
- **Political Climate**
- **Societal Pressures**
- **Environmental Disasters**
- **Grief and loss**
- **Individual Challenges**



Connected by a  
Pandemic  
and more!

# Why 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....

- **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.**
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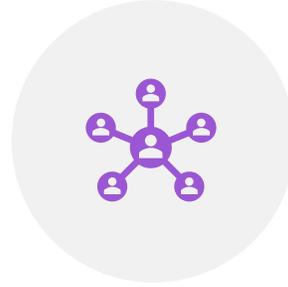


## Resilience is not...

- **Resilience does not mean that you or your family will not experience difficulty or distress.**
  - **Resilience is not simply based on natural ability or personality traits that only some people possess.**
  - **Resilience does not develop overnight!**
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## Developing Resilience: 4 Core Components

Focusing on four core components can empower families to tolerate and learn from difficult and traumatic experiences.



**CONNECTION**



**WELLNESS**



**HEALTHY  
MIND**



**MEANING AND  
PURPOSE**

# CONNECTION: Stay Connected

1

## **Show Interest! Find out who and what is important.**

- Make a list of family and friends; educational, spiritual and recreational supports.
- Monitor for changes and feelings about the people and things on the list.

2

## **Take Action! Encourage and facilitate regular and meaningful social contact.**

- In person contact that follows social distancing protocols.
- Use Technology: Phone and video-based contacts.

3

## **Get creative! Seek new ideas and new experiences.**

- Virtual contact with friends and family.
- Movie Night
- Game night
- Bake Night
- Attend virtual concerts, tours, dance and exercise events.

# WELLNESS: Balance and Boundaries



Daily Schedule: Establish Routine



Nutrition: Maintain Balance

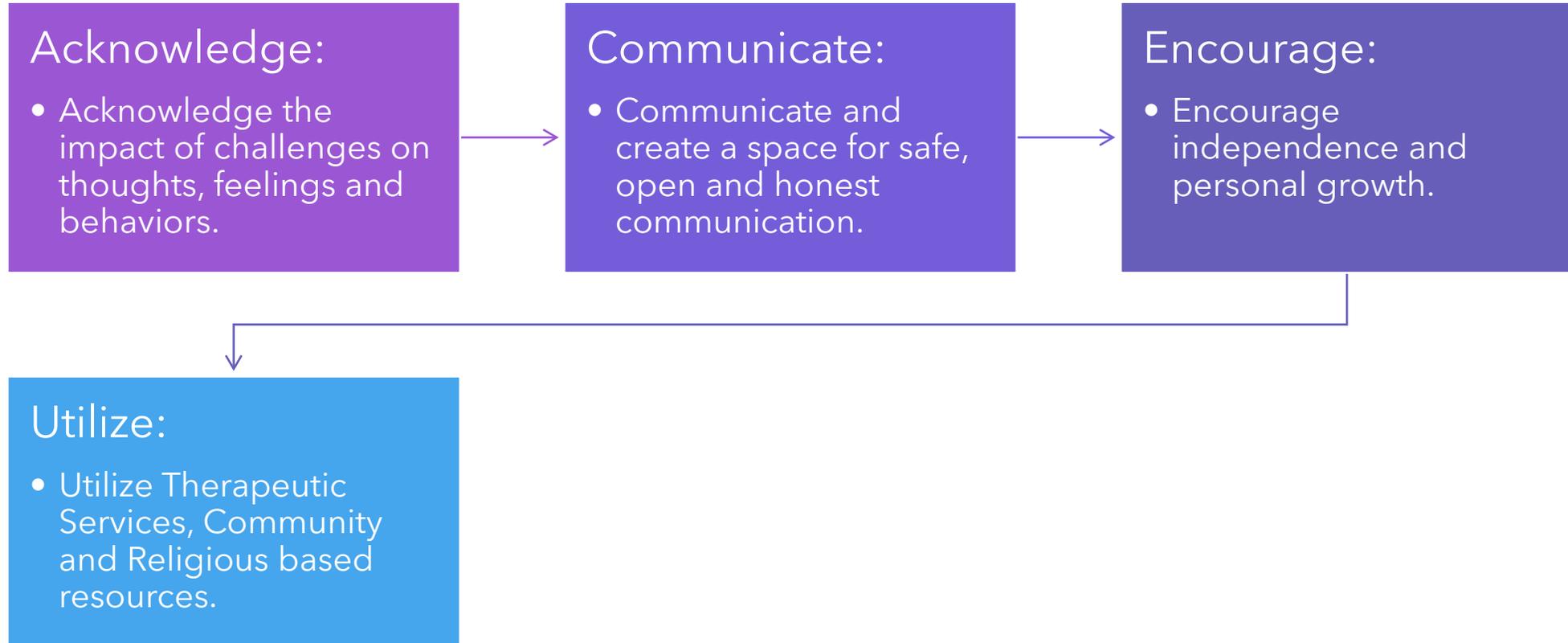


Screen Time: Be Intentional



Physical Activity: Stay Active

# HEALTHY MIND: Emotional Care





# MEANING and PURPOSE: Redefined

**"You do not have to suffer to learn. But, if you don't learn from suffering, over which you have no control, then your life becomes truly meaningless."  
– Viktor E. Frankl, MD, PhD**

**Optimistic Outlook**

**Increase Adaptability**

**Pursue Growth**



Become the  
Example!

Self  
Evaluation

Self Care



# Questions and Answers