



# Building Resilience Through Trying Times

## An Opportunity to Gift Your Child Strength

While restrictions are beginning to lift, much of our current quarantined lifestyles are suggested to stay the same. How do we help our families finish the fight well? Instead of viewing this as a crisis we're inches from escaping, view it as an opportunity to teach resilience. **It has been stated that raising resilient children is one of the greatest tools for success you can give.** Resiliency is defined as *the ability to withstand and recover quickly from difficult conditions*. No matter the impact COVID-19 has had on your family's life, you have an opportunity to pass along the lifetime gift of resiliency. Use these 5 steps to show you how.

1.

**Identify, what am I feeling?** Begin by making your home a safe and expected place to talk about your emotions. Perhaps begin each morning, or do a lunchtime check-in of emotions. If you can, identify your emotion and why you think you may be feeling this way. There is no wrong emotion. Assure them it's ok to feel that way, it's what we do with it.

**What do I do with it?** It's ok to feel a range of emotions, it's what you do with that emotion that can be beneficial or detrimental. Have your child consider a few questions; How are my emotions impacting me, my ability to do the things I enjoy, love the people around me, etc. And remember, children typically get their blueprint for how to handle emotions from you.

2.

3.

**Where do I want to be, and how do I get there?** Put the power in your child's hands. Sometimes our emotions can feel like they control us, but we have the power to make choices that help lead us to a better place. *ex: Too frustrated to work on schoolwork? Wish I was able to focus? Maybe I can take a short walk or call a friend to help get myself there.*

**Redefining the picture.** How I choose to 'see' my situation has an enormous impact over how I respond to it. Expressing gratitude, even in of hardship, can be one of the most powerful tools we have. Remember, this is after identifying how we feel. We don't need to need to pretend like everything is ok when it isn't, but we can choose to find the good still.

4.

5.

**Find your tribe.** The biggest secret to resilience is a supportive relationship/community. Help your child to find ways to connect with others: FaceTiming family members, game nights with friends over Zoom, writing chalk messages to your neighbors, and of course teletherapy sessions with your Shandy therapist who is always there to support you.