

"KEEP LOOKING UP ...
THAT'S THE SECRET OF
LIFE ... "

Snoopy



BUILDING STRENGTH AND RESILIENCE DURING UNCERTAIN TIMES

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STRESS AND ANXIETY

Typical Stress Reactions in Adults, Teens, and Children

- ▶ Feelings: rage, resentment, fearfulness, terror, guilt, sadness, helplessness, disinterest, feeling overwhelmed.
- ▶ Thoughts: difficulty concentrating, forgetfulness, confusion, self-blame, worry, a sense of being cut off from reality, self-harm.

STRESS AND ANXIETY

- ▶ Physical Effects: fatigue, difficulty sleeping, agitations physical complaints, decreased or increased appetite, weakness, lightheadedness.
- ▶ Spiritual Beliefs: questioning the beliefs of their faith, abandonment/change in relationship with higher power, increased spiritual rituals, increased trust in higher power.

Source: Psychological First Aid, The American Red Cross

STRESS AND ANXIETY

- ▶ Behaviors (Children/Teens): crying, whining, aggressive or disruptive behavior, tantrums, clinging to caregivers, regressive behaviors, avoidance of places, peoples or situations, argumentative, asking lots of questions.
- ▶ Behaviors (Adults): crying spells, angry outbursts, avoiding people, places and situations, argumentative, risky behavior, inattention to appearance.

Source: Psychological First Aid,
The American Red Cross

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.

4. Chandeliering



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



WHAT IS RESILIENCE?

Resilience is 'the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.'

Source: American Psychological Association – Building Your Resilience

- ▶ Resilience is NOT a personality trait
- ▶ Resilience involves behaviors, thoughts, and actions ANYONE can learn and develop
- ▶ Why build resilience?
 - Helps us get through difficulties
 - Empowers us to grow and improve the quality of our lives



Building resilience is like building a muscle: it takes time and intentionality



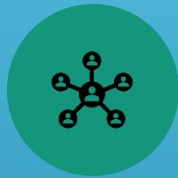
Focus on four core components:

Connection
Wellness
Healthy Thinking
Meaning

STRATEGIES FOR BUILDING RESILIENCE IN PARENTS AND CHILDREN



Prioritize
relationships



Join a group



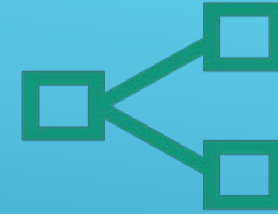
Seek help

BUILD YOUR CONNECTIONS



What is self-care?

It is giving attention to our own physical and psychological health and actively preserving, protecting, and improving it.



Why is it important?

Reduces the impact of stress and burnout

Improves motivation, emotions, and relationships

Supports success and well-being at work and at school

Source: WestEd Center to Improve Social Emotional Learning and School Safety

FOSTER WELLNESS

1

Take care of
your body

2

Practice
mindfulness

3

Avoid negative
outlets

HOW TO FOSTER WELLNESS?

SELF-CARE TIPS FOR PARENTS

- ▶ Develop a regular routine
- ▶ Limit exposure to news and social media
- ▶ Adopt healthy habits such as sleeping well and eating nutritious foods
- ▶ Exercise regularly – helps reduce stress and anxiety
- ▶ Maintain a positive attitude
- ▶ Stay connected to friends and loved ones
- ▶ Practice relaxation, yoga, and/or mindfulness
- ▶ Include “me time” in your schedule
- ▶ Say no to additional family or work obligations
- ▶ Contact a mental health professional, as needed

Source: Helping Children and Families Cope with the COVID-19 Pandemic – Annette M. LaGreca, PhD.



Accept change



Keep things in perspective



Maintain a hopeful
outlook

"Change the way you look at things, and the things you look at will change." – Wayne Dyer



Learn from your past

EMBRACE
HEALTHY
THOUGHTS



FIND PURPOSE

- ▶ Help others
- ▶ Be proactive
- ▶ Move towards your goals
- ▶ Look for opportunities for self-discovery

6

habits of
happiness
worth
cultivating

PAY ATTENTION

Studies show that mindful people have stronger immune systems and are less likely to be hostile or anxious.

GIVE THANKS

Research reveals the enormous power of simply counting our blessings. Regular expressions of gratitude promote optimism, better health, and greater satisfaction with life.

DROP GRUDGES

When we forgive those who have wronged us, we feel better about ourselves, experience more positive emotions, and feel closer to others.

PRACTICE KINDNESS

Being kind to others makes us feel good. Altruistic acts light up the same pleasure centers in the brain as food and sex.

KEEP FRIENDS CLOSE

Social connections are key to happiness. Research indicates it's quality more than quantity: Make time for those closest to you.

GET MOVING

Regular exercise increases self-esteem, reduces anxiety and stress, and may well be the most effective instant happiness booster of all.

REFLECTION

What simple action can you take today to begin increasing your resilience?

- ▶ Supporting Your Gifted Child During COVID-19
https://www.nagc.org/sites/default/files/Publication%20PHP/NAGC_TIP-Sheet_COVID-19_With%20Strategies%20by%20Development%20Level_April%202020.pdf
- ▶ Cómo apoyar a tu hijo/a con altas capacidades durante el COVID-19
<https://www.nagc.org/sites/default/files/Publication%20PHP/NAGC-COVID-19-ESPANOL.pdf>
- ▶ Supporting Children's Mental Health: Tips for Parents and Educators
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/prevention-and-wellness-promotion/supporting-childrens-mental-health-tips-for-parents-and-educators>

RESOURCES

- ▶ How to Be a Resilient Parent by Mark Bertin
<https://mindful.org/how-to-be-a-resilient-parent/>
- ▶ Six daily questions during COVID
https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine
- ▶ Resilience and Gifted Children by Barbara Kerr, PHD
<https://www.davidsongifted.org/search-database/entry/a10925>
- ▶ Ten Ways to Foster Resilience in Young Children-Teaching Kids to “Bounce Back” by Karen Petty (Please email us for PDF)

RESOURCES CONTINUED

- ▶ Building Your Resilience – American Psychological Association
- ▶ Six Habits of Happiness Worth Cultivating
<https://greatergood.berkeley.edu/pdfs/happycircle-ggsc.pdf>
- ▶ Three Ways to Boost Your Resilience as a Parent
https://greatergood.berkeley.edu/article/item/three_ways_to_boost_your_resilience_as_a_parent
- ▶ Tips for Adult Self Care. Helping Children and Families Cope with the COVID-19 Pandemic – Annette M. LaGreca, PhD.
- ▶ Typical Stress Reactions in Adults, Teens, and Children - Psychological First Aid, The American Red Cross

REFERENCES

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