

Being Resilient

"Anyone with a strong reason can endure any 'how'. "

Viktor Frankl, Man's Search for Meaning

Nowadays, we are faced with the fact that we are going through difficult times in the country - or as a whole world. We are in search of meanings for the emotions and situations we experience. The meaning found at any moment of life can make us more flexible against the challenge. With a solution-oriented approach, "How can we deal with this situation?" We are having days when we have to ask that question. Many of us may be suppressing our existing concerns or internal inquiries about this situation, especially when we are with our children. However, when we leave everything to one side and look back at ourselves, the only thing we need to realize is, "How resilient are we to such challenging situations?" We, as adults and children with less experience than us at a young age... How resilient do you think they are? Or how resilient are we?

Psychological resilience comes from the name "salire" in Latin, and it actually appears as a term for "re-jumping" in physics. Its meaning in physics is that the matter can be restored and maintained after the state of stretching or oppression. It is used for the first time in the field of psychology by psychologists working with trauma in the 20th century. The meaning used in psychology is referred to as "the compelling times of individuals and the ability to return to feeling as good as before". In other words, it is considered as the resistance shown when unexpected situations are encountered. It can also be defined as our emotions and thoughts functioning competently in the face of stress or distress. Currently, the period we pass through is where we live fast, undertake different tasks at the same time and try to live under this stress. In such a period, psychological resilience gains even more importance.

Psychological resilience is a skill arising from the human instinct of survival; therefore that can be found in everyone. However, while some have already discovered and developed this skill, some may have pushed aside. Since psychological resilience is expressed as a skill, anyone can develop and strengthen this skill at any age. As adults, we always have the chance to improve this skill both for ourselves and our children.

Developing the psychological resilience skill gives us the ability to manage our emotions in difficult situations. Thanks to this skill, stress factors can be adapted faster and coping strategies can be developed. Likewise, it helps children manage their emotions in moments of stress, anxiety and uncertainty easily. However, being resilient in the moments of stress does not mean that we will never experience stress or anxiety again. Like all other emotions, fear, anxiety and sadness are natural emotions and they have a place in children's development. The important thing is to know how to manage these emotions and to have important experiences in these moments.

It is known that psychologically resilient individuals avoid statements such as "Why did this happen to me?" Or "Why am I so unlucky?" So they seem to avoid personalizing such situations. Another feature of psychologically resilient individuals is, "It always happens to us." or "All people are bad." They keep themselves away from generalizations. Finally, individuals who are psychologically resilient focus on the positive by avoiding disaster scenarios including beliefs and thoughts that life is coming to an end.

So, How to Improve Psychological Resilience?

In these difficult days, we as adults can strengthen our own skills and help our children in this regard. In the process of strengthening these skills, the 5-piece model by developing Sibel Yücesan can guide us.

5-Piece Model

Energy: How do we manage our energy? How can sleep, rest, physical movement, nutrition, positive habits, and body awareness help us?

Meaning: How do our values, gratitude, life purpose, self-compassion be effective in managing stress?

Mind: How does mindful mind, focus, looking from a different perspective and humor affect our mental state?

Motivation: What is the effect of our ability to recognize and manage our emotions, self-confidence and positive psychology on our motivation?

Relationships: Social support networks, solidarity, personal networks are our resources that we use not only when we need but also when we are good?

How can the process of implementing the model be simplified?

By establishing strong emotional bonds; we can strengthen our own well-being. Strong family bonds, friendship relations based on the feeling of empathy ... Each relationship established is an opportunity to see that we are not alone in the emotions felt and to learn from each other. Maintaining relationships in virtual environments even if they are not face to face is a new experience for our children.

By helping others; we can increase our own well-being and our children's. Helping someone else and strengthening our children's ability to help is another opportunity to feel good. During this period, you can research social support projects that can be done from home with your children and get a new experience.

By creating daily routines; You can minimize the uncertainty that your children and you feel. Acting in a routine line helps especially young children to relax.

To take a break; Finding ways to relax and make activities that will reveal your kids' creativity and your own creativity... Dealing with art or sports is a kind of emotion for

everyone. You can take care to devote creative environments and times that you can do to your children and yourself at home during this period and you can easily apply.

Paying attention to personal care; you may notice the effects of protecting our physical health on mental health. Being physically well fed and getting our sleep well will also relieve us spiritually. You can talk to your children about the importance of maintaining your personal care in this process.

By setting goals; and we can increase the sense of accomplishment by moving small steps towards the goals. Along with the increased feeling of success, our mental health gains momentum in a positive way.

By developing a positive perception about ourselves; It would be a positive step to remember how we dealt with past stress situations and what methods we used. You can also guide your children on how they coped with their previous experiences and what internal resources they could use.

Being Hopeful; With a long-term perspective, evaluating the situation and seeing what it brings us will be productive for managing the moment of stress. You can chat with your children about developing a future beyond the current situation with an optimistic perspective.

Seeing as an opportunity to discover yourself; It is possible to cope with stressful moments. Every situation is an experience. You can talk about what your children are learning in this difficult situation.

Recognizing the change is a part of life; you can try to reduce the frightening situation. You can discover the motto "Every change is a new achievement" with your children and make them realize that there are situations beyond our control in life.

Psychological Resilience for Preschool Children

Young children may not express their feelings like we adults. Although they have difficulties in defining and recognizing their emotions, we can deduce from the games and chats they play. It would be a mistake to think that they are smaller and do not understand much; because children perceive that there is something wrong with what we adults do or what they observe.

During challenging times, they may want you more. Therefore, trying to create play environments where they can express their feelings when they want to be with you can be a good opportunity for them to express their uncertainties in themselves.

Young children especially need routines and rituals. For example; Bedtime can reduce them with routines such as reading stories and their anxiety from this change.

Psychological Resilience for Primary School Children

Primary school children try to meet their parents' need to feel safe by looking at their parents. Therefore, you can share with them what kind of precautions have been taken by briefly and clearly explaining the situation that you are safe while at home. It is very important to talk to children of this age period. He may not understand exactly what happened, there may be many question marks in their heads. Therefore, it is necessary to give them the opportunity to ask questions and to give simple and correct answers to the questions they ask.

Because of their curiosity about the situation they live in, they may be inclined to watch the news, to do research on the subject on social media or the Internet. Therefore, necessary limitations and measures can be taken so that they can receive information from reliable sources.

Psychological Resilience for Secondary School Children

Even without a different situation, middle school age can be challenging for children. In this period, helping children to strengthen empathy and keeping their perspective broad will be an important step. You can also talk to your children about this age period about your own feelings. Knowing that you are feeling similar to them will give them the feeling that I am not alone. In conversations with children of this age period, taking care not to leave a gray area, explaining precautions clearly, asking their opinions about what can be done will make them comfortable and will make them feel functional. If adolescents know that they have a role to play and can help you, they will feel more under control and safer.

In this period, because they have internet access, you can chat and make necessary restrictions for the resources they follow to be reliable. Encourage them to talk to you with news they read or hear; so you can minimize exposure to false information.

Psychological Resilience for High School Teens

During this period, children can experience both the stress of being young and the stress of the surrounding events. Although they do not seem to want to talk to you, you can take care to talk to them whenever possible. It is important to answer honestly and reliably when they have questions.

Probably, they follow the news on the internet and social media. Therefore, it may be good to chat with them about what is happening and to have news breaks. News and current events can be used as catalysts.

Many young people already feel extremely high and low due to hormonal levels in their bodies; additional stress or trauma may cause these changes to appear more extreme. It is good to be understanding when young people react with stressful and angry behavior.

As a result; children may live these days differently than we had expected. In this period, it is very important to observe them well and to direct them when necessary. Resilience is to accept that there is an opportunity for development in every problem and to

decide as not how we can ever experience it, but how we can deal with it. If we think together for both ourselves and for them to find a strong "cause", purpose and "meaning", it will be so easy to endure today's conditions. It is this "meaning" that makes people psychologically strong and durable.

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