

# Resiliency!



# Welcome!

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# Agenda

- Anxiety
- What is resiliency
- Protective Factors
- How to build resiliency



## Type in the chat

What is one thing that you have learned to be grateful for over the past year?



# Anxiety

Covid has created increased stress and anxiety for kids (and adults)

1. Virtual learning is hard for most students
2. Change of routine /schedule - or lack of
3. A time of uncertainty: 2020
4. Other influences - unemployment, finances, health, sleep issues
5. Increased anxiety and depression: how/why?
6. Big Issue: "I am isolated from my peers/friends!"
7. No school sports or fun in-person activities and clubs







# Resiliency

- The capacity to “bounce back”, rebound, successfully and adapt in the face of adversity and develop social and academic competence despite exposure to severe stress
- In summary, it’s about bouncing back from problems and stuff with more power and want (written by a 15 year old student named Sean)
- The Hawaii study of resiliency

**Life doesn't  
get easier**

**or more  
forgiving,**

**we get  
stronger and  
more resilient.**

# Protective Factors

1. Healthy supportive family/good parenting skills
2. Education/health school system that supports social emotional (not just academic)
3. Extra curricular activities in sports/clubs etc
4. Good peer choices
5. Having an adult to mentor him/her 1-1 on a regular basis



# Our own story of resilience

- In the chat or verbally, share a time you or your student were resilient
- What were some protective factors/people that helped you or your student overcome/bounce back and become stronger?
- How have the challenges of 2020-21 helped you and your student to become stronger?



# Positives from COVID

- Flexibility - learning to be more adaptable
- More time with family
- Develop hobbies and skills - artwork, music, writing, baking,
- More tech savvy
- More time with our animals
- Creative with what to do with “free time”
- Learning to relax
- Less running around
- Students have had to learn to be more independent learners
- Learning to develop healthy schedules - time for eating well, exercise, etc

# To foster resilience in teens they need:

- **Genuine** love and trust
- Food and shelter
- Hope and autonomy
- Safe haven
- Safe relationships

# Parents and Guardians can promote resilience by:

- Encouragement
- Modeling behavior
- Enforcing rules and help them accept responsibility
- Providing unconditional love
- Balancing freedom to explore
- Providing a stable environment

# Building resilience in your teen

- Spending 1 on 1 time with your student
  - Be patient and slow down
  - Listen then give advice
  - Help normalize their stress
  - 3 over 1: encourage 3x more than criticize
- Finding a mentor for your student
- Create a schedule/routine with your student

# Other ways to improve resilience

- Get connected
- Take care of yourself
- Find meaning
- Laugh
- Learn from experiences
- Remain hopeful
- Keep a journal
- Accept and anticipate change
- Work towards a goal
- Maintain perspective



# Resilience-building community resources

- Whatcom Family & Community Network
- MAD-HOPE Youth Suicide Prevention and Wellness program
- Ferndale Community Coalition
- Brigid Collins
- Strengthening Families
- Whatcom Dispute Resolution Center
- Whatcom Family YMCA
- Boys & Girls Club
- 4-H
- FHS - Be the One mentoring program



# Questions?



**Thank you for coming  
and have a great night!**

