

Dear Parents,

[Resilience](#) is the ability to overcome adversity. Now more than ever we must marshal those [skills](#) we know will effectively help us deal with these [stressfully](#) challenging times. Many are homeschooling children, while working from home, while taking care of elders, while worrying and wondering about the future.

Resilience is not only the ability to overcome adversity, it's the ability to accept what is beyond our control and work around it. There really isn't much we can do about what life sends our way, but there is a whole lot we can do about how we deal with it. The fact is we are facing a pandemic. Another fact is we can choose how we face this pandemic. This is a touching [video](#) of Randy Pausch giving what is called a "Last Lecture." It's long but well worth the time. My favorite line is, "We can not change the cards we are dealt, just how we play the hand."

The wonderful thing about resilience is that it is a [teachable](#) skill. No doubt some people are born more resilient than others. However, that is not to say that you can't become more resilient. Actually, times like these are ripe with opportunities to teach your children how to become more resilient. For many children their parents are their most important [role models](#). This is a perfect time to model for your children how to deal with the difficult situations they will inevitably encounter. This is an amazing [website](#) created to help parents teach their children resilience. It's full of applicably useful information.

Last, but not least, this is a short [posting](#) from Happify Daily about five very simple ways to care for yourself and keep anxiety at bay. Speaking to #5 in this posting, stick with a schedule, I'd like to pass along a tip I heard one parent mention. After breakfast every morning, they make their children put on their backpacks, walk out the door and come back in. I thought this was a brilliant idea on many levels! Besides, keeping a sense of humor during these times is critical.

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