

2025 Rady's Mental Health Webinar Series

Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

March 19, 2025

Stress, Resilience, and the Power of Support: Helping Youth Navigate Challenges

Katherine Nguyen Williams, PhD

Short description of webinar: Youth can feel overwhelmed by stress from school, relationships, and world events, but resilience built through Positive Childhood Experiences (PCEs) and the power of hope can help ease these challenges. Join Katherine Nguyen Williams, PhD, as she emphasizes the vital role of caregiver support in reducing distress and enhancing well-being.

Pre-Webinar Sample Activities:

1. Create a list of what you consider to be the main sources of stress for the youth in your life.
2. Make a list of the types of situations the youth in your life manage best.
3. Write a list of the strategies youth in your life use to effectively manage stressors they experience.

Post Webinar Sample Questions:

1. How many of the common sources of stress presented have you noticed among the youth in your life?
2. Which sources of stress have you observed them experiencing most often?

Example answers:

- School Stress
- Interpersonal Stress
- News & World Events

3. In which area of development have you noticed stress has been beneficial for youth in your life?

Example answers:

Common Sources of Stress

- **School Stress:** academics, test anxiety, extracurriculars, college
- **Interpersonal Stress:** friendships, dating, family, social media
- **News & World Events:** violence, politics, finances



Benefits of Stress

- Enhances focus and motivation
- Builds resilience and coping skills
- Encourages growth and learning
- Improves problem-solving
- Helps prioritize what matters

2025 Rady's Mental Health Webinar Series

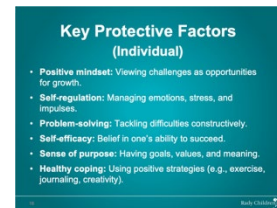
Facilitator Guide for Parents/Caregivers

- Focus and motivation
- Resilience and coping skills
- Growth and learning
- Problem-solving
- Prioritizing what matters

4. Which key protective factors does your youth typically demonstrate?

Example answers:

- Positive mindset
- Self-regulation
- Problem-solving
- Self-efficacy
- Sense of purpose
- Healthy coping



5. Which key protective factors does your family typically utilize?

Example answers:

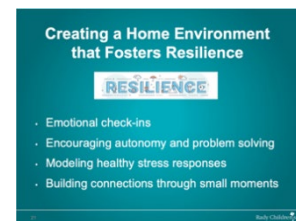
- Supportive relationships
- Consistent structure
- Parental resilience
- Open communication
- Cultural identity



6. Which strategy for creating a home environment that fosters resilience would you like to focus on more?

Example answers:

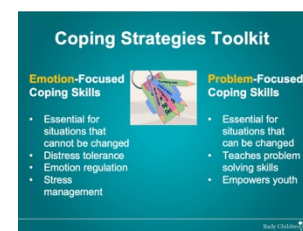
- Emotional check-ins
- Encouraging autonomy and problem solving
- Modeling healthy stress responses
- Building connections through small moments



7. For what types of experiences would your youth benefit from using their Emotion-Focused Coping Skills Toolkit?

Example answers:

- Situations that cannot be changed
- Distress tolerance
- Emotion regulation
- Stress management



2025 Rady's Mental Health Webinar Series

Facilitator Guide for Parents/Caregivers

8. Think of specific experiences when it would be beneficial for your youth to use their Problem-Focused Coping Skills Toolkit.

Example answers:

- Situations that can be changed
- Problem solving
- Youth empowerment

