

# RESILIENCY

LEARNING MORE FROM GETTING BACK UP THAN  
GETTING IT RIGHT THE FIRST TIME

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# OVERVIEW



- What is resiliency?
- Why is it important?
- What is the impact of being resilient?
- How can I help my child grow into a resilient adult?

# WHAT IS RESILIENCY?

- 1: the ability of something to return to its *original size and shape* after being compressed or deformed
- 2: an ability to recover from or adjust easily to adversity or change

\*Merriam Webster

The ability to stretch and grow from difficult situations rather than break down and crumble

Long term growth through short term suffering

# 7 C'S OF RESILIENCE- KENNETH GINSBURG, M.D., MS ED, FAAP

<b>Competence</b>	Knowing you can handle a situation effectively
<b>Confidence</b>	Belief in one's own abilities (derived from competence)
<b>Connection</b>	Close ties to family and community (security and belonging)
<b>Character</b>	Learn a strong sense of values to determine right and wrong and demonstrate care for others
<b>Contribution</b>	Realizing the world is a better place because they are in it
<b>Coping</b>	Having the skills and strategies to handle life's challenges
<b>Control</b>	Realization that our choices make a difference

# FACTORS OF RESILIENCY

CENTER ON THE  
DEVELOPING CHILD AT  
HARVARD UNIVERSITY

## 4 Major factors

- **Facilitating supportive adult-child relationships**
- Building a sense of self-efficacy and perceived control.
- Providing opportunities to strengthen adaptive skills and self-regulatory capacities.
- Mobilizing sources of faith, hope, and cultural traditions.



# WHY IS RESILIENCE IMPORTANT?



# TOP STRESSORS FOR TEENS INCLUDE:

The American Academy of Child and Adolescent Psychiatry (AACAP)

- School demands and frustrations
  - Negative thoughts or feelings about themselves
  - Changes in their bodies
  - Problems with friends and/or peers at school
  - Unsafe living environment/neighborhood
  - Separation or divorce of parents
  - Chronic illness or severe problems in the family
  - Death of a loved one
  - Moving or changing schools
  - Taking on too many activities or having too high expectations
  - Family financial problems
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# TEEN MENTAL HEALTH STATISTICS

- Journal of Abnormal Psych
  - In teens, major depression increased 52 percent from 2005 to 2017 – from 8.7 percent to 13.2 percent, and it rose 63 percent in young adults ages 18 to 25 from 2009 (8.1 percent) to 2017 (13.2 percent).
  - Rates of psychological distress, which psychologist Dr. Jean Twenge describes as "feeling nervous, hopeless or that everything in life is an effort" rose by 71 percent among people aged 18 to 25.
  - Death from suicide increased by 56 percent among 18- to 19-year-olds between 2008 and 2017.

# TEEN MENTAL HEALTH STATISTICS

- National Institute of Health:
  - 1 in 3 adolescents ages 13 to 18 will experience an anxiety disorder
- Higher Education Research Institute
  - 34% of college freshmen reported “feeling overwhelmed by all I have to do” in 2019 compared to 28% in 2000 and 18% in 1985
  - 32% in 1983 rated very important in deciding to go to college “my parents wanted me to go” compared to 42% in 2009

# SCHEMAS- WHAT IS THE IMPACT OF THIS STRESS?

- The way we make sense of the world and how we organize information
- The goal is to grow in complexity to understand more and more about the world

4 Questions:

- 1) What can I expect of the situation?
- 2) What is expected of me in the situation?
- 3) Where is the danger?
- 4) Where is the resource?

# WHAT DOES THE CHILD LEARN FROM THE PLAYGROUND EXAMPLES?



# HOW DO WE SUPPORT OUR CHILDREN AS THEY GROW INTO RESILIENT ADULTS ?



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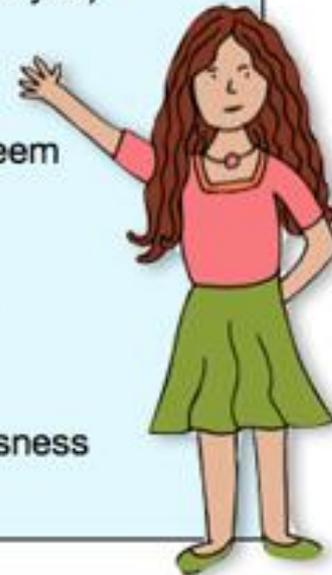
## Now Challenges

- Won't listen
- Back talk
- Lack of motivation
- Foul language
- Interrupting
- Homework problems
- Morning hassles
- Bedtime hassles
- Lying
- Stealing
- Cheating
- Fighting
- Biting
- Whining
  - Temper tantrums
  - Texting (constantly)
  - Media addiction
  - Won't do chores
  - Defiance
  - Strong willed
  - Materialistic
  - Entitled



## Future Characteristics and Life Skills

- Belief in personal capability
- Self-discipline
- Responsibility (accountability)
- Self-confidence and courage (risk takers)
- Desire to cooperate and contribute
- Communication skills
- Problem-solving skills
- Self motivation to learn
- Work ethic (employed)
- Honesty
- Sense of humor
- Happy
- Healthy self-esteem
- Flexible
- Resilient
- Curious
- Respect for self & others
- Compassion
- Social consciousness



**How can you help your child fail in small ways and protect from failing in big ways?**

- **Does your child know that you believe in them?**
- **Does your child have a chance to develop self-efficacy and autonomy?**
- **What is the definition of success for your child?**
- **Does your child know that they matter to you as a human, not a score or set of perfect behaviors?**

## 4 FACTORS

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## 7 C'S

- Competence
- Confidence
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- Character
- Contribution
- Coping
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# HOW TO WE HELP SUPPORT 7 C'S GROWTH

- **Competence**
    - Helping children focus on individual strengths and focusing any identified mistakes on specific incidents
    - Empowering children to make decisions
    - Being careful that your desire to protect child doesn't send message that he or she is not competent to handle things, while not pushing child to take on more than they can handle
    - Avoid comparing siblings
  - **Confidence**
    - Recognizing when he or she has done well
    - Focusing on the best in each child so that he or she can see that as well
    - Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness
    - Praising honestly about specific achievements; not diffusing praise that may lack authenticity
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# HOW TO WE HELP SUPPORT 7 C GROWTH (CONT.)

- **Connection**
    - Building sense of physical safety and emotional security within your home
    - Allowing expression of all emotions so that kids feel comfortable reaching out during difficult times
    - Addressing conflict openly in the family to resolve problems
  - **Character**
    - Demonstrating how behaviors affect others
    - Avoiding racist or hateful statements or stereotypes
  - **Contribution**
    - Stressing the importance of serving others by modeling generosity
    - Creating opportunities for each child to contribute in a specific way
    - Communicating to children that many people in the world do not have what they need
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# HOW TO WE HELP SUPPORT 7 C GROWTH (CONT.)

- **Coping**
  - Modeling positive coping strategies on a consistent basis to guide them to develop their own coping strategies
  - Realizing that telling him or her to stop the negative behavior will not be effective
  - Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids' daily lives
  - Not condemning your child for negative behaviors (potentially increasing his or her sense of shame)
- **Control**
  - Helping child understand that life's events are not purely random
  - Learning that discipline is about teaching, not punishing or controlling; using discipline to help your child to understand that his or her actions produce certain consequences

# LONG TERM GROWTH THROUGH SHORT TERM STRUGGLE

## 4 FACTORS

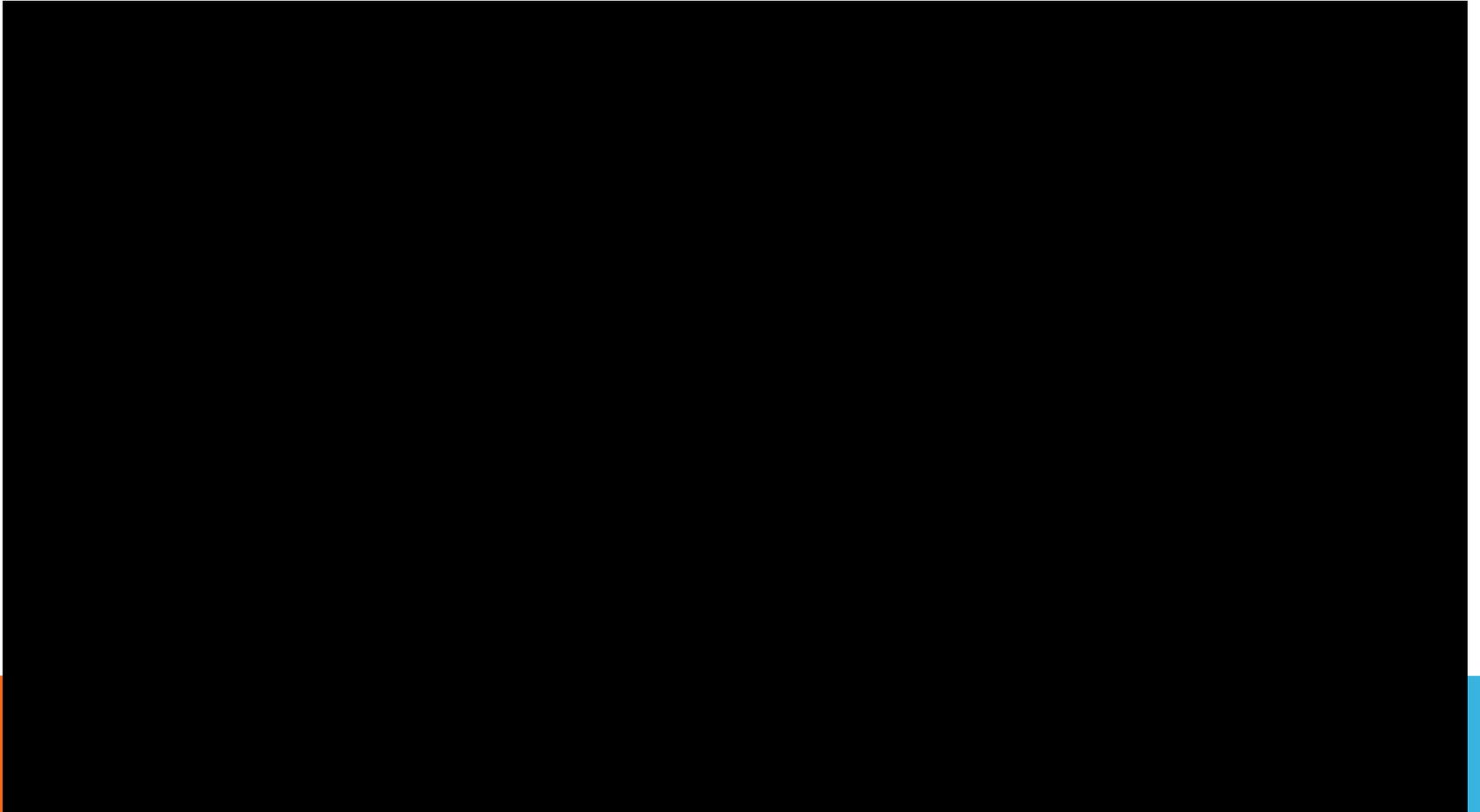
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# HOW TO RAISE SUCCESSFUL KIDS

JULIE LYTHCOTT-HAIMS



# FURTHER READING AND CITATIONS

- *A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings* by Kenneth Ginsburg
- *Rising Strong* by Brene Brown
- *How to raise an Adult* by Julie Lythcott-Haims
- <https://www.newyorker.com/science/maria-konnikova/the-secret-formula-for-resilience>
- <https://developingchild.harvard.edu/science/key-concepts/resilience/>
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- <https://austinfamilycounseling.com/resilience-what-it-is-how-to-cultivate-it-in-your-children-and-yourself/>
- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Helping-Teenagers-With-Stress-066.aspx)
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