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Building Resilience in Children, Families, & Our Communities: Part 1

06/18/20

The power of classroom wellness
Acknowledge Alliance



PALO ALTO
UNIFIED SCHOOL DISTRICT



Wellness & Support Services
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Hello!



Sarah Kremer, PhD, LPCC, ATR-BC

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RESILIENCE AGENDA

- Basic concepts
- Questions & conversations
- Practical strategies

The background features a large, light blue dashed circle that frames the central text. Scattered around this circle are various solid-colored shapes: a large lime green circle at the top left, a smaller green circle with a white dot to its left, a small blue circle below the green one, a large orange circle at the bottom left, a small pink circle to its right, a large yellow circle at the bottom left, and a large cyan circle at the top center. To the right of the dashed circle, there is a large yellow circle, a large orange circle, a small pink circle, a large lime green circle, and a small cyan circle.

“

For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would look like complete destruction.

Cynthia Ocelli

The background features several overlapping circles in various colors: orange, yellow, pink, green, and teal. Some circles are solid, while others are dashed. A large teal circle is partially visible on the right side. A large teal number '1' is centered within a large dashed circle.

1

What is resilience?

Any guesses? Please type them into
the Q&A section.



Resilience

- Protective processes as the phenomenon of competence despite adversity
- Capacities, strengths, individuality, and uniqueness
- Distinct levels
 - Individual
 - Family/ close non-family adult relationships
 - Social environment/ community level

bouncing



back



Risks & Protective Factors Model

Vulnerabilities

- Living in poverty
- Experiencing family conflict, maltreatment, violence, abuse and neglect
- Racial discrimination and experiencing systemic and institutional racism



Strengths

- Effective coping skills
- Self-regulation
- Confidence
- Optimism
- Attachment to attuned supportive adults
- Positive, supportive peer relationships
- Extracurricular activities
- Positive community outlets



Core concepts to building resilience

Innate capacity

All of us have the capacity to build resilience over the lifetime and it is not a fixed amount from birth

Some adversity is good

Having moderate adversity has been shown to be helpful in displaying resilience in face of stress

But not too much adversity

Does not mean better resilience – instead, these are children/ adults who need more supports

Focus on strengths

Strengths-based strategies help support building resilience; what you pay attention to is what you pay attention to

Interaction between biology and environment

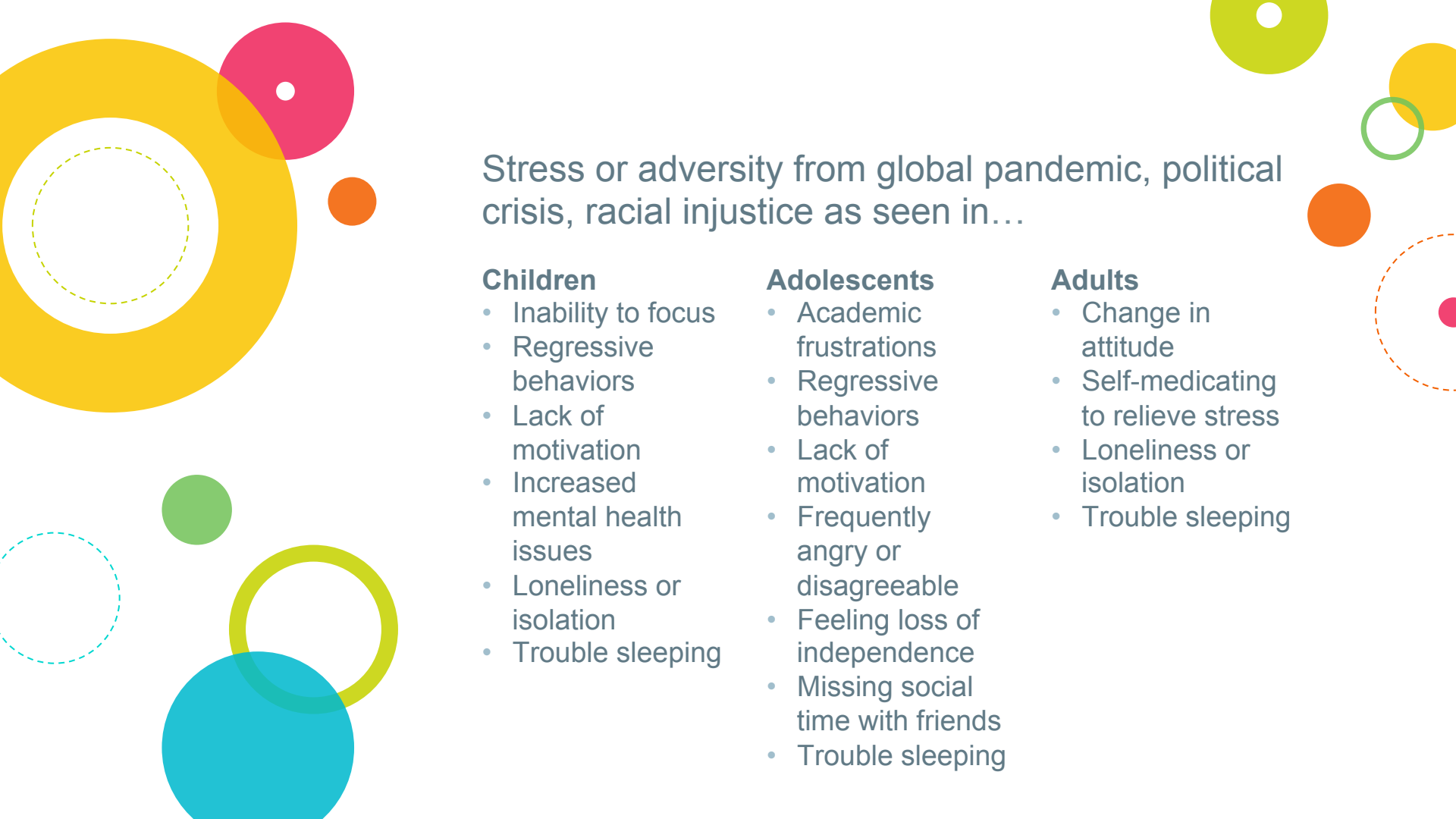
Resilience is not solely about individual characteristics OR supportive environment

Impacted by culture

Those who have greatest influence (dominant) define outcomes and processes related to resilience that may not be under control of anyone part of non-dominant culture

The optimal functioning of a child's environment
is the most important factor for being resilient





Stress or adversity from global pandemic, political crisis, racial injustice as seen in...

Children

- Inability to focus
- Regressive behaviors
- Lack of motivation
- Increased mental health issues
- Loneliness or isolation
- Trouble sleeping

Adolescents

- Academic frustrations
- Regressive behaviors
- Lack of motivation
- Frequently angry or disagreeable
- Feeling loss of independence
- Missing social time with friends
- Trouble sleeping

Adults

- Change in attitude
- Self-medicating to relieve stress
- Loneliness or isolation
- Trouble sleeping

Questions & conversations





Strategies for Building Resilience

1. Acknowledge feelings
2. Ground yourself
3. Normalize your feelings and responses
4. Acknowledge the losses
5. Expand your understanding of cultural humility
6. Engage in regular relaxation response activities
7. Engage in regular creative expression
8. Stay socially connected
9. Be intentional with media consumption
10. Increase gratitude and compassion practices

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Thank you!

Next sessions

- Thursday, June 25th 4:30 – 5:30 pm
Focus on Strengths & Challenges
- Thursday, July 2nd 4:30 – 5:30 pm
Focus on Uncertainty in the Future

Please register again through EventBrite
to attend future sessions!



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