

A group of diverse young children, including boys and girls of various ethnicities, are smiling and huddled together. The background is a bright blue wall. The text 'Welcome!!!' is overlaid in large white letters at the top. Below it, a blue-bordered box contains the text 'Thanks for Joining Us Today.' At the bottom, a semi-transparent grey box contains the text 'Please use chat to sign in with your name.' in blue.

Welcome!!!

Thanks for Joining Us Today.

Please use chat to sign in
with your name.



Resilience: Bouncing Back Better Than Ever!



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Kelly Spanoghe, Ed.S.
Chief Organizational Learning Officer

Angelique McKoy, LGPC, NCC, CTP
Talent Development Coordinator

Housekeeping for Webinars

- **This meeting is being recorded**
- **Be on video** if possible.
- **Use the chat** for questions and reflection at any time throughout the presentation.
- **Please mute your audio.**

- **Stay Engaged.**
- **Community Mindset.**
- **Speak Your Truth.**
- **Be Open to New Ideas.**

Let's Get Started!

Today's Topic?

RESILIENCE



BREAKING

NEWS

**Schools will
remain closed
for the first
semester**

Stop right there!



This cannot be happening... **again!**



So What Happened?

For the 2020-2021 school year **many states are still in process of developing their roadmap for re-entry.**

During the 2019-2020 school year, **all 50 states closed in-person instruction.**

For many, the start of the school year will **be virtual, hybrid, alternate days or some combination of each.**

How Does Covid-19 Impact Children?

97,000 U.S. children tested positive for the coronavirus in the **last two weeks of July**, more than a **quarter of the total number of children diagnosed nationwide since March**.
(American Academy of Pediatrics and the Children's Hospital Association)

As of July 30, there were **338,982 cases reported in children** since the dawn of the pandemic – that **8.8% of the total cases nationwide**. On April 14, children made up just **2% of the total cases nationwide**.

(American Academy of Pediatrics and the Children's Hospital Association)



In our topsy-turvy and unpredictable world, **identifying effective ways to reduce stress and increase resilience** has become a mandate for people from **all walks of life, ages, professions, and socioeconomic backgrounds.**



So how do we...

**BOUNCE
BACK?**



In thinking about setbacks, **how do you bounce back?**

GO TO THE CHAT BOX AND CLICK ON THE LINK TO ANSWER THIS QUESTION IN 4 WORDS OR LESS. ONCE YOU TYPE YOUR ANSWER, HIT SUBMIT AND JOIN US BACK HERE.

What is Resilience?

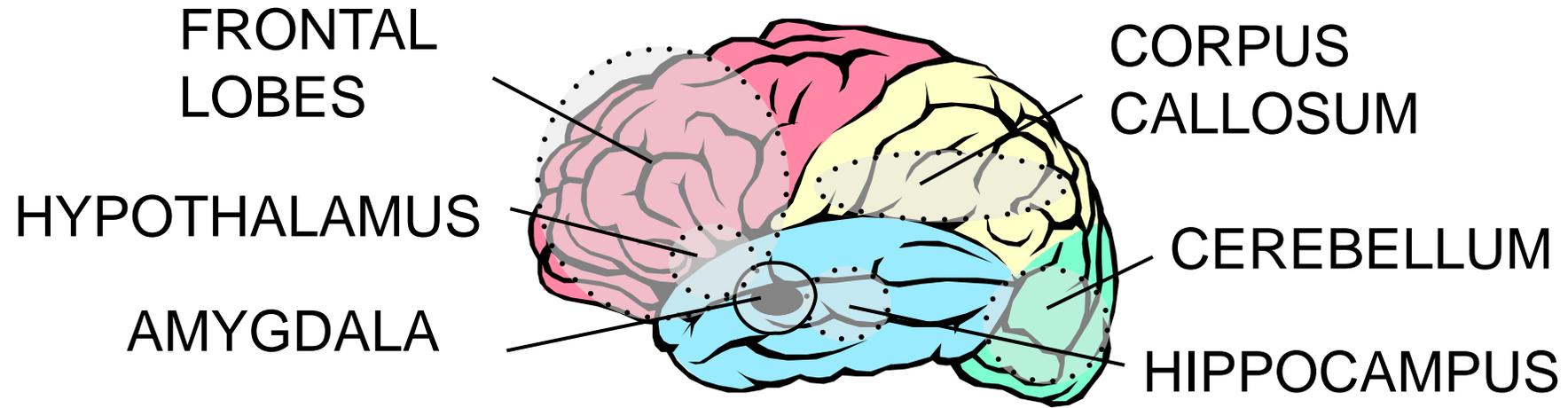
- Resilience is the process of **adapting** in the face of **adversity, trauma, threats or significant sources of stress.**
- Often involves **considerable emotional stress.**
- Resilience is a **neuroplastic process.**

Resilience is not a trait that you either have or don't have.

It is a set of behaviors, thoughts and actions that can be learned and developed!



Let's Begin with the BRAIN...



The Brain Made Ridiculously Simple!

HIPPOCAMPUS The Mail Carrier	AMYGDALA The Palace Guard	HYPOTHALAMUS Thermostat	CORPUS CALLOSUM Brooklyn Bridge	CEREBELLUM Mover & Shaker	FRONTAL LOBES Learning to Drive
					

“Stressor” = Triggers Physiological and Psychological Reactions in your Body, Brain, and Mind

Perceptual stimulus is processed by the **amygdala** – “UH OH” stress response – **fight, flight, freeze.**

Hypothalamus secretes hormones to reach homeostasis – excess cortisol results in **prolonged activation of the stress response.**

“Stressor” = Triggers Physiological and Psychological Reactions in your Body, Brain, and Mind

Prefrontal cortex processes signal with a viable solution **which quiets the amygdala.**

Your brain and nervous system also **regulate the physiological and/or psychological responses** that end up either being **adaptive** or **damaging.**

Gray Matter = Resilience

Research conducted by Richard Davidson indicated that an increase in gray matter (axons connecting neurons) between the **prefrontal cortex and the amygdala**, the **more resilient a person was.**



Gray Matter = Resilience

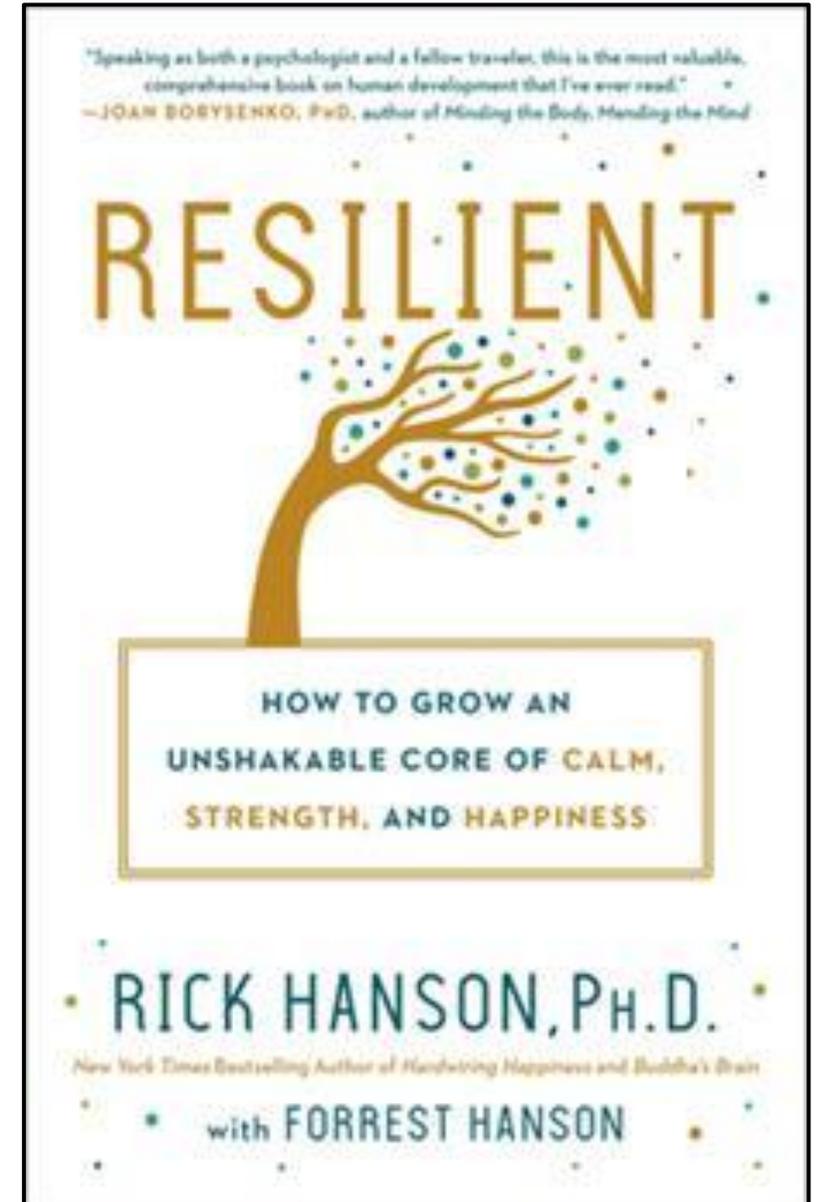
An increase in gray matter **calms down** the **amygdala** so the brain **can plan and act effectively** without being influenced by negative emotions.

Over time, through the process of **neuroplasticity** **your physical brain will change to become more resilient.**

So What Do You Do if You Aren't Resilient?

Rick Hanson tells us that you can build a more resilient brain the same way you build muscle:

One step at a time!





**So let's
build the
resilient
brain!**

It's Important to Note:

- ✓ Resilience is **developed through struggle and hardship**
- ✓ **Fluctuates** over time and circumstances
- ✓ **Failure is important** for becoming more resilient
- ✓ **Strengthen the protective factors** to build resilience

Resilience/Protective Factors

- ✓ Warm supportive parenting
- ✓ Coping skills
- ✓ Stable environment
- ✓ Positive experiences



Positive Outcomes

Risk Factors

- ✓ Adversities



Negative Outcomes

Resilience/Protective Factors vs. Risk Factors

- Good relationship with family
 - Absence of alcoholism, drugs, etc.
 - Perception of control
 - Self-esteem
 - Self-regulation
 - Good communication skills
 - Empathy
 - Sense of humor
 - Good physical health
- Abuse
 - Death of a parent
 - Fractured relationships
 - Loss of a loved one
 - Job loss
 - Health problems
 - Natural disasters
 - COVID-19

Counter-balance Factors

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

Benefits of Resilience

- Determination
- Self-worth
- Kindness
- Ability to cope with adversity
- Push through challenges
- Fosters well-being
- Sense of happiness, love and peace



12 Inner Strengths that Build Resilience

1. Compassion

Acknowledging your own sufferings, faults and mistakes and responding without judgement or evaluation.

Compassion

How Would You Treat a Friend

https://ggia.Berkeley.edu/how_would_you_treat_a_friend

Build resilience by changing the way you respond to challenges.

Letting Go of Anger Through Compassion

https://ggia.Berkeley.edu/practice/letting_go_of_anger_through_compassion

To foster resilience, think about a hurtful event in a different way. This 5-minute exercise helps you let go of anger through compassion.

12 Inner Strengths that Build Resilience

2. Mindfulness

Being aware of what's happening as it's happening –
training your brain to live in the moment

How Big is My Problem?

5	Emergency You definitely need help from a grownup (fire, someone is hurt and needs to go to the hospital, a car accident, danger).	
4	Gigantic Problem You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).	
3	Big Problem You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).	
2	Medium Problem You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).	
1	Little Problem You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).	
0	Glitch You can fix yourself (changing clothes, cleaning up toys, forgetting favorite toy or blankie).	



12 Inner Strengths that Build Resilience

3. Learning

Teach your brain how to be happier through changing your behavior.

Expected Behaviors

Unexpected Behaviors

Things kids do or say that other kids **think** are **friendly, helpful and respectful to others.**



Things kids do or say that other kids **think** are **not friendly, hurtful, unusual, and disrespectful to others.**



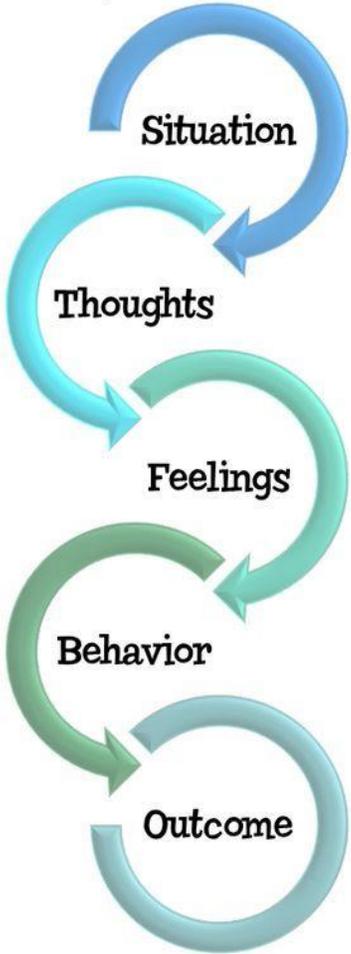
12 Inner Strengths that Build Resilience

4. Grit

Dogged, tough resourcefulness. Includes determination, resolve, patience and persistence.

PROBLEM SOLVING

When an event happens, what you think will affect what you feel and what you do.



Describe the situation:

What were your thoughts?

How did you feel?:

What were your behaviors (how did you react?):

What was the outcome?

Situation

Describe the situation:



12 Inner Strengths that Build Resilience

5. Gratitude

Intentionally look for, emphasize and internalize the good in your life.

“GRATITUDE TURNS WHAT WE HAVE
INTO ENOUGH.”

— AESOP



12 Inner Strengths that Build Resilience

6. Confidence

Reframe and work with your thoughts to help you.

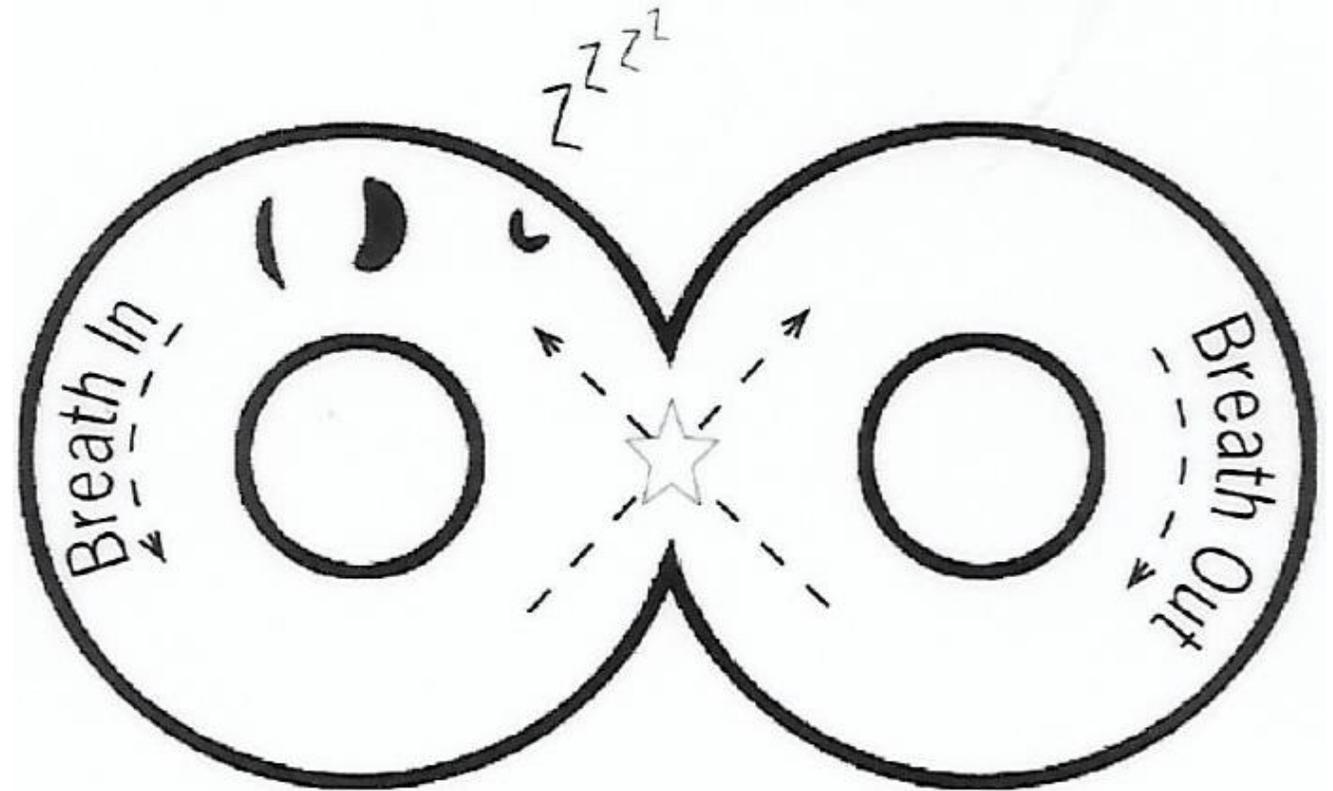
12 Inner Strengths that Build Resilience

7. Calm

Identify ways that we overestimate threats or circumstances and then utilize other practices to calm your brain and body.

- Students who have experienced trauma are more hyper-vigilant and more likely to experience extreme stressful responses.
- Breathing connects the body and the mind and is the bridge that can calm the body, mind and emotions.

Lazy 8 **Breathing**



12 Inner Strengths that Build Resilience

8. Motivation

Keeps you moving towards your goals. Motivation involves your brain's reward circuit and dopamine. Dopamine gives your brain a pleasurable feeling and responsible for reward seeking behavior. Increase dopamine by recognizing your accomplishments.

12 Inner Strengths that Build Resilience

9. Intimacy

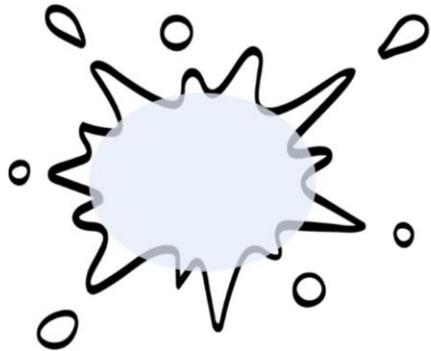
Requires a balance between being vulnerable and a sense of boundaries and asserting yourself. Intimacy also requires the ability to empathize with others.

DON'T GO IT ALONE!

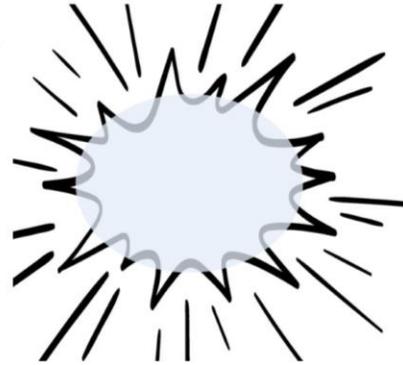
Rather than relying solely on yourself to get through difficult situations, build a trusted support network around you that you can turn to for assistance.

What's in your network for different areas of your life?

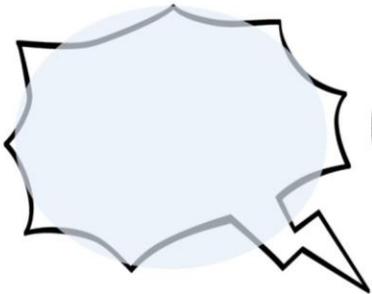
FAMILY



FRIENDS



PROFESSIONAL



WORK/SCHOOL



Together



12 Inner Strengths that Build Resilience

10. Courage

Everyday little events that entail courage for authentic communication.

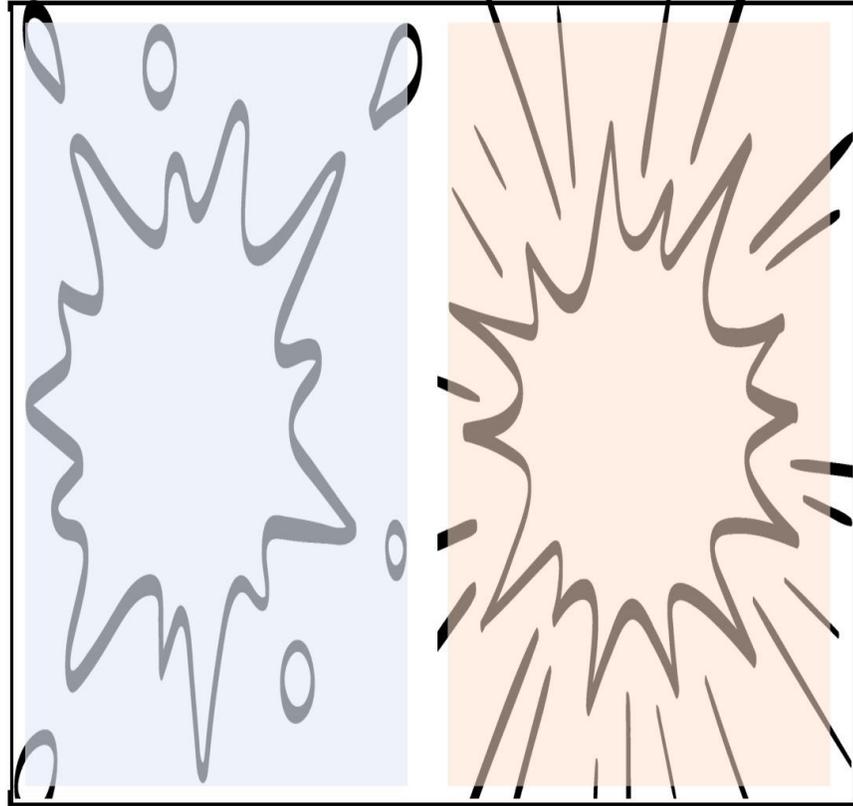


What If...?

What if...?
When we say to ourselves “what if...?” we are often identifying a potential danger: “What if something terrible happens?” “what if all goes wrong?”
Each time we do this there are many equally plausible positive possibilities that we are failing to see.
Try to come up with three “glass half full” ways of seeing each “glass half empty” one.

Negative “What if...?”

Positive “What if...?”



12 Inner Strengths that Build Resilience

11. Aspire

Work towards a goal but manage your expectations and be at peace with whatever happens.

12 Inner Strengths that Build Resilience

12. Generosity

Giving without expecting anything in return.

(Aspen Brain Institute 2020)

So how do we build a resilient brain?



This Photo by Unknown Author is licensed under [CC BY-SA](#)

A photograph of a woman with long brown hair hugging a young girl with curly brown hair. Both are smiling broadly. The woman is wearing a light-colored top, and the girl is wearing a striped shirt. The background is a soft-focus indoor setting with a white lace curtain on the left.

Relationships

Relationships

Relationships

Relationships

Well-meaning adults can wreak
havoc on resilience.

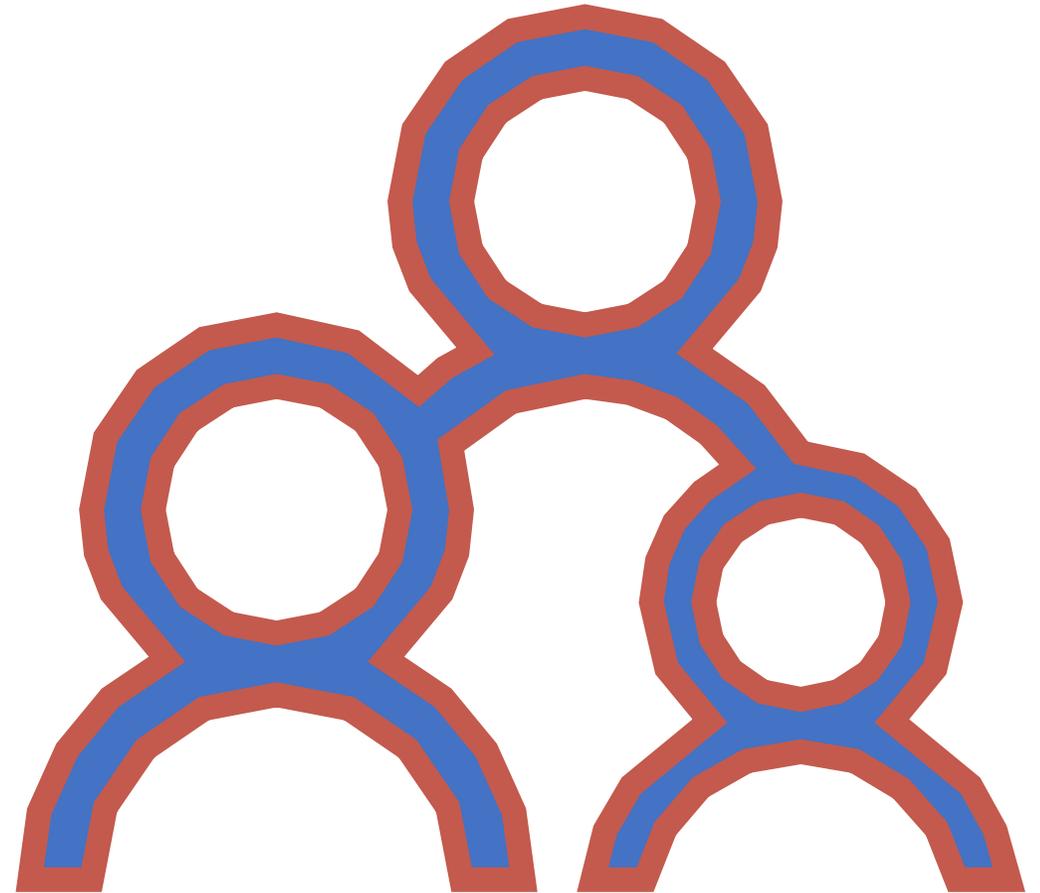
**Yes, adults can be a part of
the problem!**





Say What Now?

Although parents have the best intentions, sometimes they **hover, are helicopter parents and deny their children the opportunity to develop resilience.**



10 Ways Parents/Guardians Can Build **Resilience.**

(Source: Chelsea Lee Smith;
bounceback parenting)



Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; bounceback parenting

GIVE

your child independence to try new things.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

PROVIDE

opportunities for your child to practice waiting patiently.

<https://www.youtube.com/watch?v=hERwTjUkwME>



Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

DO NOT GIVE

your child every physical thing they want.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

TEACH

your child to donate to charity.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

GIVE

your child opportunities to help others:
younger siblings, elderly neighbors, parents.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

RESIST

the urge to run to your child's rescue
immediately.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

TEACH

your child to be grateful for the situation they are in.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

LET

your child own their emotions by not
belittling their feeling.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

DO NOT GIVE IN

when you have set a limit.

Ways Parents/Guardians Can Build Resilience

Chelsea Lee Smith; Bounce Back Parenting

LET

when a child wants to find something, let them look for it.

And Finally...

How Do Adults Build Resilience?

5 Fast & Furious Ways to Start!

1. Change the Narrative
2. Face Your Fears
3. Practice Self-Compassion
4. Meditate
5. Cultivate Forgiveness

(SOURCE: Newman, K. (2016). Five Science-Backed Strategies to Build Resilience)

Every **struggle** in your life has shaped you into the person you are today. Be **thankful** for the hard times; they can only make you **stronger**.



Visit the website for free resources:

- Today's **PowerPoint and Recording***
- **Easy-to-read articles and Resources**
 - **Information regarding our
SEPTEMBER WEBINAR!**

<https://childrensguild.org/webinars/>

*Webinar recording available in 7-10 days – you will receive notice via email when available.



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OCTOBER 26-27, 2020

Questions or Comments?

info@tranzed.org

