



Building Resilience

[PTA.org/HealthyLifestyles](https://www.pta.org/HealthyLifestyles)

Session Objectives

1. Explore examples of adversity.
2. Discuss what resilience is and is not, and why it is important.
3. Practice ways you as parents and caregivers can help the children in your lives build resilience.



What is Adversity?

Adversity noun

ad·ver·si·ty | \ ad-'vər-sə-tē \

grave or persistent difficulty,
misfortune or tragedy.

Types of Adversity:

- Physical Adversity
- Mental Adversity
- Emotional Adversity
- Social Adversity
- Financial Adversity

What is Resilience?

Resilience noun

re·sil·ience | \ rə'zilyəns \

the capacity to recover quickly from difficulties; toughness.

Connection

Wellness

**Healthy
Thinking**

Meaning

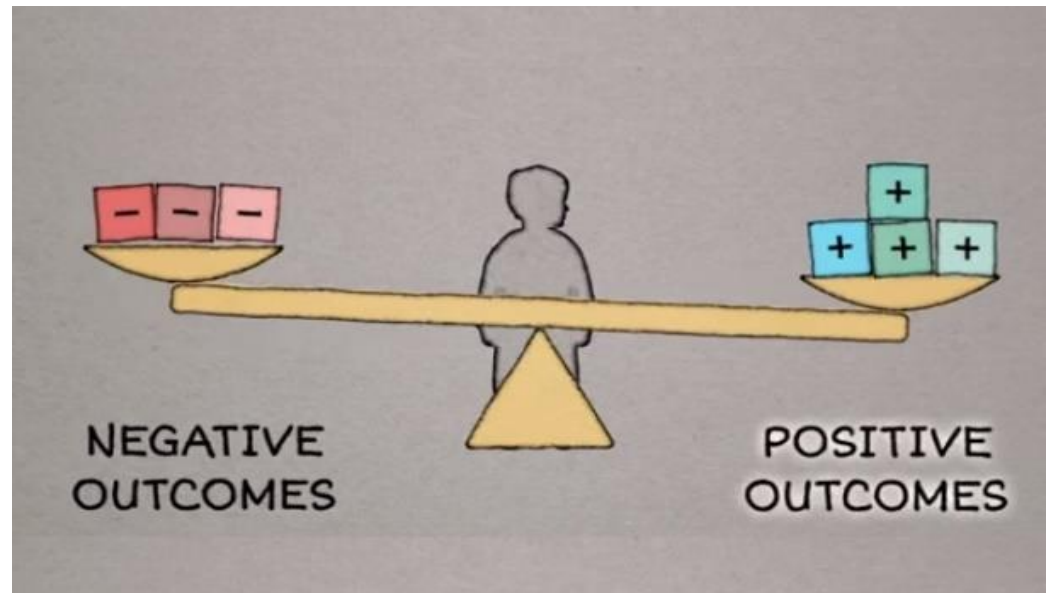


**What does someone who is
resilient look like?**

Why is Resilience Important?

Being Resilient:

1. Helps you get through difficult circumstances.
2. Empowers you to grow.
3. Improves your life along the way.



[Source](#): Harvard University Center on the Developing Child

Myth Versus Reality

What Many Think:

- Resilience can only come from a negative experiences.
- Resilient people never feel down or hopeless.
- People can have experienced too many negative things to build resilience.

What is Real:

- Resilience can be developed from both positive and negative experiences.
- Someone who is resilient can still struggle with mental and emotional challenges.
- It is never too late to build resilience.

What Can Families Do?

- Making connections
- Having your child help others
- Maintaining a daily routine
- Practicing healthy coping skills
- Teaching child self-care



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What Can Families Do?

- Moving towards their goals
- Nurturing a positive self-view
- Maintaining a hopeful outlook
- Looking for opportunities for self discovery
- Accepting change

Participant Activity 1: Practicing Gratitude

Healthy Coping Strategies

- Connecting with others
- Talking it out
- Exercising
- Cooking
- Listening to music
- Practicing gratitude
- Having fun or playing
- Laughing
- Drawing, painting or coloring
- Journaling
- Deep breathing
- Meditation

Participant Activity 2: What Helps You Cope?

Take turns asking each other these questions.

1. What coping strategies have you used to get yourself get through the COVID-19 pandemic?
2. How have you helped your child get through it?

Participant Activity 3: What Would You Do?

Your child comes home from school and tells you someone they thought was their friend started spreading an embarrassing story about them around school, and now everyone is making fun of them.

Work together to figure out:

1. How would you help your child overcome this situation?
2. How can you help your child avoid a similar situation in the future?

Participant Activity 4: Create a Building Resilience Family Action Plan

How will you commit to helping the child in your life build resilience?



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Getting Help

- Mental health support is available through...
- Your doctor
- Your school
- Your community
- Your PTA
- Resources at **[PTA.org/HealthyMinds](https://www.pta.org/HealthyMinds)**



Questions?