

Raising Resilient Children: The Resources Young People Need Before, During and After a Pandemic

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Resilience,

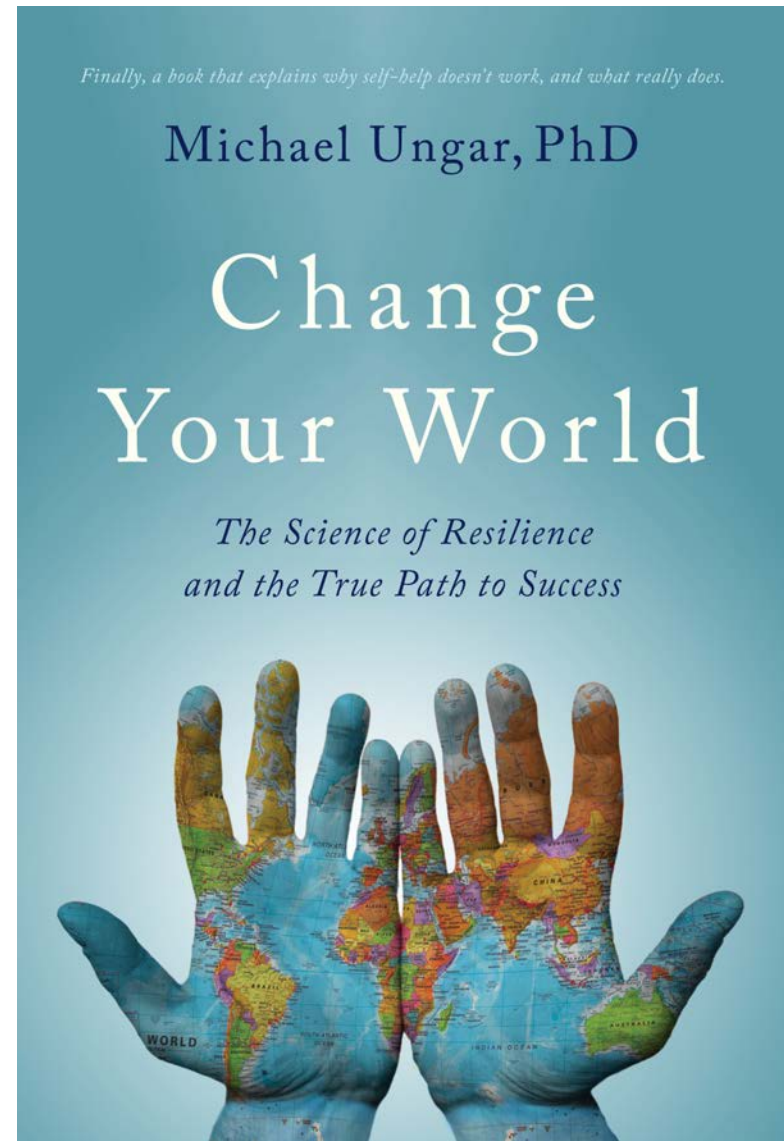
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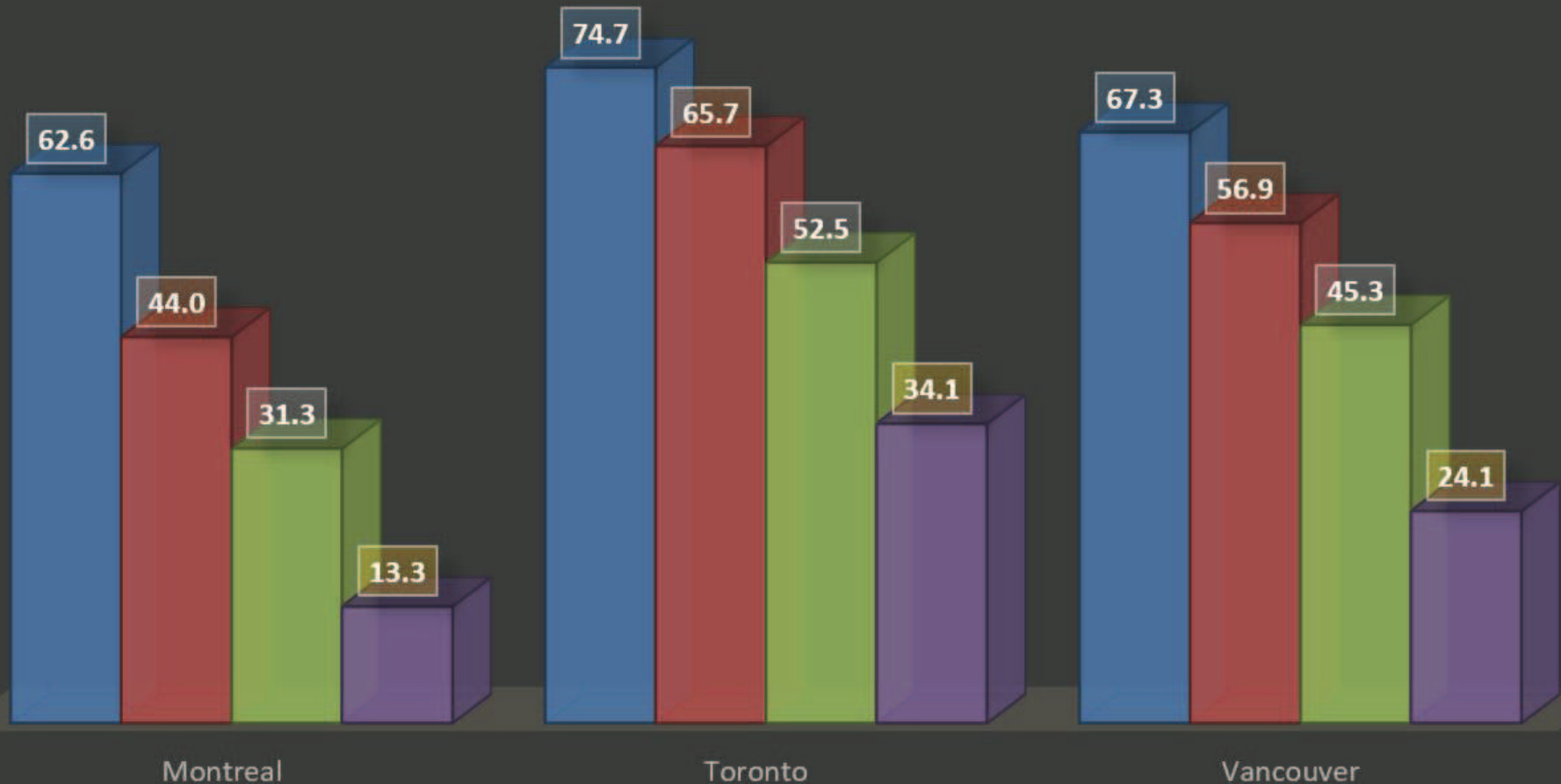
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FIGURE 5: HOME OWNERSHIP, REFUGEES (%), 2011

■ 1980-1990 ■ 1991-2000 ■ 2001-2005 ■ 2006-2011



Hiebert, D. (2017). Immigrants and Refugees in the Housing Markets of Montreal, Toronto and Vancouver, 2011. *Canadian Journal of Urban Research*, 26(2), 52-78.



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PART 1:

WHAT IS RESILIENCE?

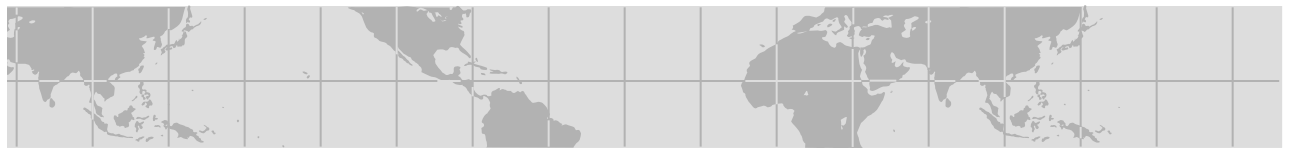


Is this resilience?

“You can’t stop the waves but
you can learn to surf”

--John Kabat-Zinn

*But...it’s easier to learn to surf if
you have a surfboard, a coach, and
a lifeguard*

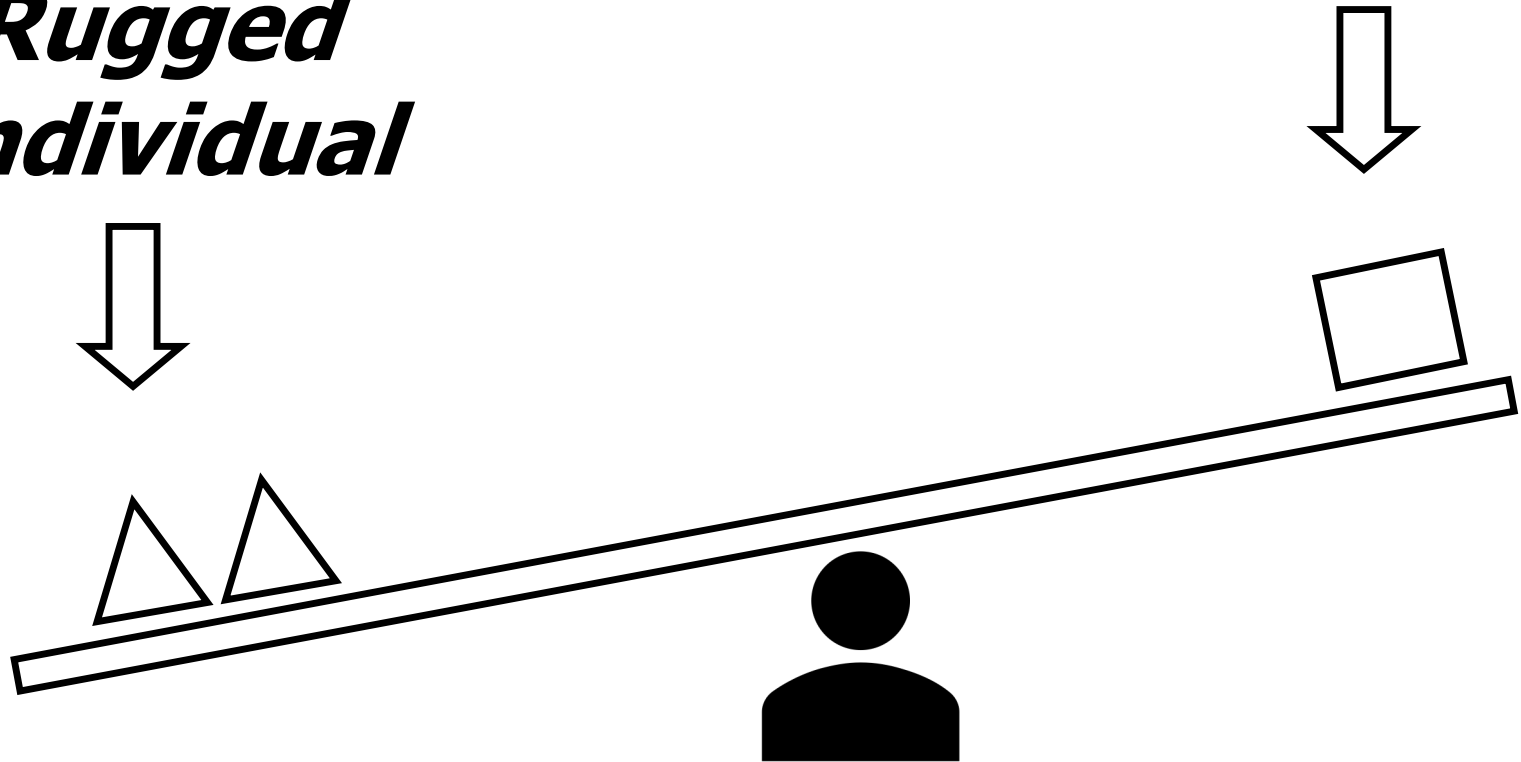


The failure of the rugged individual

- ❖ Despite an abundance of healthy eating and weight loss programs, two-thirds of American adults are overweight or obese; Canadian trends are similar
- ❖ Heart disease is growing and the use of medications to treat it
- ❖ Hospitalizations for mental health and addictions problems are rising steadily
- ❖ Prescriptions for mental health problems are increasing
- ❖ While the rate of divorce has declined, so too have the number of new marriages
- ❖ Days absent from work is rising quickly
- ❖ 28% of households have just one person

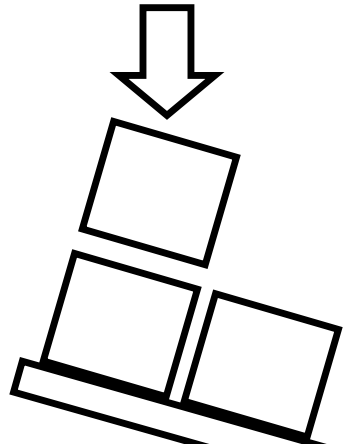
***Rugged
Individual***

Problems

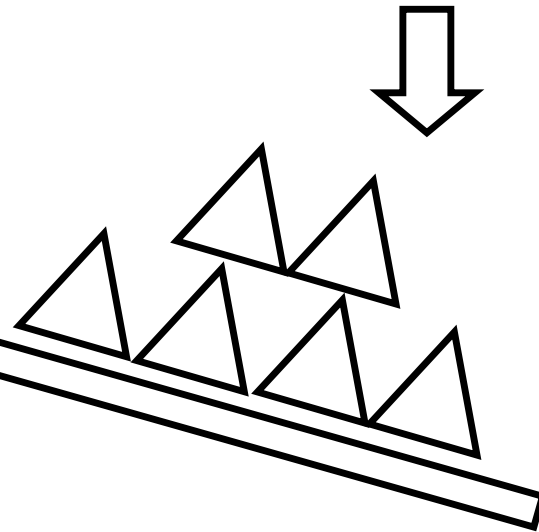


*When problems are few, we can rely on
ourselves to solve our own problems*

Problems

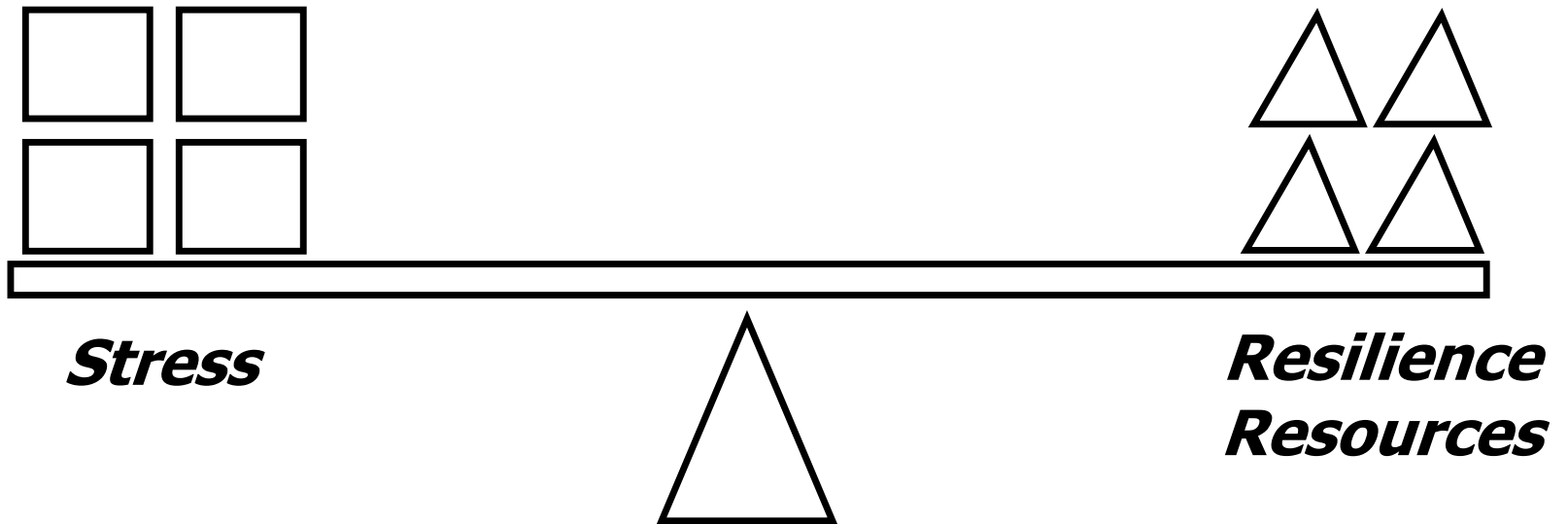


***Resources
Individual***



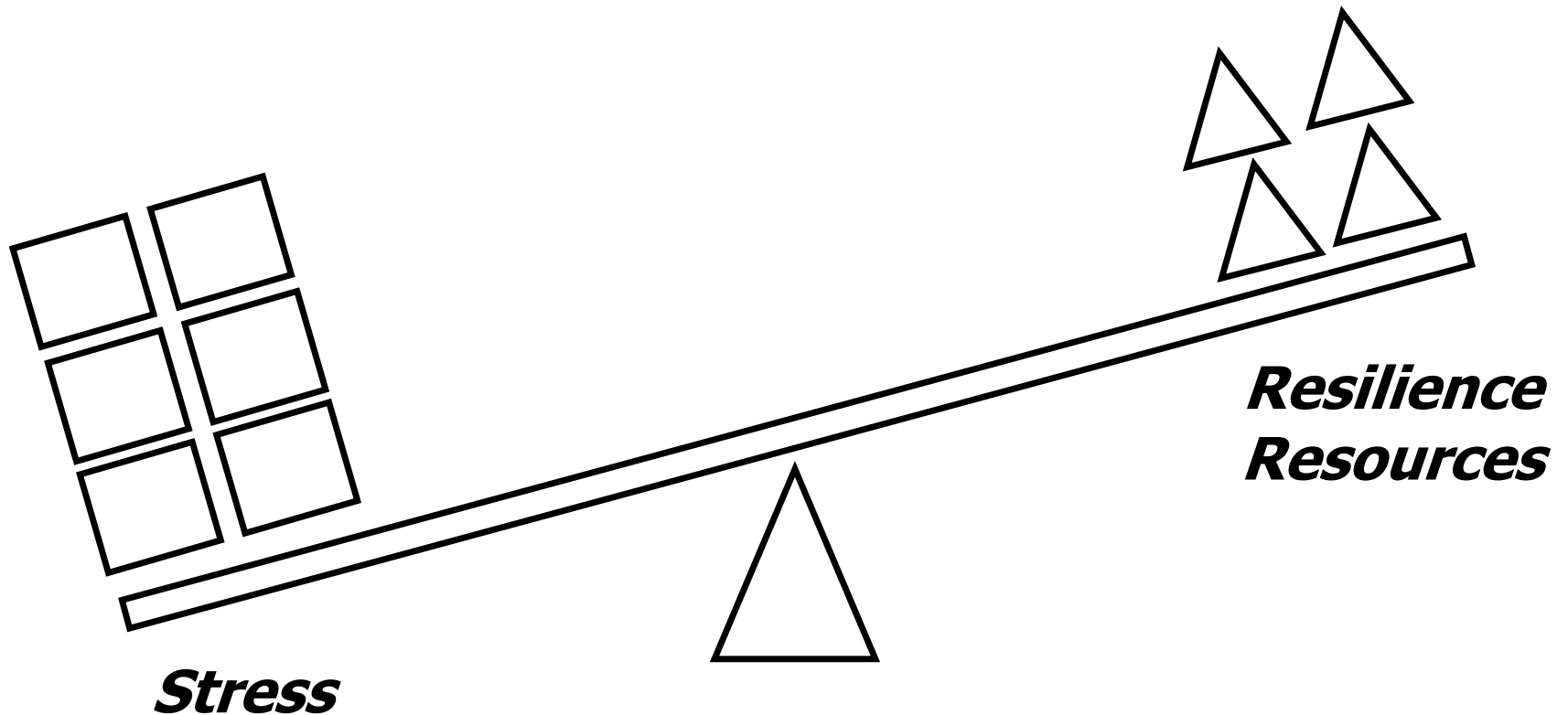
*When problems are many and complex, we need
lots of resources to cope effectively*

Normal times



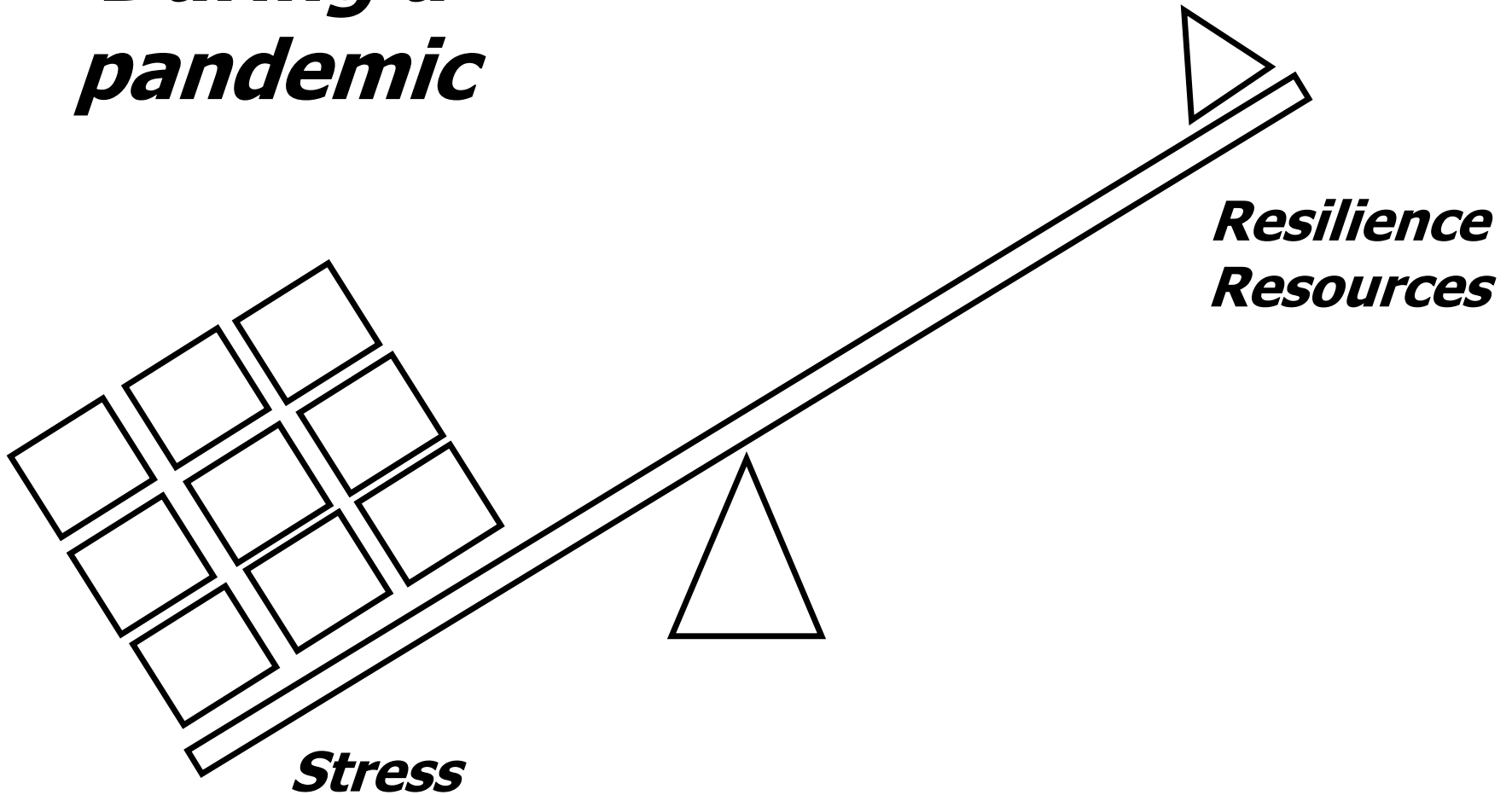
During "normal" times we have enough resilience to cope with everyday stressors

During a crisis



During a "crisis" our capacity to cope is overwhelmed, but we adapt

***During a
pandemic***



***During a "pandemic" we have fewer resources
and far more stressors***



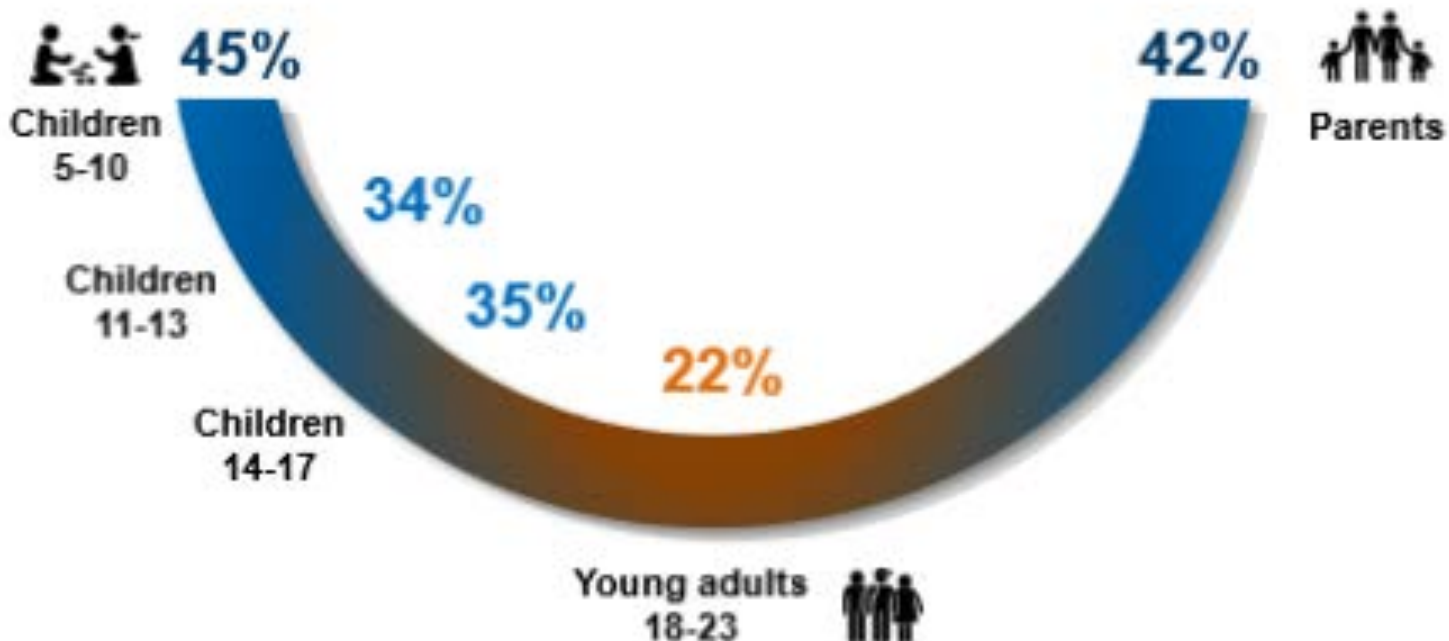
Resilience is...

- ✿ In the context of exposure to significant adversity, resilience is our capacity, individually and in groups, to *navigate* our way to the psychological, social, cultural, and physical resources that sustain our wellbeing, and...
- ✿ our capacity individually and in groups to *negotiate* for these resources to be provided in meaningful ways.

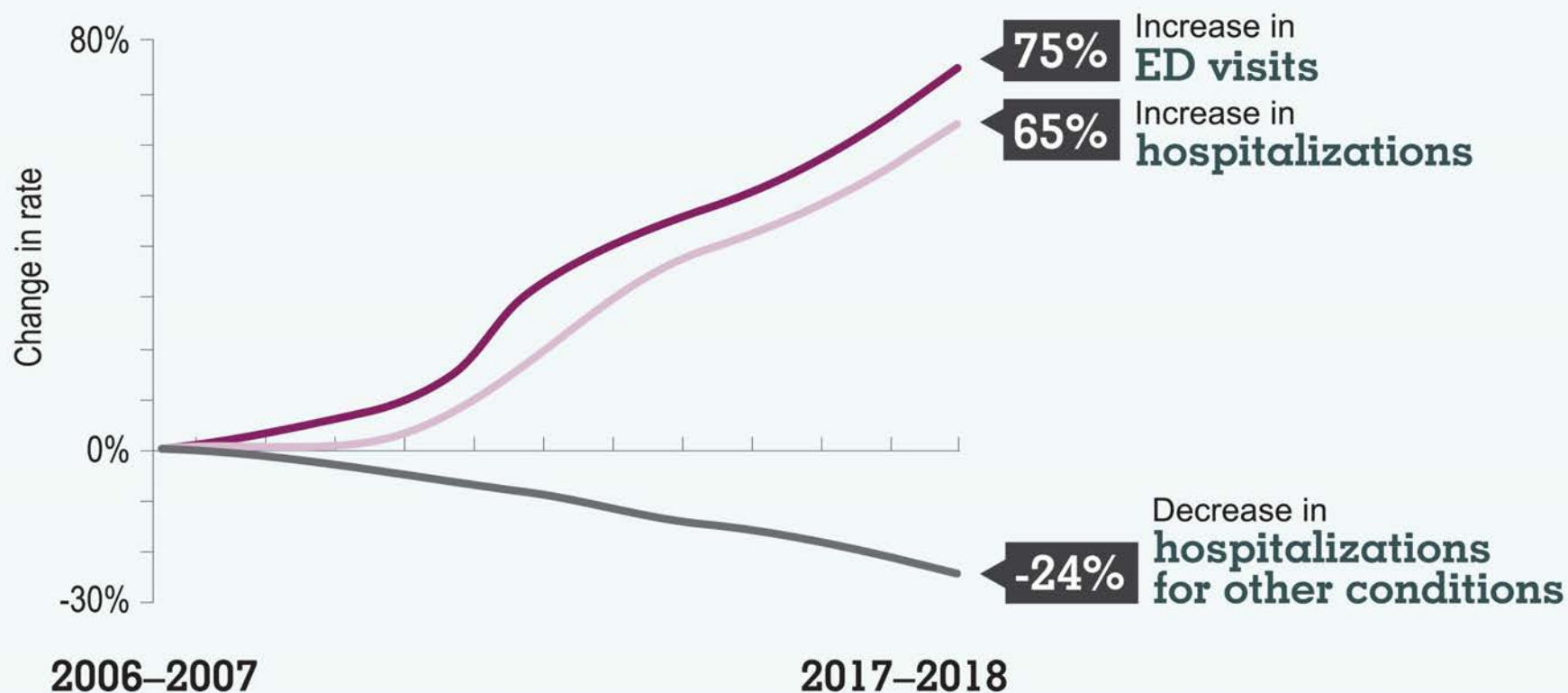


Cigna Resilience Index (CignaResilience.com)

- 🌀 Survey of 5,000 parents and children, 1,500 young adults, 5,000 workers in US
- 🌀 Overall, 60% of Americans scored low on a measure of resilience

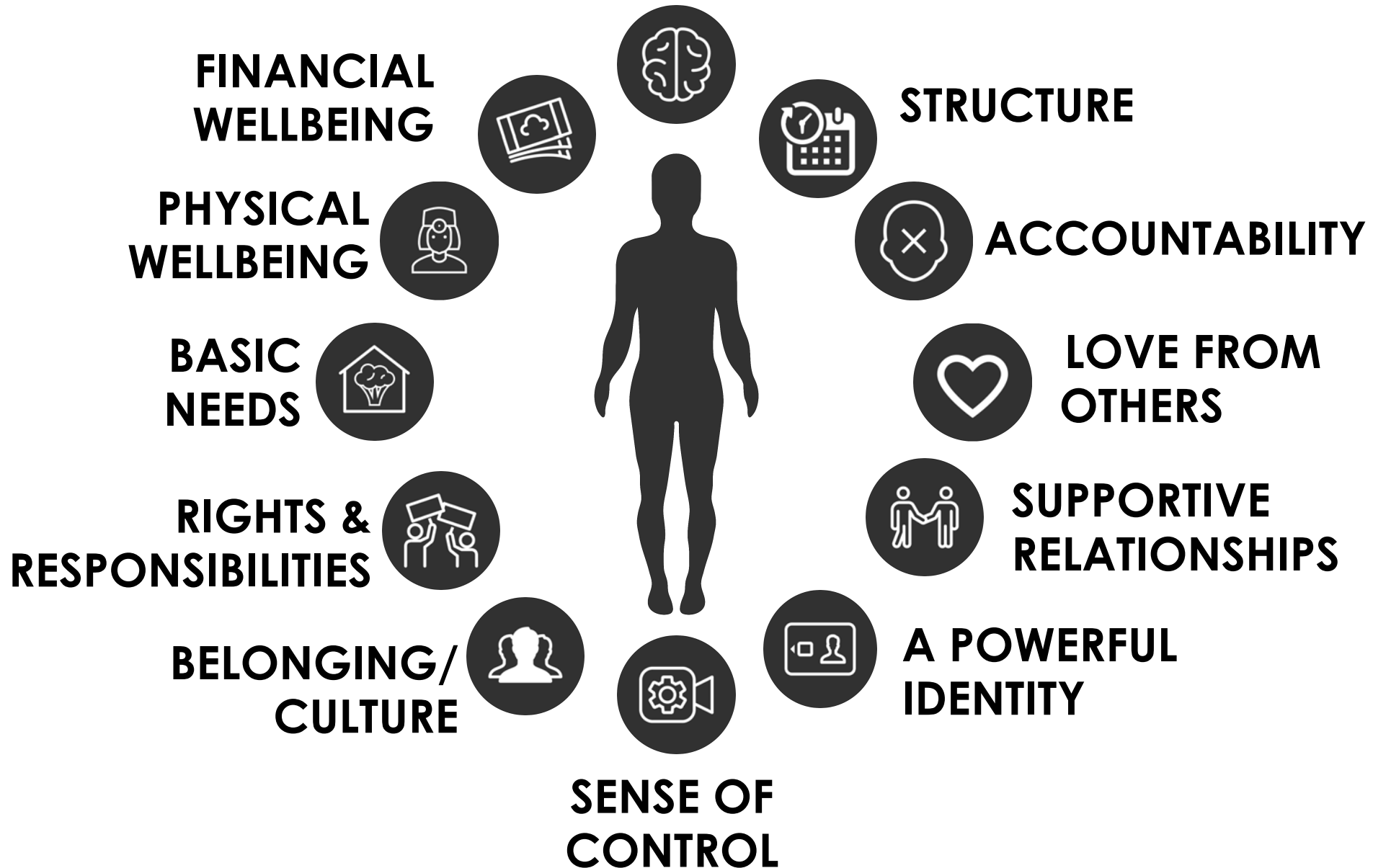


Has hospital use for mental disorders changed?



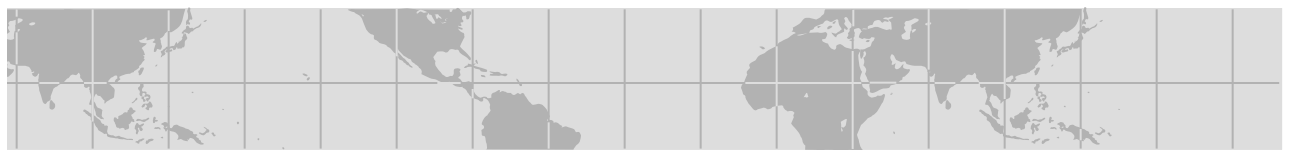
Visit cihi.ca for more detailed information about youth and mental health in Canada.

POSITIVE THINKING





PART 2:
HOW DO I BUILD MY CHILD'S
RESILIENCE?



Exercise: Assessing my child's resilience

✚ Structure:

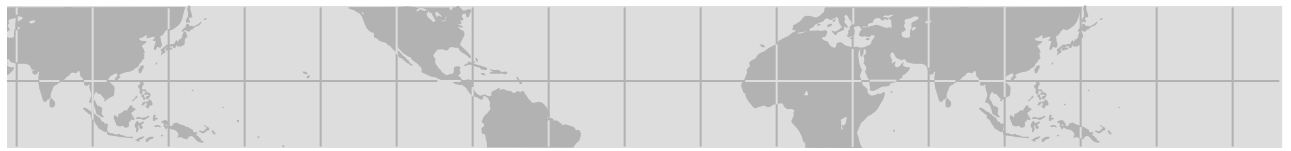
▣ "There are people in my life who expect me to _____."

✚ Accountability:

▣ "When I don't meet expectations, I know that _____ will happen."

✚ Intimate relationships:

▣ "I can reach out to my _____ to get help when I need it."



Other relationships:

- “When bad things happen in my life, there are people like _____ who will support me as best they can.

Identity:

- “I feel respected for what is special about me when I’m with/at/doing _____.”

Power and control:

- “In my _____ I get to participate in making decisions that affect my _____.”



🌀 Belonging, culture:

- "At my _____ people miss me when I'm not there."
- "There are places such as _____ where I can celebrate my culture and beliefs."

🌀 Rights and Responsibilities:

- "When I'm with others at my _____ I feel treated fairly."
- "When I'm with _____ I am responsible for myself/others."



Basic needs:

“I am well-cared for by _____.”

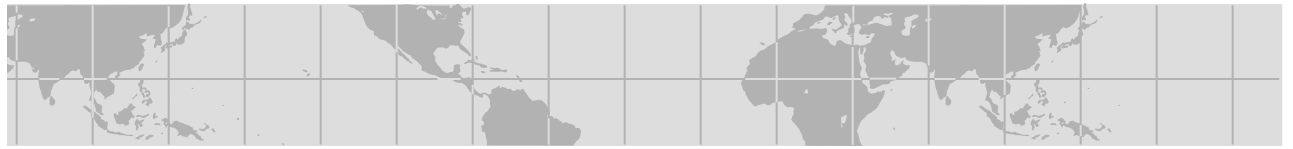
“I feel safe when I’m with/at _____.”

Physical wellbeing



“Physically, I’m able to _____
when I want to.”

Financial wellbeing

“Financially, I’m able to _____
when I want to.”



Positive thinking

-  “When bad things happen in my life, I say to myself ‘_____’ and I feel better.”
-  “I know I’m not to blame when _____ happens.”



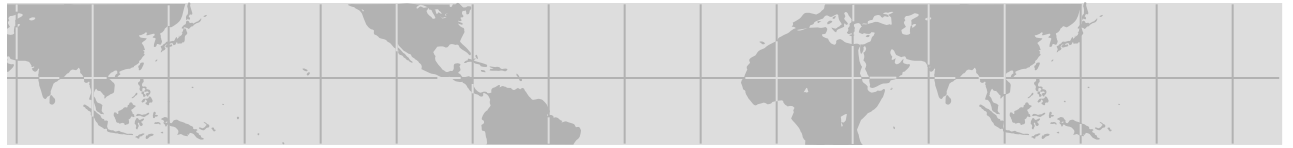
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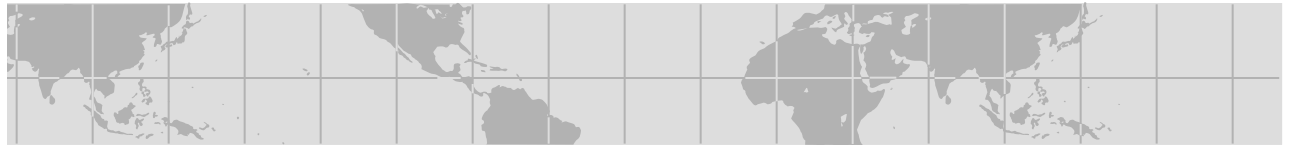
Structure and Routine



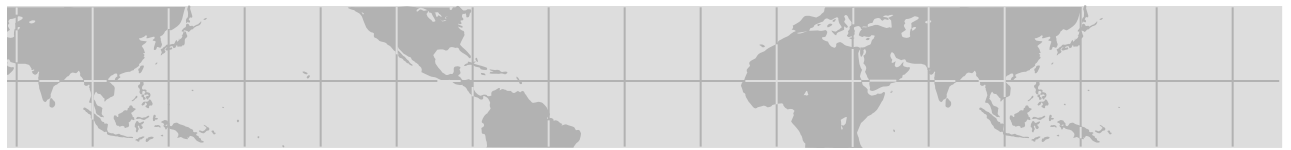
Optimism



Supportive Relationships



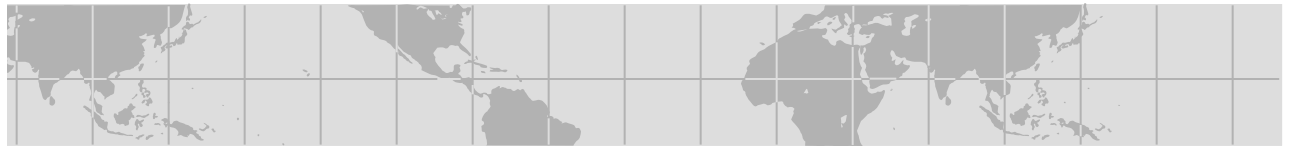
Gratitude



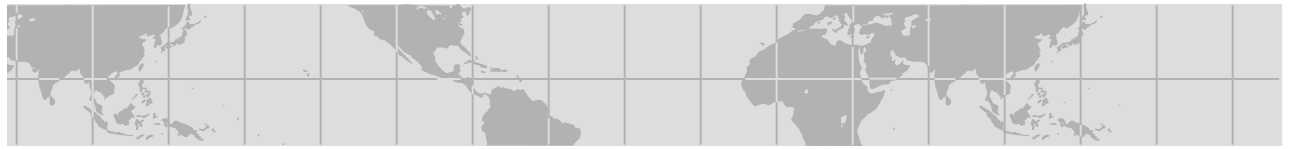
Exercise: How grateful are you?

✿ GQ-6 (McCullough et al., 2002): Using a 7 point scale from "1 = strongly disagree" to "7 = strongly agree", answer the following questions (*Items 3 and 6 are reverse-scored):

- ✿ ____1. I have so much in life to be thankful for.
- ✿ ____2. If I had to list everything that I felt grateful for, it would be a very long list.
- ✿ ____3. When I look at the world, I don't see much to be grateful for.*
- ✿ ____4. I am grateful to a wide variety of people.
- ✿ ____5. As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- ✿ ____6. Long amounts of time can go by before I feel grateful to something or someone.*

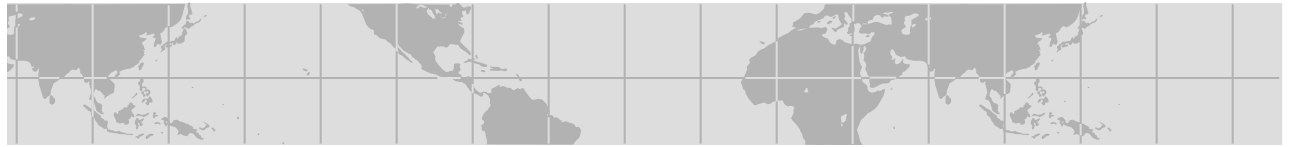


Nutrition, Sleep and Physical Activity



Powerful Identity

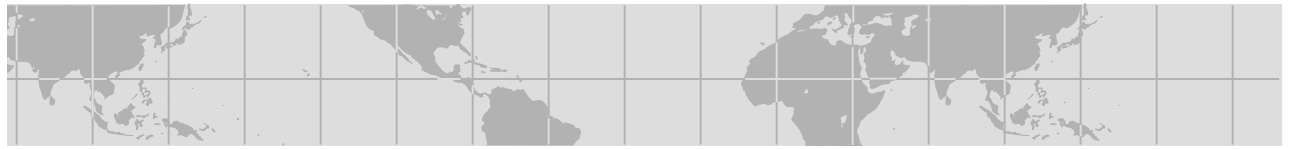
17-year-old Emily Tuck, Performing in the
Nova Scotia COVID-19 Kitchen Party



Sense of Control



***The resilience resources we need
most are those which we
experience as meaningful.***



*For a resource to promote
resilience...It must be meaningful*



*After the pandemic, we will need
to work just as hard at making
kids feel normal as we have
worked keeping them safe*

Lesser Slave Lake Fire (May, 2011)

Post-traumatic Growth

(Opportunity in crisis) (Botey & Kulig, 2013)

- ✚ After the fire, many families committed themselves to achieving important life goals
- ✚ Many set new priorities, established new routines, changed attitudes towards life for the better
- ✚ Many changed within family patterns of communication
- ✚ Many developed new values and perceptions of what they needed



Four Strategies for Success

1. Change yourself—But what changes are the right ones?





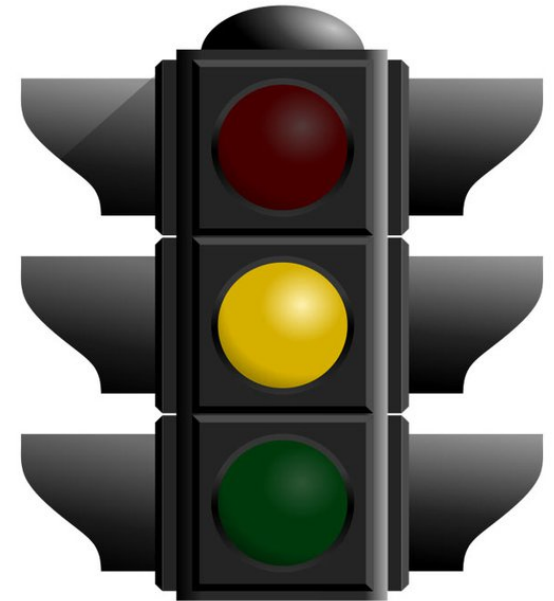
Exercise: Do you have a healthy lifestyle?

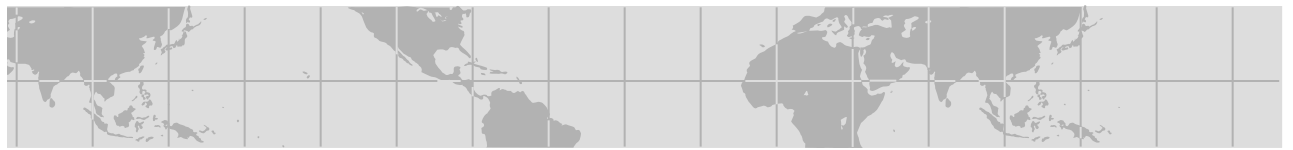
- ✿ Do you eat 3 oz of chocolate per day?
- ✿ Do you exercise vigorously for 10 minutes each day?
- ✿ Do you sleep at least 7 hours each day?
- ✿ Do you have 1 (for women) or 2 (for men) drinks of alcohol a day?
- ✿ Do you have family dinners three times a week?
- ✿ Do you have sex at least once (and if possible, four) times a week?



Four Strategies for Success

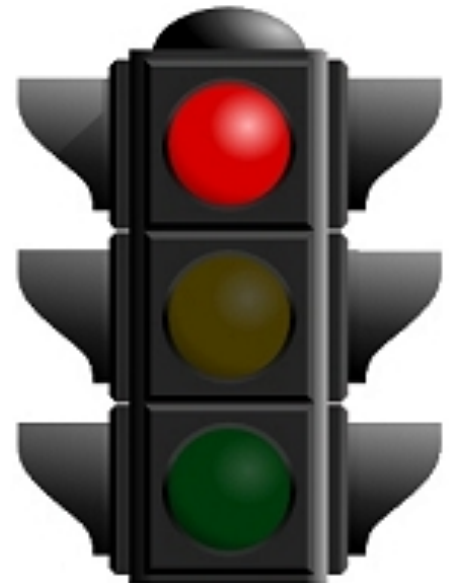
1. Change yourself (if that's enough)
2. Make the best use possible of the 12 resources you have

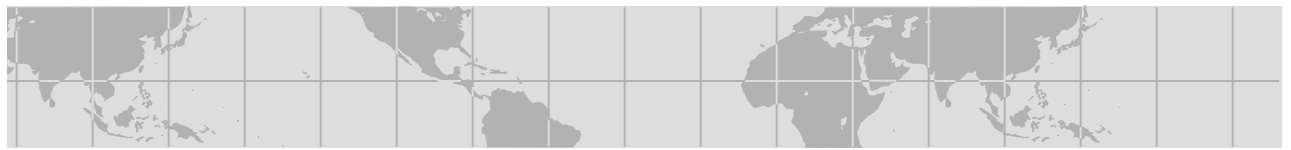




Four Strategies for Success

1. Change yourself (if that's enough)
2. Make the best use possible of the 12 resources you have
3. Change your world to have more of the 12 resources





Four Strategies for Success

1. Change yourself (if that's enough)
2. Make the best use possible of the 12 resources you have
3. Change your world to have more of the 12 resources
4. When all else fails, change what you want



Thank you!

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