

## Developing Resilience Behaviors in Adults & Children

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## Key Term: Resilience

- “The ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress.” (Pizzolongo & Hunter 2011)
- “Being able to bounce back from stress, challenge, tragedy, trauma or adversity.” (Young, 2017)
- “The ability to overcome hardship.” (Center on the Developing Child, 2015)
- “Dr. Ann Masten, one of the leading researchers on resilience, described it as “ordinary magic” (Masten, 2001) a quality that shows itself in children’s curiosity, in their ability to relate to others, and, above all, in their ability to survive and be successful even though their lives include many challenges.” (Beardslee, Watson, Auoub, Watts, & Lester, 2010)

## Why is Building Resilience Important?

- In a 2011/2012 survey, conducted by the National Survey of Children’s Health, the conclusion indicated that, “almost half the nation’s children have experienced at least one or more types of serious childhood trauma.” (NSCH, 2011/12)
- Research shows that when nurturing adults are present and responsive, children are better able to overcome adverse childhood experiences. (Stevens, 2013)
- Resilience can be taught, nurtured, and strengthened in all children (and adults), at any time, if they are given the skills and tools needed to build their resilience.

## Most Important Factor

- Research data show, time and again, that the most important factor affecting a child’s ability to build and maintain resilient behaviors is the presence of at least **one stable, committed relationship with an adult.** (Beardslee, Watson, Auoub, Watts, & Lester, 2010; Grotberg, 1995; Center on the Developing Child, 2015; Pizzolongo & Hunter 2011; Rutter, 2000).

## Building Resilience through Relationships

- When children develop stable, committed relationships to one or more adults that provide consistent, nurturing care:
  - It teaches children that they are important and can count on others
  - Helps children to develop a positive sense of self.
  - They are more likely to develop positive social skills
  - They gradually acquire an understanding of their emotions and the emotions of others

## Building Resilience through Relationships

- Insecure attachments develop when adults are unpredictable, insensitive, unformed, unresponsive, or threatening.
- Insecure attachments can attribute to a child’s lack self-control and struggle to develop positive relationships with others.

## Building Resilience through Relationships

- When you hear the word **DISCIPLINE**, what comes to mind?
- When you hear the word **GUIDANCE**, what comes to mind?

## Building Resilience through Relationships

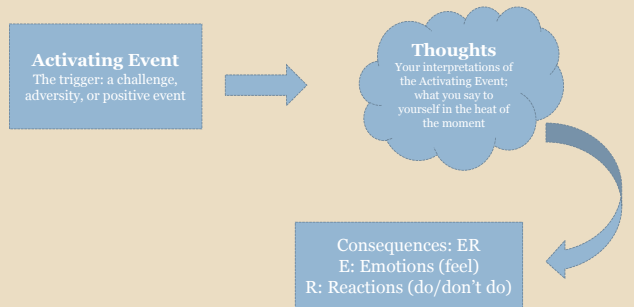
When you consistently provide positive **GUIDANCE**, you help children to build and develop self **DISCIPLINE**.

## Building Resilience through Relationships

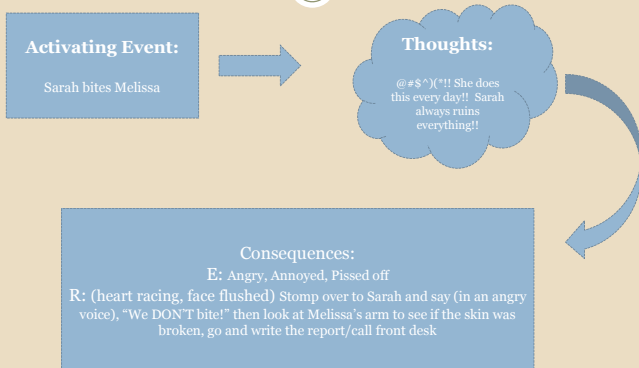
- It is important to remember that the children in your care are **GROWING** and **LEARNING** every day!
- When working with children, we must remember that we are the only ones in control of our own thoughts, emotions, and reactions.
- When a situation arises in your classroom (good, bad, or ugly) you need the skills and strategies to handle it effectively and appropriately – while still maintaining your cool.
- So.....how can YOU put this into practice for yourself????

## MRT Skill of ATC

Based on the works of Albert Ellis, Karen Reivich, Martin Seligman, U.S. Army Master Resilience Training



## EXAMPLE of ATC



## Discuss

- Was that Activating Event objective?
- Were the Heat-of-the-moment Thoughts RAW and UNCENSORED?
- Was the Emotion what you were Feeling?
- Was the Reaction what you Did?
- Were the Emotions/Reactions Helpful or Harmful???
- NOW ....LET'S LOOK MORE CLOSELY AT OUR THOUGHTS

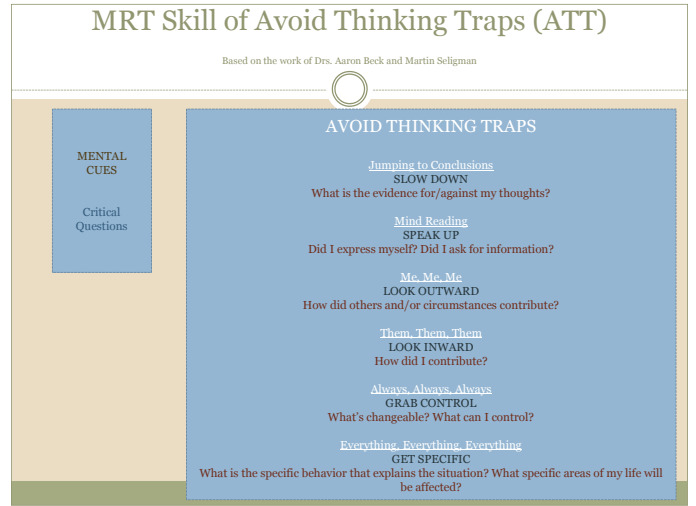
# MRT Skill of Avoid Thinking Traps (ATT)

Based on the works of Aaron Beck, Karen Reivich, Martin Seligman, U.S. Army Master Resilience Training



# MRT Skill of Avoid Thinking Traps (ATT)

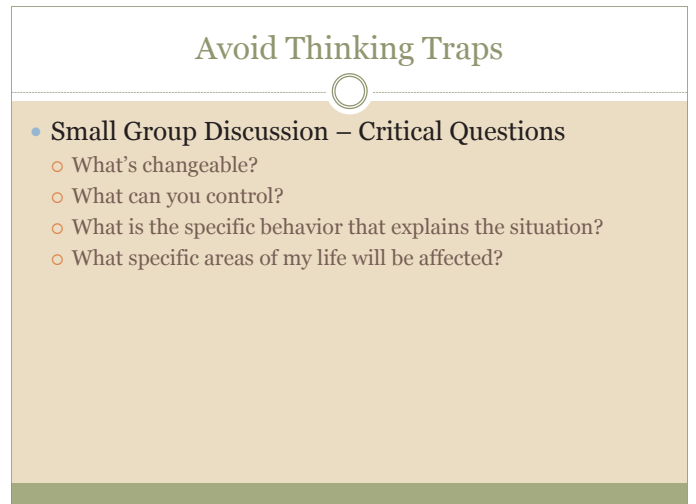
Based on the work of Drs. Aaron Beck and Martin Seligman



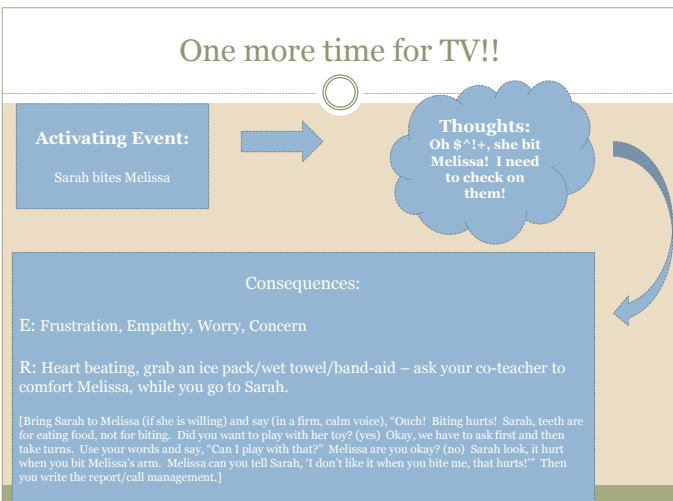
## Let's try this again!



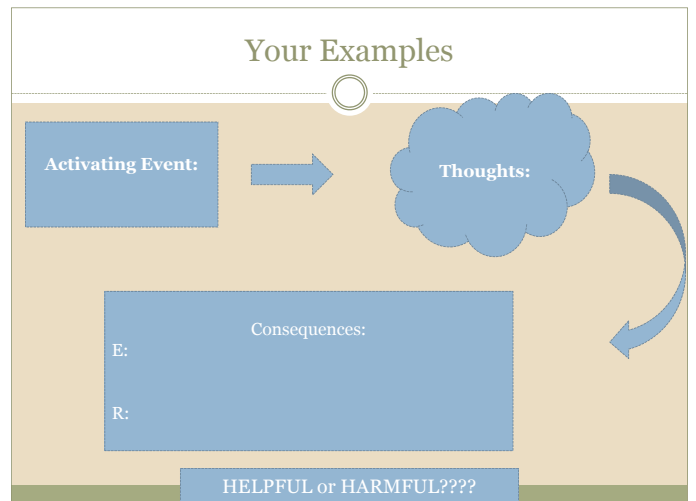
## Avoid Thinking Traps



## One more time for TV!!



## Your Examples



## Wrap-up



- Children learn and grow best in the context of secure relationships.
- Children can become resilient – but they need YOU to help them get there!
- Only YOU have control over your thoughts, feelings, and reactions.
- Learn the tips and tricks of the trade to help you throughout your day!

## References



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