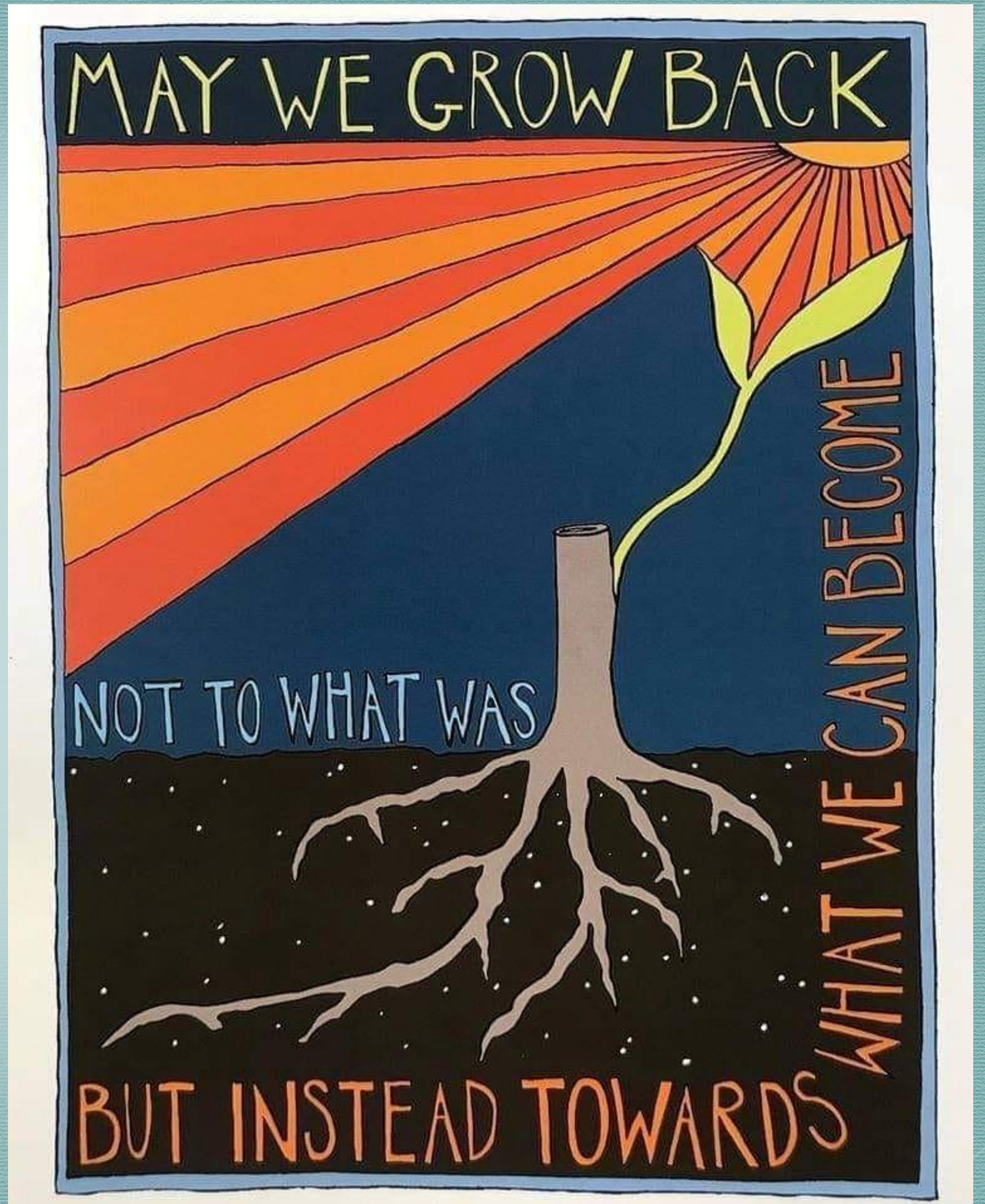


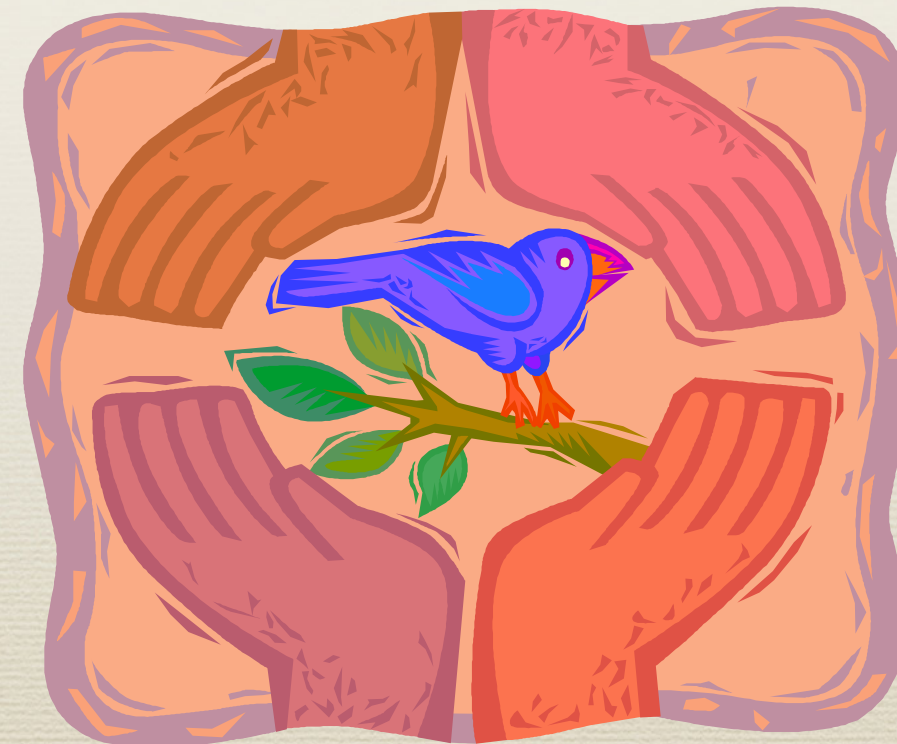
Resilience in 2021

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“In a world where we want them to experience all they can do, they have been put behind see-through plastic screens on desks pushed six feet apart and told all that they can’t do... To dare say our kids are behind, is to demean all the parents and teachers in this nation who have done their best under circumstances we never dared imagine but experienced each and every day.”

“Stop.” A letter to Our Nation’s Education Leaders and Our Nation’s Teachers. Kylene Beers. February 22, 2021



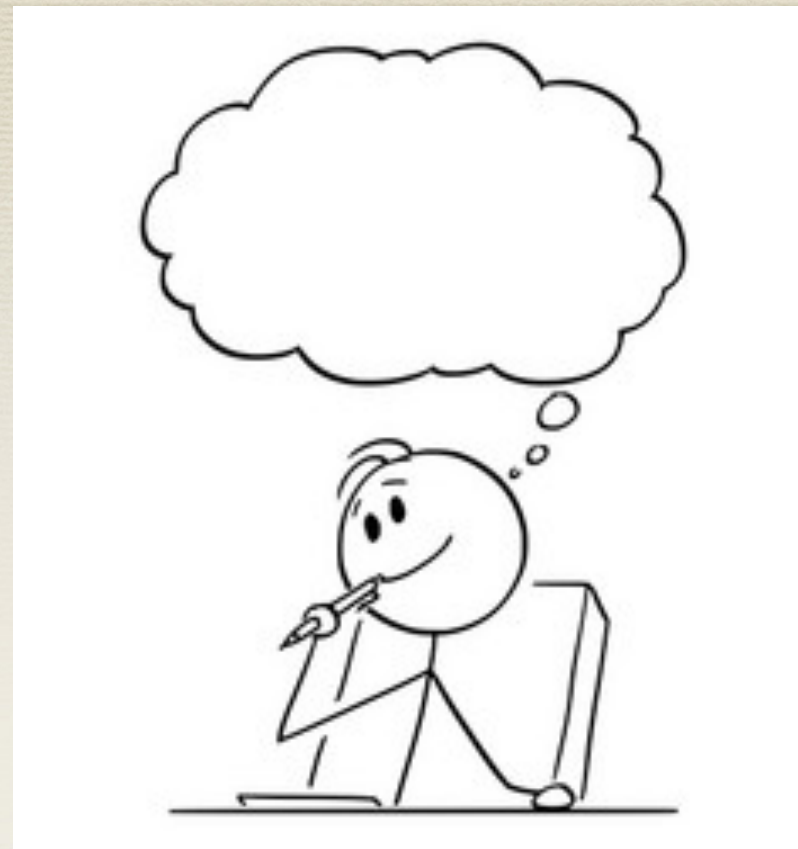


What have our children learned this year?

- Empathy & Compassion
- Patience & how to tolerate boredom
- Grief & how to grieve well
- Perspective & appreciation
- A reset of priorities
- How to sit with powerful emotions
- Citizenship
- To listen, ask questions, & challenge inequity

If we are not “catching up,” then what are we doing?
Can we change the community narrative from “these kids are behind” to what???



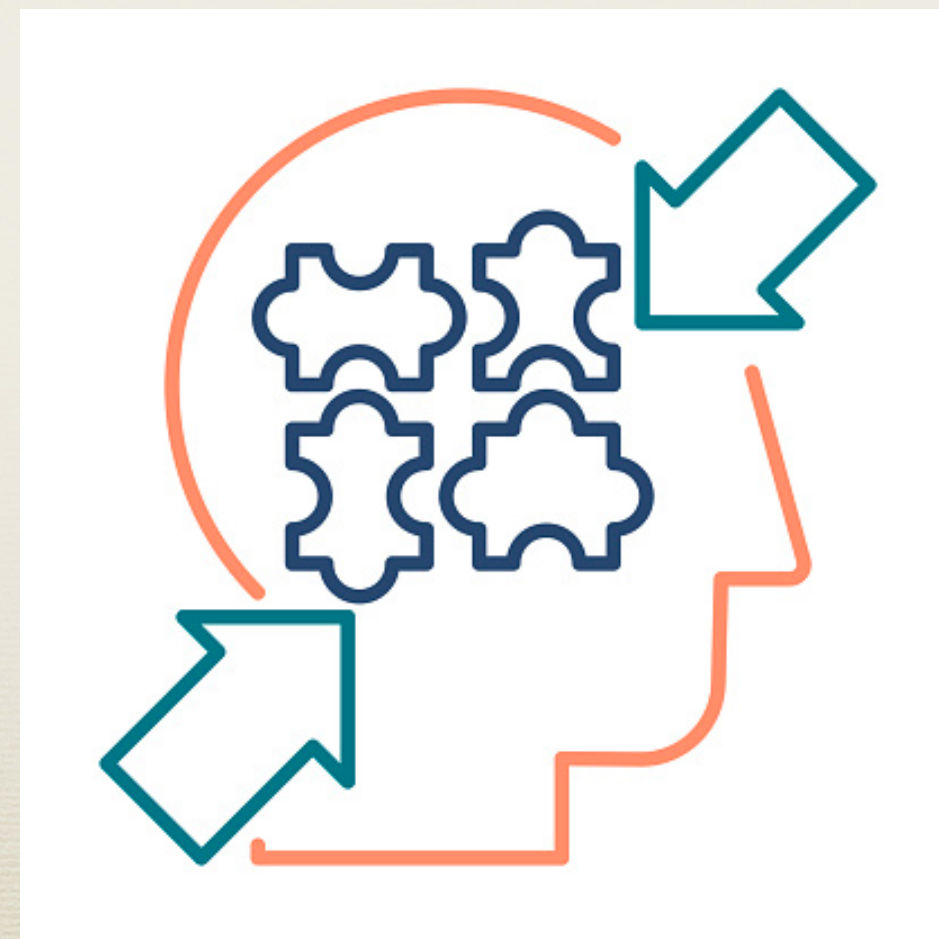


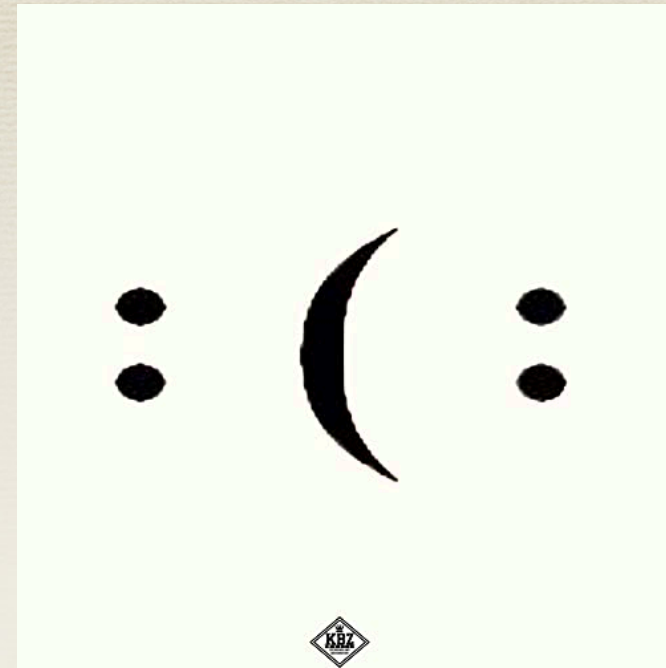
The impact of adversity is not determined by an event.

Our vulnerability and our resilience is influenced by the meaning that we make of events.

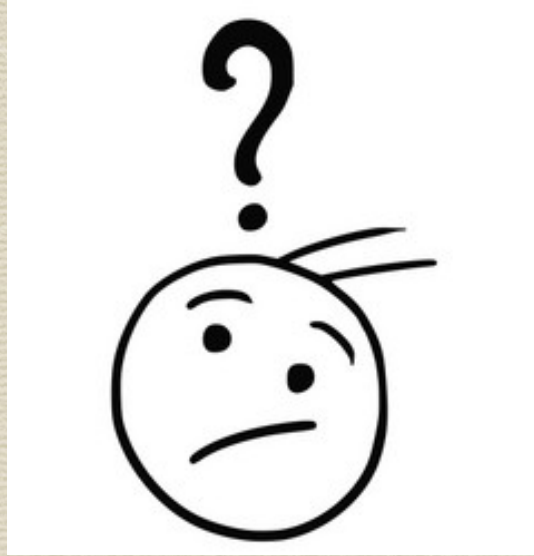
We are striving for an accurate and adaptive narrative.

This experience is now part of our identity & narrative.
The things we say & believe influence how our children see
themselves and their potential.





When we think about moving through and beyond the pandemic, many of us feel relieved and worried.



What might we notice as things start to reopen?

- Sensory regulation: Overwhelm from what might have been “typical” exposure to noise, crowds, movement, lights, smells, sitting, wearing shoes, etc.
- Emotional regulation: Challenges moving fluidly moving from high energy to calm and focused. Big reactions to small issues.
- Cognitive regulation: Reduced stamina, endurance, problem-solving, focus, sustained attention.
- Social functioning: Difficulty with communication, reading cues, & problem-solving.

How can we help?



- Gradually re-build tolerance & stamina. Less is more!!
- Increase awareness & predict some feelings of overwhelm, nervousness, and discomfort. Reassure your children that these are totally normal and expected experiences in this circumstance.
- Reinforce how good we are now at being adaptable & adjusting to new situations.
- Set goals to re-calibrate screen time, sleep, activity. Establish clear routines & gradually work toward those goals. Celebrate progress!!



We should begin to re-calibrate screen time now.

Yes, it will be hard!

Wise coping during the pandemic changes over time.

The most successful approach is a focus on what will they do instead.

The family media plan is a great resource:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

If you want more information on the recommended guidelines, this is a good resource:

<https://pediatrics.aappublications.org/content/138/5/e20162592>

Build confidence- We've got this!!

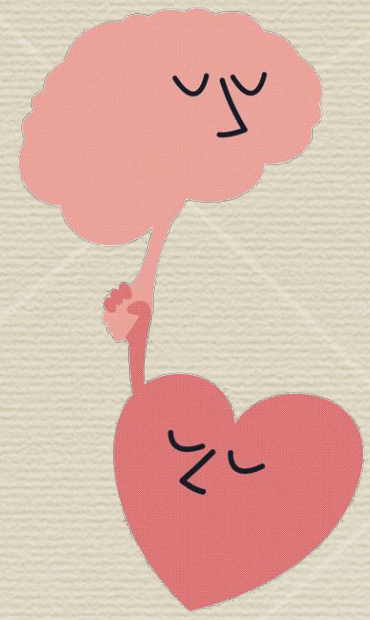
- Take pride in being flexible.
- Develop a coping routine that is soothing & transferrable for unexpected change.
- Honest feedback & open communication. "We'll have each other's back."
- Focus on self-compassion.



The roller coaster of self-esteem

Self-esteem is related to whether you feel you are meeting your own expectations and how you think others are viewing your actions. Self-esteem can feel like a roller coaster of ups and downs, as well as a frequent feeling of not being good enough.





Self-compassion

- **Self-kindness** — being supportive of yourself; treating yourself as you would a family member or friend.
- **Common humanity**— understanding that everyone's lives are just as imperfect as your own and that everyone makes mistakes.
- **Mindfulness**—observing your thoughts and emotions with nonjudgmental awareness; being present in the moment even when negative feelings arise.

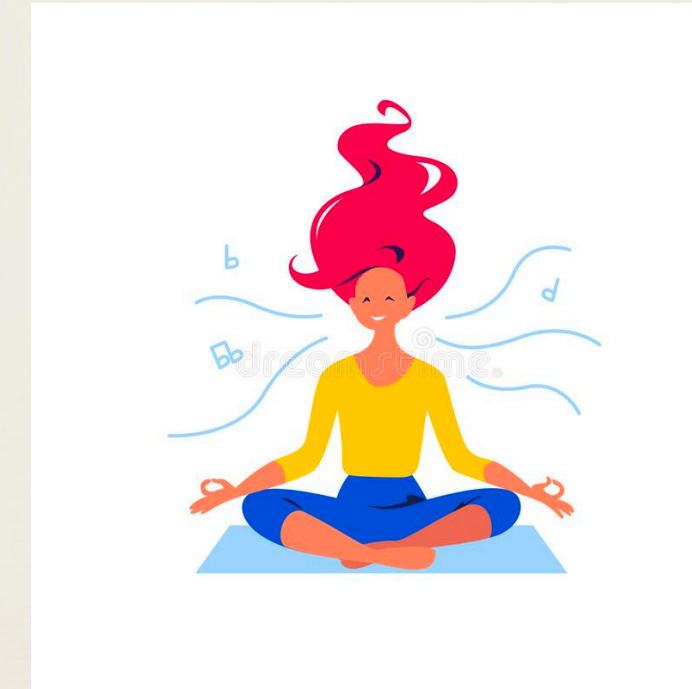
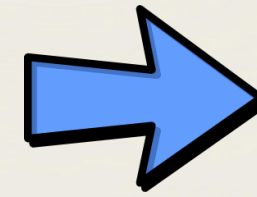
<https://self-compassion.org/the-three-elements-of-self-compassion-2/>



Tips to increase self-compassion

- Notice the things you say to yourself- What is your inner voice- coach or critic?
- When you notice self-criticism, simply try a re-do.
- Ask yourself what you would say to a friend in moments where you feel as though you have failed, made a mistake, or fell short of your hopes or goals.
- Reduce isolation & reach out to others to share your experiences.
- Talk out loud in a self-compassionate way- it's contagious!
- Practice mindfulness in whatever ways work best for you.

Strategies to shift unproductive worry





Why do we worry?

- * Repeatedly seeking ways in which we were “at fault” are ways to try to regain control & find comfort in the idea that we could prevent a repeat of this event or prevent something we are worried about from happening in the future.
- * Our brains are wired to keep thinking through a problem until it is solved.

But what if the solution is not within our control?



Ideas for when you or your child are stuck in a worry cycle

- Remember why we worry (your brain is trying to help you feel better & stay safe).
- Make a plan for the worry:
 - Set a time limit to think through solutions & learn from the situation.
 - Create a ritual to end the worry.
 - Ask trusted people to help you review things you could have done differently.
 - Learn from the experience & move forward with that wisdom - then LET IT GO!
 - Develop a self-talk script for when the worry returns.
 - “I did my best. Let that be good enough. Tomorrow is an other opportunity.”
 - Distraction
 - Seek sensory input (cold, hot, smells, movement, dance, music, etc.)

The Parking Lot

Set aside time to worry



How to Worry More Mindfully. It's possible. Here's how to cope when stressful thinking seems constant. The New York Times. Jenny Talz. November, 2020
<https://nyti.ms/380t5pL>

If you must worry, do it on paper. Thomas Oppong. June, 2020
<https://medium.com/kaizen-habits/if-you-must-worry-do-it-on-paper-85caa22bl7l2>



Thank you for your collaboration!
We are in this together.

Joelle van Lent, Psy.D.