

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Resilience Building

For the 2020-2021 school year, Counseling Corner will focus on **RESILIENCE!**



Car Conversations

In the car, classroom or dinner table, try some of these ideas to promote resilience in yourself, your family or your class.



◆ Consider the phrase “Do over!” as a family or class. Consider how resilience involves do-overs, trying again, and attempting things differently. To reinforce this, play a game by having each family or class member draw shapes, lines or scribbles on a paper, then pass it to another person. That person tries to make something different from the scribbles. Then each shares the “do-overs” and what each person made of the scribbles. Talk about other life areas that offered a “do-over” and what each person did with that opportunity.

Hindsight is 2020!

Happy New Year! Many of us are ready to put 2020 behind us and begin anew in 2021. This ties perfectly to **resilience**, or bouncing back from challenges. To consider new beginnings, we check in with Psychotherapist Amy Morin’s book *13 Things Mentally Strong People Don’t Do*.

In describing how she overcame significant personal loss, and how she counsels clients to overcome their own adversity, she came up with a list of what to avoid when dealing with challenges. While we often focus on what to do, it is also important to address what not to do and make a plan to avoid what derails our success. To build resilience and prepare for adversity, we can start to work toward each of these.

Here are the 13 things mentally strong people DON’T do, according to Amy Morin:

1. They don’t waste time feeling sorry for themselves
2. They don’t give away their power
3. They don’t shy away from change
4. They don’t focus on things they can’t control
5. They don’t worry about pleasing everyone
6. They don’t fear taking calculated risks
7. They don’t dwell on the past
8. They don’t make the same mistakes over and over
9. They don’t resent other people’s success
10. They don’t give up after the first failure
11. They don’t fear alone time
12. They don’t feel the world owes them anything
13. They don’t expect immediate results

To learn a bit more about each one, check out Amy’s webpage. As you look over this list, which seem easiest for you to avoid?



◆ Consider the Bible verse:
***"Let him turn away from evil
 and do good; let him seek
 peace and pursue it."***

1 Peter 3:11 (ESV)

How does this verse tie to the 13 things mentally strong people don't do? Can we seek and pursue peace by avoiding these 13 things? Are there other Bible verses that help encourage your mental strength and mental health?

◆ Have each family or class member talk about something they have stopped doing that made a positive difference in their lives. Talk about how this bad habit was stopped, and what positive impact it made. How did stopping this behavior build resilience?



Have an idea for a future newsletter or webinar topic related to mental health in children, families or schools? Send us an e-mail at schools@lcsfl.com

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Which seem most difficult? What about the kids in your class or family? Which would have been most helpful in 2020? Which might be most important for 2021?

***Proactively working to develop
 mental strength increases your
 resilience to stress and reduces the
 toll it takes on you both physically
 and mentally. -Amy Morin***

After having a clear focus on what you want to avoid, it's also important to hone in on what you want to accomplish. Write out specific details that are manageable, attainable and realistic to clarify what you resolve to do, work toward or focus on in the new year. Amy Morin adds another helpful tip: Create a list of WHY. She advises to write down WHY you want to do or achieve things on your list and review it often. For example, capture that you want to exercise more to feel stronger, address health issues, improve sleep, manage mood, etc. She also advises a list of WHY you want to avoid things and review that often. You might notice you want to avoid watching television because it takes time from exercising, impacts quality sleep, prevents quality time with family, etc. Place these lists where you can review them often (ex: bathroom mirror or TV remote) to encourage behavior you want to increase and discourage behavior you want to eliminate.

Parents, also check out Amy's book 13 Things Mentally Strong Parents Don't Do: Raising self-assured children and training their brains for a life of happiness, meaning and success.

Morin, A. (2014) *13 Things Mentally Strong People Don't Do: Take back your power, embrace change, face your fears, and train your brain for happiness and success.* William Morrow & Company; New York.

Lutheran Counseling Services, Inc.,
 a nonprofit organization, has a
 mental health crisis fund.
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