

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 your family or class.



◆ Talk as a family or class about resilience. What does it mean to each person? When have you each been resilient to get through something difficult? What did you do that showed resilience?

◆ The Kids Helpline lists these ways to build resilience:

- Having a positive attitude
- Finding good friends
- Feeling good about yourself
- Feeling like you belong
- Having a supportive family
- Helping others or 'giving back'
- Being able to solve problems and overcome challenges
- Good communication with the people around you

Talk about which are easiest and most difficult for each family member or classmate. Pick one as a goal for your family/class to build this month or have each person choose their own to focus on!

The 4th R? Resilience!

In education, we hear of **r**eading, **w**riting and **a**rithmetic, but you could also propose a 4th "r": **R**esilience! Defined as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress, this skill is vital to navigating the inevitable challenges that children (and adults) face throughout the lifespan. This trait is even more relevant now as schools reopen and children get back to learning with distancing, protective gear and a certain amount of anxiety in place. As a result, Lutheran Counseling Services school counseling newsletters will focus on aspects of resilience throughout the entire 2020-2021 school year.

The Presence of Precedent

The American Psychological Association has reviewed previous stressful events from SARS, to Ebola, to Zika virus outbreaks, to September 11th attacks, and identified factors that promote resilience, or bouncing back and coping well with challenges. Among the suggestions are:

- Limit social media exposure about Coronavirus or other stressors, instead getting information from trusted traditional media sources.
- Limit the overall exposure to all media outlets: learn the basics and turn it off.
- Recognize the factors that fuel stress: when a threat is new and unfamiliar, when people feel little sense of control over the



◆ While watching a movie or reading a story together (ex; Pete the Cat, Rosie Revere, Engineer, or Wonder), pick out a character that shows resilience. How do you see that character showing resilience? Would you respond the same way to the challenges of the character? Why or why not?

◆ Take a walk and talk about plants that are showing resilience: growing despite challenges. What challenges do the plants face? How are they overcoming them? How are you like that plant? What challenge are you overcoming & how?

◆ Talk with your teens about the impact of social media on their mood. What feelings arise from social media consumption? What triggers those feelings? Can they limit negative triggers and increase triggers of positive feelings in their social media use? How?

Subscribe to the LCS YouTube or Facebook pages for additional mental health resources for children, families or adults. Subscribe to see!

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threat, and when they experience a sense of dread. The current pandemic has all of these elements and each can be handled to support resilience.

- New & Unfamiliar: follow proposed guidelines and learn enough to reduce personal risk to self & families
- Little Control: Focus on what you can do to lower risk and implement positive coping practices, such as taking care of yourself by eating well, sleeping, exercising and connecting socially to loved ones.
- Sense of Dread: Limit exposure to stories that evoke fear, and look for reports of positive outcomes or ways people have grown through difficulty. Consider strategies that have helped you move through previously difficult challenges and implement them.

Check in with yourself and your loved ones about current feelings and put helpful strategies in to practice if you notice difficult feelings arising. Think and talk about difficult challenges you've gone through and what helped move through that time. Find ways to connect to others and offer support or help that you can. Find inspiration for getting through challenges from meaningful sources:

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

Luke 14:27

"Laughter is poison to fear." – George R.R. Martin

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment." – Marcus Aurelius

And check in with the school counselor at your school for additional tips for yourself, your family, or your classroom. School counselors are on campus weekly to support students, staff and parent mental health needs. Reach out to us!

Lutheran Counseling Services, Inc.,
a nonprofit organization has a
mental health crisis.
Could you offer support?

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schools@lcsfl.com