

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Car Conversations

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



- Encourage positive self-talk and mindfulness. ASK: What challenges they faced recently and how they worked through it?
- Praise effort and the process, not just intelligence. ASK: How did you talk to yourself to help you persevere toward the goal? What strategies were used to overcome these challenges?



PERSEVERANCE

Perseverance is the ability to adapt well to adversity, trauma, tragedy, threats, or other sources of stress. It is a personality trait that pushes an individual to overcome difficulties. Having perseverance means that when faced with a challenge, one has the ability to use their mind and body to work through it and overcome it.

“I have missed more than 9,000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot, and I missed. I have failed over and over and over again in my life. And that is why I succeed.” –Michael Jordan

Perseverance is essential for children to develop and building it can help children manage stress, and feelings of anxiety and uncertainty. The American Psychological Association offers 10 tips for building resilience in children and teens.

Make connections

Teach children the importance of building a strong family network and engaging and connecting with their peers. Connecting with others provides social support and strengthens resilience.

Help children by having them help others

Children can feel empowered by helping others. Age-appropriate volunteer activities or assisting teachers or parents with tasks are great ways to start.

Maintain a daily routine

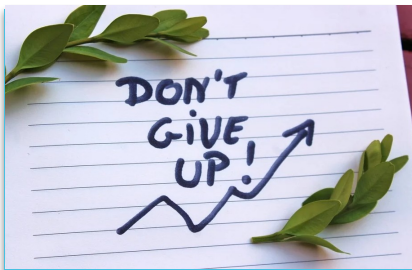
Having a steady routine and consistency can bring comfort to children. Remember that during times of distress or transition, children may need some flexibility with routines.

Take a break

Children’s feelings need to be validated. Help them to focus on something that they can control and challenge their unrealistic thinking by asking them to look at the chances of the worst case scenario or what they might tell a friend who has the same worries.

Teach self-care

Teaching children the importance of basic self-care (eating, sleeping, exercising properly) along with having fun and participating in joyful



- Put failures and mistakes into a growth perspective. ASK: What goal are you persevering toward now? How can you achieve it?
- Discuss and highlight things that the child has accomplished already that took perseverance (for example, riding a bike, learning to tie their shoes, etc...).
- Discuss prominent people in the child’s life (family or notable individuals) who have persevered through a difficult situation.
- Read age-appropriate books on perseverance.

Images courtesy of [Pexels.com](https://www.pexels.com)



activities will help keep them balanced and provide the ability to handle stressful times better.

Move toward goals

Teaching children to establish goals surrounding a specific task and then assisting them toward reaching that goal one step at a time can help beguiled resilience.

Nurture a positive self-view

Help children to remember ways they have handled hardships in the past, to trust themselves when problem solving, and to make appropriate decisions. Help them understand that past challenges help build their strength to handle future challenges.

Keep things in perspective & maintain a hopeful outlook

When children are facing hard times, remind them that there is a future beyond the current situation and it can be good. An optimistic and positive outlook can allow children to see the positivity in life and thereby keep going.

Look for opportunities for self-discovery

Children tend to learn so much about themselves during tough times. Discuss with children what they have learned from facing a tough situation.

Accept change

Children can view change as scary, so help children see that change is a part of life. Examine what is going well with them and have a plan for what is not going well.

(Note: Immediate safety needs must be addressed such as by calling or texting 988 to reach a crisis line.)

References:

“Resilience Guide for Parents and Teachers.” *American Psychological Association*, 21 Mar. 2023, <https://www.apa.org/topics/resilience/guide-parents-teachers>.

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