

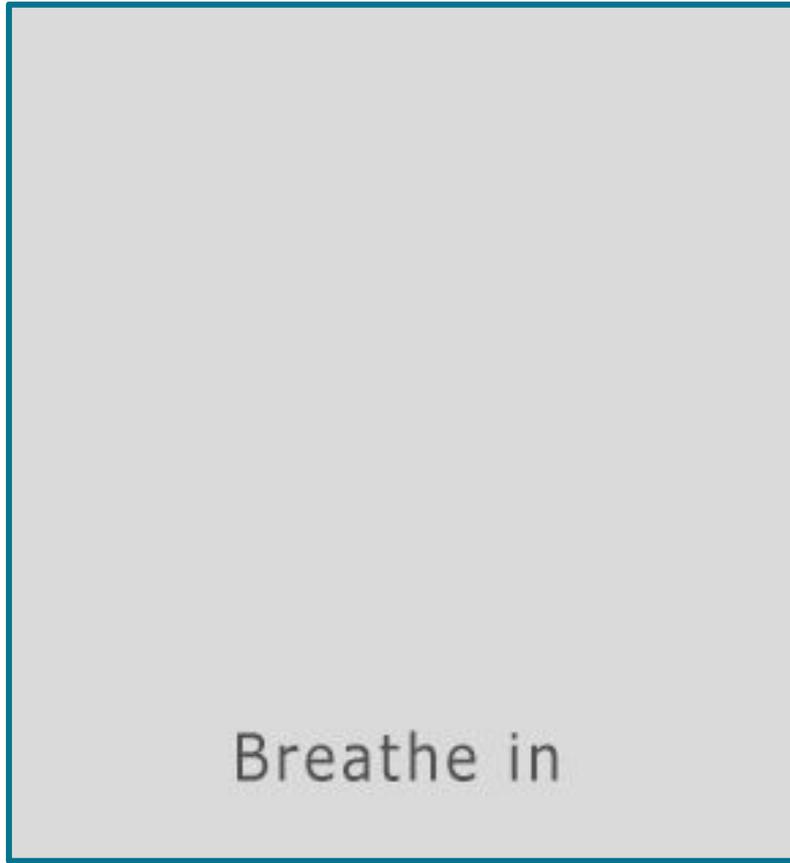
# Recognizing, Teaching and Celebrating Resilience to Reduce Anxiety

Amanda Morin for Hill Learning Center  
April 14, 2021

# How have you dealt with adversity this year?

Drop your thoughts in the chat



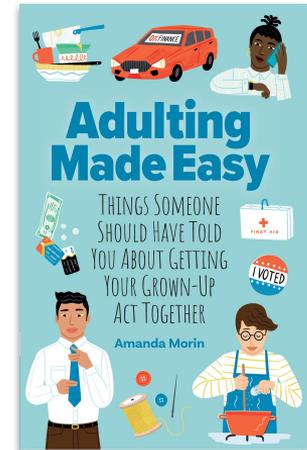
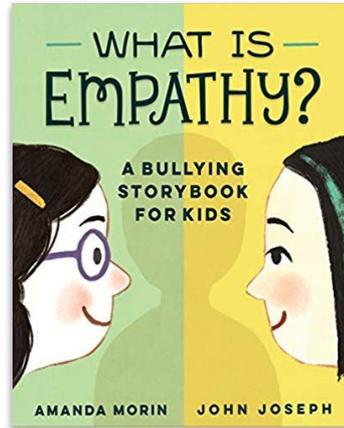


Let's take a minute to breathe with this image.

# Amanda Morin



- Associate Director, Thought Leadership & Expertise, Understood
- Former classroom teacher and early intervention specialist
- Mother of 3, all of whom have faced adversity this year
- Author of several books including



What does the word  
“resilience” mean to  
you?



Drop your thoughts in the chat



Resilience isn't like Silly Putty.

It's not about always being able to “bounce back.”



# What resilience *isn't*

- ✿ A fixed trait
- ✿ Bouncing back
- ✿ Pushing through
- ✿ Ignoring adversity
- ✿ Moving forward



# My resilience has been challenged...

## A Year of Loss Is a Year to Lead

Understood Dec 2, 2020 · 5 min read



By [Amanda Morin](#)

With the coronavirus pandemic, all of us are experiencing loss of some kind. Many people have lost loved ones. Others have lost jobs. Some losses have been larger than others, but the common thread is that we're all feeling a collective sense of loss and lack of control over our lives.

For me, the biggest loss has been my ability to handle “cognitive load” — to move information around quickly and multitask with precision. My thoughts are still moving quickly, but not very productively.

...to the point that I couldn't keep quiet in ways I had before.

“

In reality, resilience is more like a repotted plant, slowly finding what it needs in the soil while growing courageously into something more.

”

*-Dr. Ellen Braaten*

“

It's made me realize that there are losses that leave a hole, and then there are losses that can make you whole. The loss of worrying about being stigmatized is making me whole.

*~Amanda Morin*

”

# What is resilience?

# Dr. Ginsburg's 7 C's of resilience

Competence

Character

Connection

Confidence

Control

Contribution

Coping

# 5 pillars of resilience

1

**Self-awareness**

2

**Mindfulness**

3

**Self-care**

4

**Positive  
relationships**

5

**Purpose**

# What does resilience look like?

# Signs of resilience

**Sees lessons in setbacks**

**Goes back and tries again**

**Asks for help**

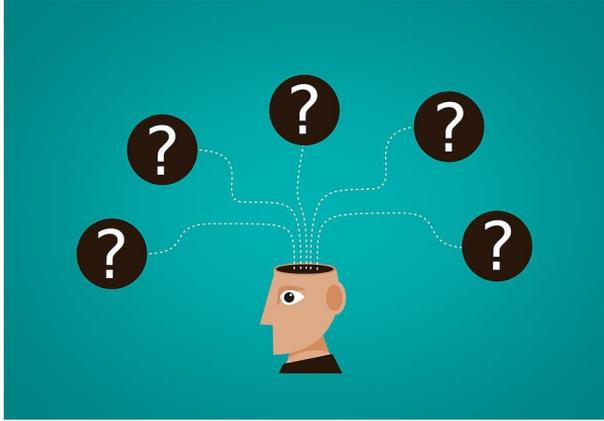
**Believes things will improve**

**Sets goals**

**Recognizes strengths**

# Building and modeling resilience

# How do we help kids build resilience?



- Acknowledge their feelings.
- Talk honestly about strengths.
- Offer support without jumping in right away.
- Talk about lessons learned.
- Encourage them to ask for help.
- Build confidence that things can improve.

# Take the "Three Good Things" challenge

Each day for at least one week, write down three things that went well for you today, and provide an explanation for why they went well.



# Challenge mindsets

**Why I can do this**

Help your child think through how to get from "I can't" to "I can try."

What I think I can't do

Why I think that

What I'm afraid of

Why I should try

How I'll keep these challenges from standing in my way

© 2018 Understood for All, Inc.

## 15 growth mindset questions

What made you think hard today?	How will you challenge yourself today?	What can you learn from this experience or mistake?
What would you do differently next time to make things work better?	What else do you want to learn?	What strategy can you try?
Who can you ask for honest feedback?	Did you work as hard as you could have?	If it was too easy, how can you make it more challenging?
Did you hold yourself to high expectations or did you accept "good enough"?	Did you ask for help if you needed it?	What can you do to manage distractions?
Have you reviewed your work or logic for errors or flaws?	Are you proud of the end result? Why or why not?	What's the next challenge to tackle?

© 2018 Understood for All, Inc.

Understood

# Teach self-regulation skills

Self-regulation is about having ways to calm down in the face of stress and anxiety. It's a skill that develops over time and with practice.

Being able to self-soothe is an important step to being more resilient.

# Starfish breathing



# The 5-4-3-2-1 method

- **5 things you can see**, like a desk or a clock or a water stain on the ceiling. It doesn't matter how large or small.
- **4 things you can feel or touch**, like the pencil you're holding, your shirt, or even the ground under your feet.
- **3 things you can hear**, like the tick of the clock, the buzz of an overhead light, or the sound of your own breathing.
- **2 things you can smell**. You could sniff your hands for a whiff of soap or hand sanitizer.
- **1 thing you can taste**. It's not always easy to find a pleasant taste, but even a sip of water has a taste to it.

## 5-4-3-2-1 mindfulness method

Use this mindfulness method to calm your mind and bring your focus to the present moment.

Take a deep breath.  
Focus on what's around you.  
Think about and name...



5 things you can see



4 things you can feel or touch



3 things you can hear



2 things you can smell



1 thing you can taste

For more self-care ideas for kids, go to [u.org/self-care-kids](https://u.org/self-care-kids)

© 2021 Understood for All, Inc.

 Understood

# Other self-regulation skills for kids

- **Repeat an affirmation.** An affirmation is an empowering statement that you can repeat to yourself in times of stress. It might be “I can only do my best” or “I know I can do this.”
- **Take a walk to get some air.** Moving around can help with self-regulation. Exercise increases blood flow to the brain, which makes it easier to think clearly.
- **Rock (or roll).** If you’re experiencing strong emotions or sensory overload, rocking or swaying can help calm your nervous system.
- **Put emotions into words or art.** Journaling, drawing, or even talking out loud to yourself can help you self-regulate. To help get started, use “draw what you see in your head” as a prompt.

# What self-regulation skills are you using to cope?

Drop your thoughts in the chat



# One more resource: Calming strategies worksheet

Child's name: \_\_\_\_\_ Month/year: \_\_\_\_\_

## Calming strategies worksheet

Find strategies to help your child manage anxiety. Your child may have helpful insights, so look for a calm moment to brainstorm together. You can ask your child's teacher or doctor for ideas, too.

### Your child's temperament

#### Do any of these descriptions sound like your child?

- My child recently started showing signs of anxiety.
- My child started showing signs of anxiety a while ago.
- Separation anxiety was a big issue in preschool.
- Separation anxiety is still an issue with my child.
- My child is anxious in social situations.
- My child has one or more relatives who show signs of anxiety: \_\_\_\_\_

Other: \_\_\_\_\_

### Tips

- It's a good idea to look for help early, especially if kids start showing signs of anxiety at a young age.
- Sudden changes in personality can be a sign that something specific is causing the anxiety.
- Anxiety can run in families. That's why it helps to think about family history.

### Calming strategies for your child

#### What helps ease your child's anxiety?

- |                                      | Yes                      | No                       | Not sure                 |
|--------------------------------------|--------------------------|--------------------------|--------------------------|
| Quiet time alone                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Quiet time with a trusted adult      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hearing the voice of a trusted adult | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Being hugged or held                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| More time to prepare                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Less time to prepare                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Other: \_\_\_\_\_

### Tips

- Different kids need different strategies. For example, having more time to prepare makes some kids feel less anxious. With others, it helps to wait to tell them about an upcoming event.
- During a calm moment, ask your child which strategies make things better or worse.

### Calming strategies for yourself

#### What helps you stay cool during heated moments?

- |                    | Yes                      | No                       | Not sure                 |
|--------------------|--------------------------|--------------------------|--------------------------|
| Leaving the room   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Counting to 10     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Exercising         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Getting more sleep | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Other: \_\_\_\_\_

### Tips

- Many caregivers don't realize their behavior may fuel their child's anxiety.
- "Stay calm" is easy to say but hard to do.
- Taking notes can help you see which strategies help you keep you cool.

# Questions (and answers)

# About Understood

Understood is the only lifelong guide for people who learn and think differently. Every year, it helps individuals discover their potential, find community, and stay on a positive path through each stage of life's journey. One in five Americans have learning and thinking differences, such as ADHD and dyslexia.

Understood believes that when others embrace their differences, everyone thrives. By shaping our economy, our classrooms, and our communities for differences, all of our lives are strengthened. And everyone can — and will — be Understood.

For more information please visit [understood.org](https://www.understood.org) and follow us on social.