



EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

THE RESILIENCE FACTOR

Psychologists differ in what resilience really is, but in general (American Psychological Association) agrees that it is a process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress, such as family and relationship problems, serious health problems or workplace and financial stressors. For adults resilience is made up of 5 pillars: 1) self-awareness, 2) mindfulness, 3) self-care, 4) purpose, and 5) positive relationships. (The latter is one that is most applicable for early childhood.)

The APA offers 10 ways to build resilience:
(this list more applicable for adults.)

- 1) *Make connections.*
- 2) *Avoid seeing crisis as insurmountable problems.*
- 3) *Accept that change is part of living.*
- 4) *Move towards goals.*
- 5) *Take decisive actions.*
- 6) *Look for opportunity for self-discovery.*
- 7) *Nurture a positive view of yourself.*
- 8) *Keep things in perspective.*
- 9) *Maintain a hopeful outlook.*
- 10) *Take care of yourself.*

(The last one may be the harder for caregivers. We need to be as kind to ourselves as we are to others. If we only give and give, and don't engage in other activities we enjoy, we do wear out.)

An APA report "The Road to Resilience" says that resilience is not a trait that people either have or do not have. It involved behaviors, thoughts and actions that can be learned and developed in anyone." Anyone? YES, even children! You may ask, 'but how?'

Basically, children learn about resilience through three ways: 1) modeling, 2) observation, and 3) connections. The last may be the most important because it involves attachment. The single most common factor for children who develop resilience is at least ONE stable, committed relationship with a parent, caregiver, or other adult. And here's some more "HOW TOs":

- 1) **Connections:** Teach your child friendship skills, including empathy.
- 2) **Laugh** in the face of adversity. Teach your child how to focus on something other than what's worrying him/her.
- 3) **Teach** your child self-care; maintain a daily routine. Be a good example in regards to eating, sleeping, rest and having fun.
- 4) **Nurture** a positive self-view and keep things in perspective. Help your child learn to trust themselves to solve problems and make good decisions.
- 5) **Look for opportunities** for self-discovery; accept that change is part of life. Help your child take a look at how he/she is feeling during those tough time and how this feeling can teach him/her something new.

References:

www.CenterforResilientChildren.org
<https://www.apa.org>
www.ReachingInReachingOut.com

Quote of the Week

A river cuts through rock, not because of its power but because of its persistence.

(Source Unknown)

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Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



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