

The Resilient Mindset

Building Strength in Adversity

Presented by Backpack Healthcare

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Overview

In this session, we will dive into the concept of resilience and its significance in navigating life's challenges.

We'll explore how resilience benefits parents and partners, providing tools to manage stress, maintain healthy communication, and model resilience for your loved ones.

Objectives

- Understand the concept of resilience & why it matters
- Learn how resilience benefits parents & partners
- Practice strategies for cultivating resilience & shifting your mindset
- Explore types of support for building resilience in your community

Reflect...

Think of a time when you faced a significant **challenge**

★ How did you deal with the challenge?

- Typical Events & Transitions
- Unexpected Events
- Individual /Personal Factors
- Social & Interpersonal
- Community & Environmental Factors

What is Resilience?

Ability to adapt & bounce back from adversity, trauma, tragedy, or significant sources of stress



Mentally, emotionally,
& behaviorally flexible

Being able to
handle both internal
& external
challenges
effectively



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Why Resilience Matters

For parents & partners



Managing Stress & Emotions Effectively

Handle stress-healthy ways
Prevent negative impact on well-being.

Overcoming Obstacles with a Positive Mindset

Opportunities for growth rather than insurmountable barriers.

Healthy Relationships

Express needs & concerns
Resolve conflicts.

Modeling Resilient Behavior

Teach valuable life skills
Supportive & nurturing family environment.



Cultivating Resilience

The 7 C's
Challenges & Opportunities
Mindset Shift



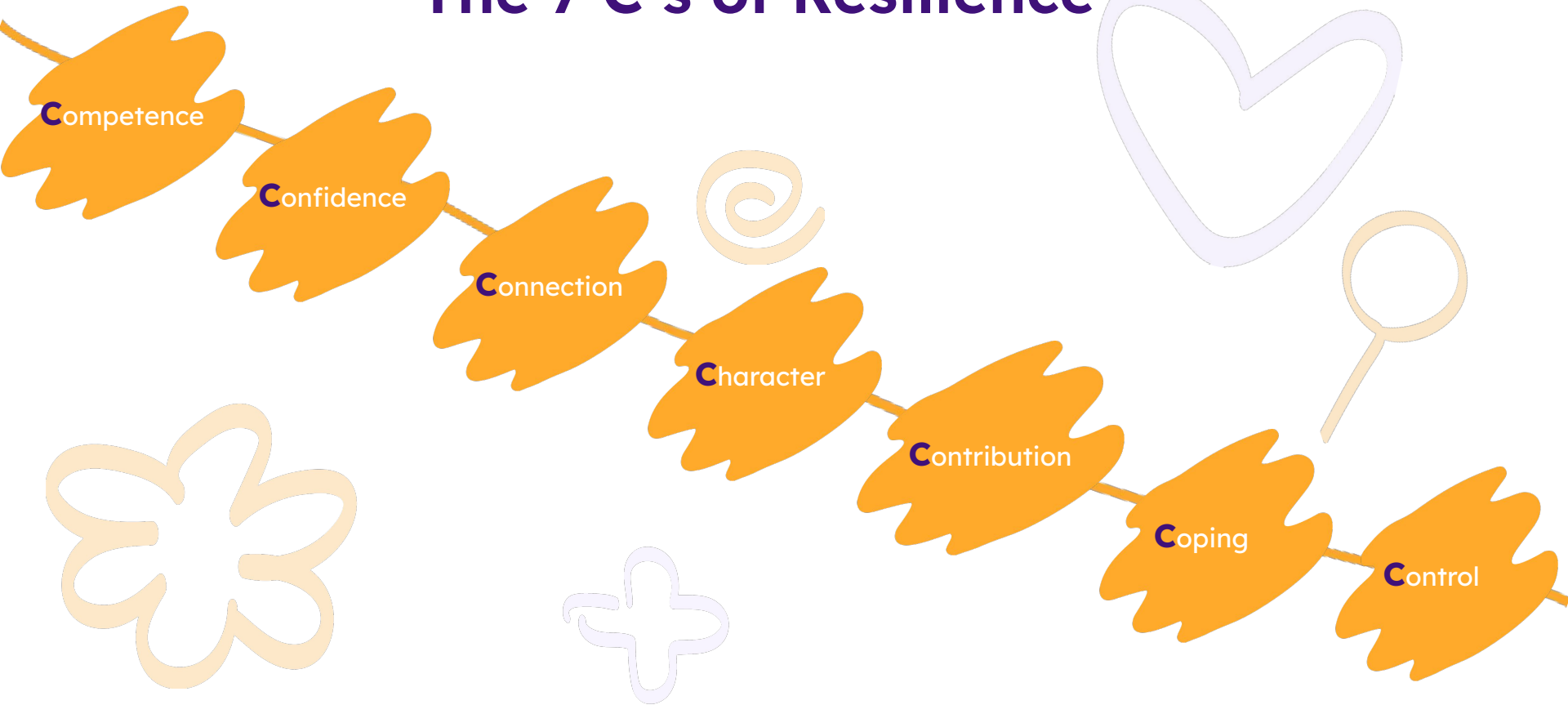
Cultivating Resilience



Practice Self Care	Physical Health, Mindfulness
Build Support Network	Prioritize Relationships, Join a Group
Find Purpose	Help Others, Be Proactive, SMART Goals
Embrace Healthy Thoughts	Challenge Irrational Thinking, Accept Change, Visualization, Focus on Strengths



The 7 C's of Resilience



Challenges

- Fear of Failure
- Negative Self-Talk
- Lack of Support
- Difficulty Adapting
- Overwhelm

Opportunities

- Self-Compassion
- Seeking Support
- Learning from Setbacks
- Building Resilience Skills
- **Mindset Shift**

Mindset Shift

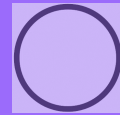
Success

Proving you're smart or talented



Stretching to learn something new

Failure



I'm not growing to my full potential

I'm not talented or good enough



Mindset Shift

Challenge



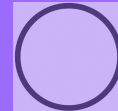
Opportunities for
Growth

Paralyzing Event



Bad Situation

Permanent,
Universal, Personal
Causes



Temporary, Specific,
External Causes

Mindset Shift

Interest & Motivation

Only when I have good results

When I challenge myself & grow



I feel good when...

When I try hard

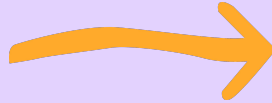
When I don't make mistakes

Fixed VS. Resilient

“I’m not good enough to meet my child’s needs; I’m always falling short.”



“My partner and I always argue; our relationship is doomed to fail.”



“Parenting comes with ups and downs, but I’m dedicated to providing love and support to my child, even in the face of challenges.”

“Conflict is a natural part of any relationship but I am committed to communication and growth. We can overcome challenges together and strengthen our bond.”



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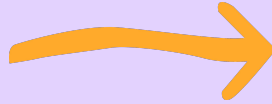


Fixed VS. Resilient

“You’re just not good at math, like me.”



“I’ll never make any friends in this new school. Everyone already has their own friends.”



“Math can be challenging, but with practice and effort, you can improve.”

“Starting at a new school can be intimidating, but it’s an opportunity to meet new people. Let’s brainstorm some ways to connect with classmates and make new friends.”



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Practice



Case Study

David, a 40-year-old father of three, recently went through a divorce, leaving him to care for his children, Emma (age 10), Noah (age 8), and Sophia (age 6), on his own. The family's transition has been challenging, with David adjusting to his new role as a single parent while also managing the emotional needs of his children.

Emma has been struggling with feelings of sadness and anger since the divorce, often lashing out at her siblings and having difficulty concentrating in school. Noah has become more withdrawn, spending most of his time alone in his room, while Sophia acts out with disruptive behavior, seeking attention from her father.

Building Community Resilience: Types of Support



Informational



Emotional

Spiritual



Instrumental



Conclusion

Start Cultivating
Resilience today:

Share one action
you will take to
build resilience

“I have not failed.
I just found 10,000 ways
that won't work”

-Thomas Edison

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Q & A

Resources

[Resilience Resource Center](#)

[Everyday Health
Assessment: Get Your
Resilience Score!!!](#)

Web:

[American Psychological Association \(APA\)](#)

[Building a Resilient Mindset](#)

[Building Resilience in Children](#)

[Center for the Study of Social Policy](#)

[Exchange Family Center](#)

[What Is Resilience? Your Guide to Facing Life's
Challenges, Adversities, and Crises](#)

Book:

Reaching Teens: Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition
Editor: Kenneth R. Ginsburg, MD, MS Ed, FAAP, FSAHM;
Associate editor: Zachary Brett Ramirez McClain, MD

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Thank
you!