

# BUILDING RESILIENCE

## Post Pandemic:



### 7 C's of Resilience

- 1 **C**ompetence
- 2 **C**onfidence
- 3 **C**onnection
- 4 **C**haracter
- 5 **C**ontribution
- 6 **C**oping
- 7 **C**ontrol

Resilience is the capacity to face, overcome, be strengthened and transformed by adversity. Never before, have parents needed the skills, the knowledge and the strategies to build resilience in their children as much as they do now.

Unfortunately, the mental health of young people has been significantly impacted by the pandemic. The prevalence of symptoms of anxiety and depression has risen dramatically amongst young people and remains higher than pre-pandemic levels.

If there is a panacea to the adversity caused by the pandemic, then it is the building of resilience. In this current environment, young people need support, understanding, empathy and encouragement from caring adults. Teaching them the skills to build resilience will enable young people to thrive and develop healthy coping strategies. There are 7 integral and interrelated components that make up being resilient. These are explained in more depth in this resource and includes suggested strategies on how parents and carers can best facilitate them.

# 1

## BUILDING RESILIENCE POST PANDEMIC:

# Competence

Competence is the ability or know how to handle situations effectively. It's not a vague feeling or hunch that "I can do this." Competence is acquired through actual experience. Young people can't become competent without first developing a set of skills that allows them to trust their judgement, make responsible choices and face difficult situations.

## HOW CAN ADULT CARERS HELP



**Encourage children to focus and build on their strengths.**



**Avoid trying to protect them from every stumble.**



**Give them the opportunity to make safe mistakes.**

## QUESTIONS FOR CONSIDERATION

- Do you notice what your child does well or do you focus on their mistakes?
- Do you help your child recognise what they have going for themselves?
- When you need to point out a mistake, are you clear and focused, or do you communicate that they always mess up?
- Are you helping your child build the educational, social and stress reduction skills necessary to enable them to be competent?
- Do you communicate in a way that empowers your child to make their own decisions, or do you undermine them by providing information in ways they can't quite grasp?
- Do you let your child make safe mistakes or do you try to protect them from every stumble?

# 2

## BUILDING RESILIENCE POST PANDEMIC:

# Confidence

Confidence is having a solid belief in your own abilities. It helps kids try new things and cope with challenges to make sound choices. It is not warm and fuzzy self-esteem that comes from telling kids they're special or precious. Young people develop competence if they know they are safe and protected enabling them to face and cope with challenges.

## HOW CAN ADULT CARERS HELP



**Encourage the development of personal qualities.**



**Don't focus only on past achievements, help them strive for new goals.**



**Praise young people with honest belief so that your feedback has an impact.**

## QUESTIONS FOR CONSIDERATION

- Do you express that you expect their best qualities, and not achievements, to shine through?
- Do you help your child recognise that what they have done is right or has been done well?
- Do you treat your child as being incapable or as a young person who is learning to navigate their place in the world?
- Do you praise them honestly or do you give diffused praise so that it doesn't seem authentic?
- Do you encourage your child to strive a bit more because you believe they can succeed?
- Do you unintentionally push your child to take on more than they can realistically handle, causing them to stumble and lose confidence?
- Do you avoid instilling shame in your child?

# 3

## BUILDING RESILIENCE POST PANDEMIC:

# Connection

Connection provides young people with an emotional safety net, where they feel safe, valued and listened to, in other words, unconditionally loved. Empathising with kids' positive and negative emotions helps them feel known, understood and adored. Connection to civic, educational, religious, and athletic groups can also increase a young person's sense of belonging to a wider world.

## HOW CAN ADULT CARERS HELP



**Allow children to express all their emotions - good and bad.**



**Encourage them to develop relationships with other people.**



**Persuade them to resolve problems rather than let them fester.**

## QUESTIONS FOR CONSIDERATION

- Do you understand that your child's challenges on their path towards independence are normal developmental phases and you should not take them so personally?
- Do you allow your child to have and express all types of emotions, or do you suppress any unpleasant or difficult feelings?
- Do you address conflict within your family to resolve problems rather than let them fester?
- Do you encourage your child to take pride in the various ethnic, religious or cultural groups to which your family belongs?
- Do you jealously guard your child from developing close relationships with others, or do you foster healthy relationships that you know will reinforce your positive messages?

# 4

## BUILDING RESILIENCE POST PANDEMIC:

# Character

Character is a young person's fundamental sense of right and wrong, their moral compass, which ensures their commitment to integrity. It helps prepare them to contribute to the world and become stable adults. Children with character enjoy a strong sense of self-worth and confidence. They are more comfortable sticking to their own values and demonstrating a caring attitude toward others.

## HOW CAN ADULT CARERS HELP



**Encourage children to consider how their behaviours affect others.**



**Help them look beyond immediate satisfaction or selfish desires.**



**Model your own values as actions speak louder than words.**

## QUESTIONS FOR CONSIDERATION

- Do you help your child recognise themselves as a caring person?
- Do you allow your child to clarify their own values?
- Do you value your child by modelling the importance of caring for others?
- Do you demonstrate the importance of community?
- Do you help your child develop a sense of spirituality?
- Are you careful to avoid racist, ethnic or hateful statements or stereotypes?
- Do you express how you think of others' needs when you make decisions or take actions?

# 5

## BUILDING RESILIENCE POST PANDEMIC:

# Contribution

Contribution enables young people to have a sense of purpose and believe that the world is a better place because they're in it. Contribution drives commitment and responsibility and motivates kids to take action to improve the world. Young people who contribute to their communities will be surrounded by reinforcing thank you's instead of the low expectations and condemnation.

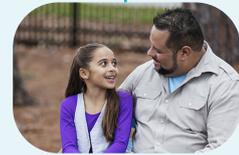
## HOW CAN ADULT CARERS HELP



**Create opportunities for children to contribute in specific ways.**



**Teach the importance of serving others with your time, energy and resources.**



**Have an age appropriate discussion about how people benefit from our generosity.**

## QUESTIONS FOR CONSIDERATION

- Do you communicate to your child that many people in the world do not have as much human contact, money, freedom and security as they need?
- Do you teach the important value of serving others?
- Do you model generosity with your time and money?
- Do you make clear to your child that you believe they can improve the world?
- Do you create opportunities for your child to contribute in some specific way?
- Do you seek out other adults who contribute to their communities, who might serve as role models to your child?

# 6

## BUILDING RESILIENCE POST PANDEMIC:

# Coping

Learning to cope with stress effectively helps young people be better prepared to overcome life's challenge. Knowing how to distinguish between a crisis and a relatively minor setback can help avoid unnecessary anxiety. The best protection against unsafe, worrisome behaviours may be a wide repertoire of positive and adaptive coping strategies.

## HOW CAN ADULT CARERS HELP



**Help kids develop skills in positive and adaptive coping mechanisms.**



**Reinforce the importance of caring for their body with exercise, nutrition and sleep.**



**Encourage them to practice relaxation techniques or mindfulness meditation.**

## QUESTIONS FOR CONSIDERATION

- Do you help your child understand the difference between a real crisis and something that just feels like one in the moment?
- Do you model positive coping strategies on a consistent basis?
- Does your child engage in enough imaginative play to serve as a means for problem-solving?
- Do you recognise that many young people engage in risky behaviors as an attempt to alleviate stress and pain?
- Do you encourage creative expression?
- Do you create an environment where talking, listening and sharing is safe and productive?

# 7

## BUILDING RESILIENCE POST PANDEMIC:

# Control

As young people learn about control they soon see how their decisions, choices and actions affect their lives. They quickly start to understand what it takes to bounce back from a challenging situation. Children who lack a sense of control can sometimes become passive, pessimistic or depressed. They view control as external, but a resilient young person knows they have internal control.

## HOW CAN ADULT CARERS HELP



**Enable kids to make their own decisions for increased responsibility and freedom.**



**Encourage kids to acknowledge even their small successes.**



**Remember that discipline means to teach and not to punish or control.**

## QUESTIONS FOR CONSIDERATION

- Do you help your child understand that life's events are not purely random and most things happen as a direct result of someone's actions and choices?
- Do you help your child think about the future, but take it one step at a time?
- Do you help your child understand that no one can control all circumstances, but everyone can shift the odds by choosing positive or protective behaviours?
- Do you help your child understand they aren't responsible for many of the bad circumstances in life such as a separation or divorce?
- Do you reward demonstrated responsibility with increased privileges?