

# Building Resilience

Helping our Kids Thrive through The High School Years and Beyond

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# Today's Discussion:

1. What is Stress?
2. Teens and Stress
3. Resilience
4. Strategies for Building Resilience to Cope with Stress
5. The 7 C's
6. Transition to Post Secondary: Tips
7. Signs that Stress is Becoming a Problem
8. What to consider When you Become Concerned
9. What Can We do?
10. Pathways to Care: Where to Get Support
11. Mental Health is part of Health
12. Schools are In a Unique Position
13. Our own Self Care and Personal Resilience

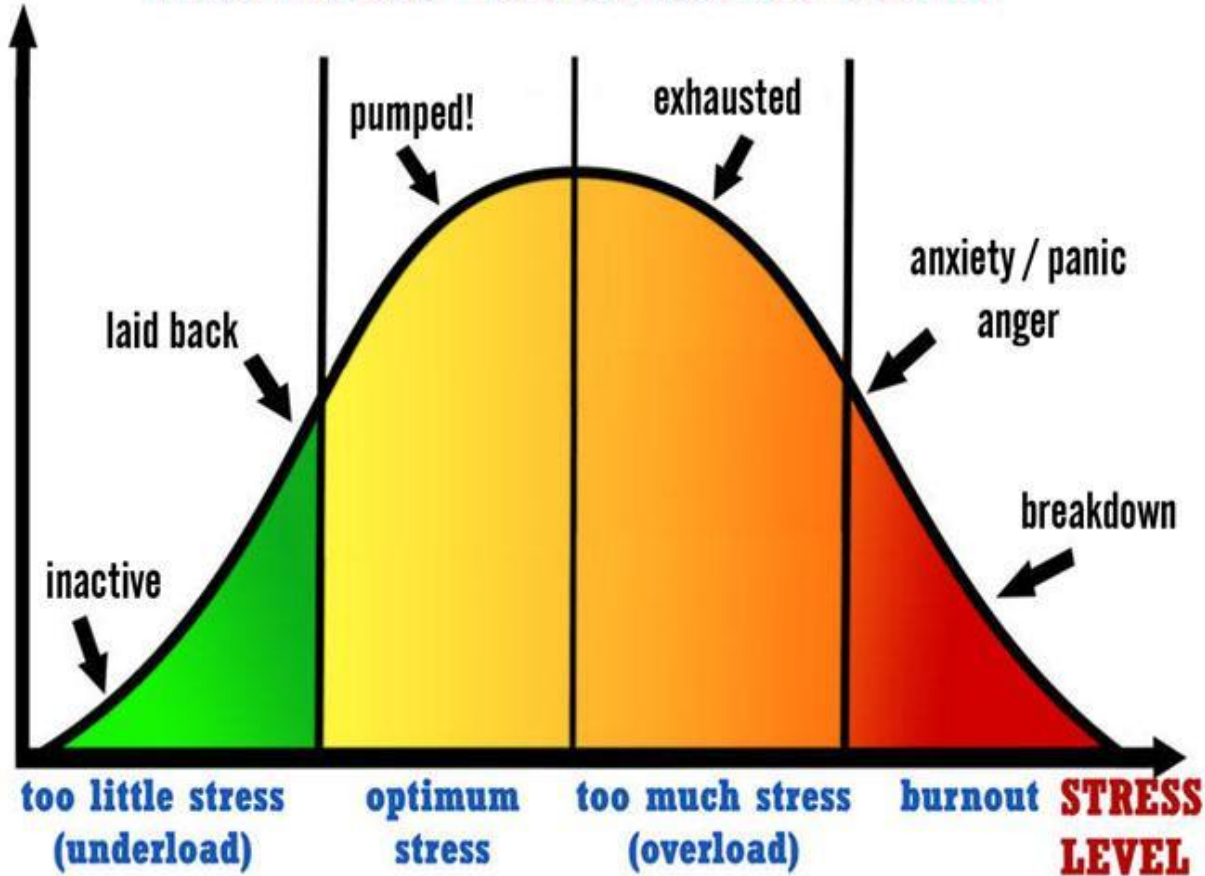


# What is Stress?

- An automatic reaction that happens in your body when there is a perceived threat:
  - Release of adrenaline
  - Sharpens the senses, focuses attention
  - Quickens breathing, dilates blood vessels, increases heart rate
  - Fight or flight response
- Stress is a normal everyday occurrence
- Certain amount helps us feel alert, energized, interested in life
- Can be helpful in certain situations



# The Stress Performance Curve



# Teens and Stress

- Brain Development and Sensitivity to Stress
- School and homework
- Relationships and Conflict
- Money
- Life Situations
- Social Media
- Life after High school



# Resilience: What is it? Why does it matter?

The ability to use our **strengths** and **skills** to **cope** and **recover** from problems or **challenges**, and the strength to turn the stresses of life into **opportunities**.



# Dr. Bruce Ferguson on Resilience



**“Children and youth run on hopes and dreams like cars run on gasoline”  
- Dr. Bruce Ferguson**



# Strategies For Building Resilience to Cope with Stress

- Build a Strong Emotional Connection
- Promote Healthy Risk-Taking
- Resist the Urge to Fix It and Ask Questions Instead
- Teach Problem-Solving Skills
- Label Emotions
- Demonstrate Coping Skills
- Embrace Mistakes—Theirs and Yours
- Promote the Bright Side—Every Experience Has One
- Model Resiliency
- Go Outside





# Essential Building Blocks of Resilience

- C** ompetence
- C** onfidence
- C** onnection
- C** haracter
- C** ontribution
- C** oping
- C** ontrol

What we do to model healthy resilience strategies for our children is more important than anything we say about them.

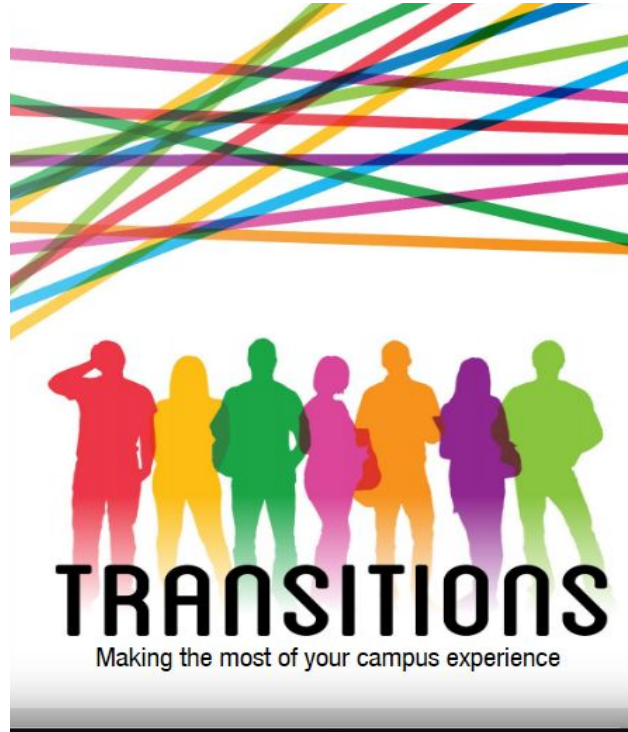


Young people live up or down to expectations we set for them. **They need adults who believe in them unconditionally and hold them to the high expectations of being compassionate, generous, and creative.**



# Transition to Post Secondary : Tips for Your Child

<http://teenmentalhealth.org/transitions/>



# Transition to Post Secondary: Tips for Parents

Think about your parting words

Open Communication and Be their Secure Home Base

Your lives will change

Expect Separation and Expect Mistakes

Don't expect the same grades

Be patient

Let your child handle problems on their own **unless** ...



# Signs that Stress is Becoming a Problem

- Increased irritability, sadness, anxiety or panic
- Trouble falling asleep
- Undereating or overeating
- A pattern of overreacting to minor problems
- An increase in nervous habits like nail biting or hair twisting
- Social withdrawal or difficulty getting along with others
- Concentration or motivation problems



# When Is it a Problem?

## Ask:

How often?

How Long Does it Last?

How Intense is it?

How does it Affect daily functioning?

## Think:

Frequency

Duration

Intensity

Impact



# What Can We do When We Notice a Potential Problem?

Recognize (Typical versus Unusual)

Label (notice, hear/listen and sense)

Validate

What Can I do To help?





# Pathways to Care: Where to Get Support

Teacher

Guidance Counsellor

Administration

Community Supports

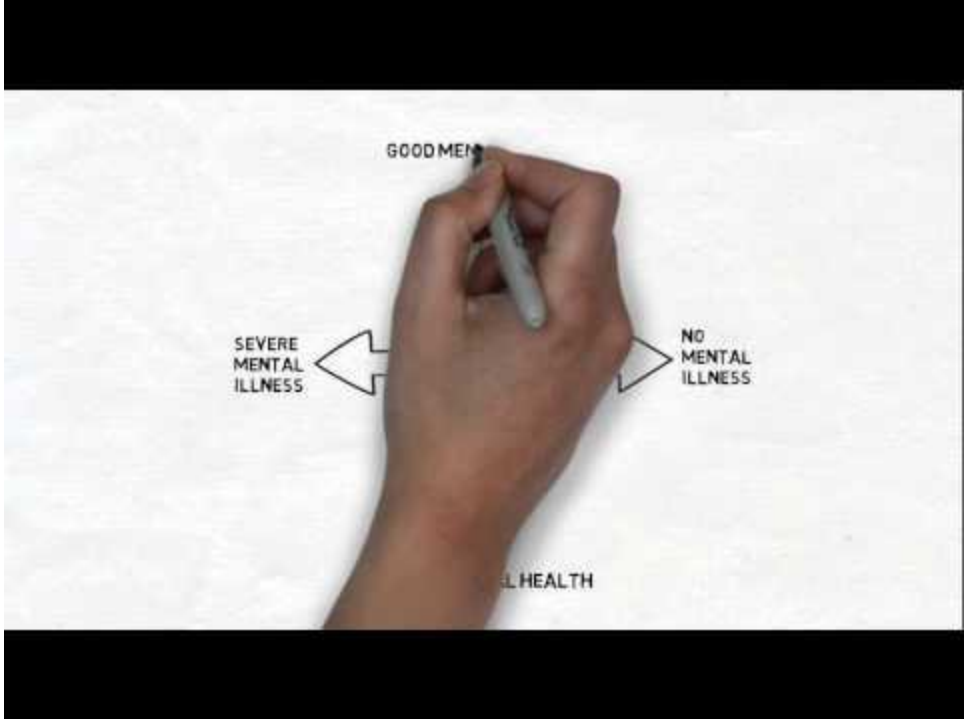
Informal Support

Doctor





# Mental Health is part of Health



# Schools Have A Unique Opportunity

## Schools are an optimal setting to:

- Reduce stigma
- Promote positive mental health and well-being
- Build student social-emotional learning skills
- Prevent mental health problems in high risk groups
- Identify students in need
- Build pathways to care



# Sometimes it Takes more than One Try:



# Personal Resiliency: The Basics of Self-Care

- Eat
- Sleep
- Drink Water
- Move
- Connect
- Pause
- Acknowledge
- Reflect
- Repeat



# Helpful Apps! Let's Pause Together!





תודה  
 Dankie Gracias  
 Спасибо شكراً  
 Köszönjük Merci Takk  
 Grazie Dziękujemy Terima kasih  
 Ďakujeme Vielen Dank Paldies  
 Kiitos Täname teid 谢谢  
**Thank You** Tak  
 感謝您 Teşekkür Ederiz  
 Σας Ευχαριστούμ 감사합니다  
 Bedankt ඔබට  
 Děkujeme vám  
 ありがとうございます  
 Tack

