



## *Tips for parents: Building Family Resilience*

Resilience is your ability to “bounce back,” or adapt in the face of hard times, trauma, or stress. It is a set of behaviors, thoughts, and actions that can be strengthened when practiced repeatedly.

### **Some ways to build resilience at home:**

**Be kind and gentle with yourself.** With so much to juggle, it is important to step back and practice self-compassion and adjust your expectations as things change.

**Practice becoming more comfortable in saying “I don’t know.”** Understand that your child may be experiencing feelings around loss of control during the current pandemic and asking questions is one way to gain understanding. Expressing calm compassion around things we cannot control or may not fully understand can help your child feel heard and less alone.

**Listen for and get curious about your family’s feelings.** Some feelings, like sadness, can sound like boredom or frustration. Acknowledging, naming, and understanding feelings is important.

**Encourage self-care for both yourself and your family.** This can be anything from a five-minute break to drink your coffee in the morning to a weekly family movie night.

**Remember** - Your family will experience stress differently from other families because everyone has their own unique reality and circumstances. It is always OK to ask for help.

Source: MHTTC - Fostering Resilience in Families during Uncertain Times



## *Practicing gratitude has positive effects on your mind, body, and relationships.*

This month, consider starting the tradition of creating a “thankful tree” with your family. Be creative and brainstorm together to craft a tree that is as unique as you are!



Visit <https://rhythmsofplay.com/top-10-thankful-trees/> for examples of how to start your own!

## *Need to de-stress? Check out this free opportunity to practice self-care.*

Headspace is currently offering a free collection of meditation, sleep, and movement exercises for both kids and adults to combat stress.

To access the collection, visit:  
<https://www.headspace.com/NY>  
through your web browser (not the Headspace app). Once you are on the page, simply scroll down until you see a list of their free content, no trial membership required!

