

# Resiliency in today's COVID World!



CYS will be introducing a series of short lessons on resilience.

***Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.***

These lessons are often taught to ages 13-18. But with the new norm of the COVID world we want to share this resource with everyone. This weekly series will help you and your family be more resilient not only in the coming months but over all. In this weeks lesson we will be focusing on Hunt the Good Stuff, Action, Thought and Consequences and finally Energy Management.

## Resilience Facts

Resilient people know when and how to express emotion

Asking for help is a resilient strategy

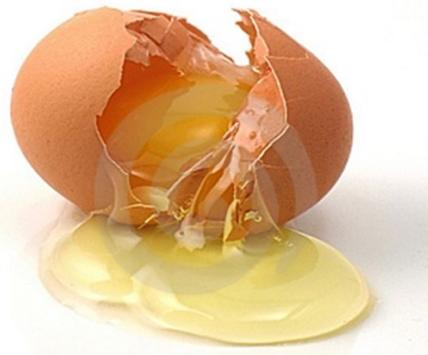
Resilience can be messy

Everyone can develop resilience

**You**



**Not You**





Optimism is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable.

**OPTIMISM allows us to be HAPPIER, HEALTHIER, HAVE STRONG RELATIONSHIPS, PERFORM BETTER AND BE MORE SUCCESSFUL**

### **LESSION ONE: HUNT THE GOOD STUFF!!**

Grab an old composition book or a journaling book. This activity you want to do daily! For now start off with ONE good thing that happen to you that day then ask yourself these 3 questions.

- Why this good thing happened
- What this good thing means to you
- How this good thing makes you feel

Eventually you want to write 3 (or even more) a day. This activity helps build optimism and it helps promote self care in not only the children, but adults too! It's also an great family conversation piece at meal time.

**Example:** Today I got to eat sushi with my friend at Genki!

#### **Why is this a good thing?**

Because I wasn't able to eat sushi for months and I really like eating there.

#### **What this good thing means to me?**

It was good to get out of the house and eat something different. Genki is one of my favorite places to eat.

#### **How this good thing makes me feel?**

It was great to see my friend face to face! We chatted a lot and got to share one of our favorite meals.

Self Awareness is the conscious knowledge of one's own character, feelings, motives, and desires.

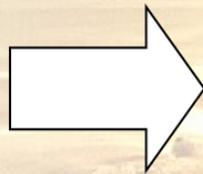
## **LESSON 2 Action, Thought, Consequences (ATC):**

In ATC people in most cases react based on a *HEAT OF THE MOMENT* feeling. Reflecting on how you think, feel and act in a situation can lead to unhealthy emotions towards someone or something. The activating event is the trigger, your thoughts are your reactions to the event. It is often uncensored and it flows into the emotional reaction of the situation. To be resilient you want to reflect on the event and come up with a possible solution to create a better outcome of it.

### **Activating Event**

The trigger:  
positive, negative,  
big or small

**Something that  
happened to you**



### **Thoughts**

Your interpretations of  
the Activating Event;  
what you say to yourself  
in the heat of the  
moment

**Uncensored**

**THOUGHTS  
DRIVE  
CONSEQUENCES**



### **Consequences: ER**

**E:** Emotions **What you feel**

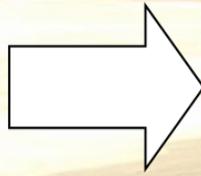
**R:** Reactions **What you do**



# ATC SAMPLE



**My cousin got to go to the beach with her friends but I wasn't allowed to go.**



**Why does she get to do what ever she wants and I cant! I hate that we have to stay at home because mom said if we get sick Papa will too! Its so NOT FAIR!!!!**

**E: Angry/ Upset/ feeling like what I want doesn't matter!**

**R: Don't talk to mom and stay in my room**

**Reflection:** Instead of being angry and upset with her Mom. She should ask why does she make us stay home? Then see it from her mom's prospective. COVID-19 has many people being cautious. And Mom just wants us to be safe. Maybe we can do some fun things at home with Papa, instead of putting myself and others at risk.

**Solution:** Mom bought an inflatable pool and water guns. Papa was able to sit on the patio and interact with the kids. The day was SAVED!



Self-regulation can be defined in various ways. In the most basic sense, it involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals.

More specifically, emotional self-regulation refers to the ability to manage disruptive emotions and impulses.

### **LESSON 3: ENERGY MANAGEMENT**

There are many stressors in life. Some are BIG and some are little. Even if you can't control the things that stress you out, you can control how you think about them, which can manage your energy and control your thoughts. ***Deliberate breathing*** can help manage stress on 3 fundamental reactions to the body, mind and emotions.

#### 1. Control your ***body***

Use a 5-5 count of deep breathing. 5 seconds in, 5 seconds out. Do this 5 times, this will calm your body.

#### 2. Control your ***mind***

Pick a target and cue word to focus on. This will calm your mind.

#### 3. Control your ***emotions***

Choose how you want to feel. Happy, excited, calm, or even playful. This will control your emotions.

*Side note: Pinwheels helps with all 3 fundamentals.*



This concludes this weeks resiliency training resource. In these lessons we shared with you 3 of the 6 core competencies of resiliency.

### **LESSION ONE: HUNT THE GOOD STUFF!!**

**Optimism** is a mental attitude reflecting a belief or hope that the outcome of some specific endeavor, or outcomes in general, will be positive, favorable, and desirable. Optimism allows us to be happier, healthier, have strong relationships, preform better and be more successful.

### **LESSON 2 ATC:**

**Self-Awareness** is the conscious knowledge of one's own character, feelings, motives, and desires.

### **LESSON 3: ENERGY MANAGEMENT**

**Self-Regulation** can be defined in various ways. In the most basic sense, it involves controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals. More specifically, emotional self-regulation refers to the ability to manage disruptive emotions and impulses.

As the month progresses you will learn more about being of healthy mind, body and soul of a more resilient you!

