

## **Resilience: Bouncing Back from Disappointment**

### **Statement for Parents about SEL during this time:**

Is resilience determined by nature or nurture? The answer is both. Some people are born with the ability to bounce back in tough times while others may not be. But the good news is resilience can also be taught and strengthened over time. Our current situations are definitely testing everyone's resilience.

Throughout this time our children will face minor disappointments as well as major disappointments. The approach you will take as a parent for helping your student through these times will be a bit different.

Your child's level of personal resilience will determine their ability to bounce back when facing disappointment. Disappointment is defined as unhappiness from the failure of something hoped for or expected to happen. This can happen for both minor life events as well as major life events. Tips on how to work through minor disappointments are listed below, however, it is important to realize that with major disappointments your child will more than likely grieve the loss of that experience and so might you as a parent.

Grief is defined as keen mental suffering or distress over affliction or loss; painful regret. The phrase "come to grief" means to suffer disappointment. Grieving is a process that is often described as a wave of emotions. Grief can come and go causing our emotions to feel "all over the place" at times. The way a parent supports their children through major disappointments depends on where their children are in the grief cycle.

### **Integrating the theme into the Home:**

#### **Bouncing back from *minor* disappointments**

##### **Take 5**

- o Take a few deep breaths and think about how you want your day to go.
- o The day might not be how you planned it, but how do you make the best of it?

##### **Has this ever happened before?**

- o Think back on a time when you have been disappointed in the past. How did you work through that?
- o What helped? What didn't?
- o Make a list of coping skills.

##### **Look for the bright side**

- o Optimism and resilience go together. Every situation has a bright side. We just have to look for it.

### **Get Outside**

- o A change of scenery can help give us a new perspective.
- o Being active also helps us regulate our emotions. When we are calm we see things more optimistically.

### **What can I control?**

- o Make a list of things your child can control and what they cannot.
  - § If it is not something your child cannot control it doesn't benefit them to stay mad.
  - § How can they move towards acceptance?
  - § "If you don't like something, change it. If you can't change it, change your attitude." – Maya Angelou

### **What is the next thing I can do?**

- o It may not be their original plan, but there is always a way to move forward.

### **Bouncing back from *major* disappointments**

#### **Psychological Distancing**

- o Have your child practice psychological distancing where they help a friend who is going through the same thing they are going through.
- o This provides two benefits:

Humans are most happy when they are helping others. Helping a friend work through a tough situation is a great way to bring not just help to others, but happiness to ourselves.

It helps us to externalize the problem. Most people are able to give advice to others they wouldn't be able to come up with for themselves.

#### **Resist the urge to "fix it"**

- o Resist the urge to "fix" your child's disappointment or grief. Everything in us as parents causes us to want to make things better for our child. If we do this by buying them something new or making big promises to take their mind off their disappointment/grief we could be causing a bigger issue. If our child doesn't change their mood right away they

may seem as if they are ungrateful for our gesture, but in reality they are still in their cycle of grief. In order to fully accept a situation each person must move through their own grief cycle.

### **Change your story**

- o I may not be able to \_\_\_\_\_, but I can \_\_\_\_\_.
- o Learning this skill at a young age will prove helpful as we get older and life throws curveballs our way.

### **What can I control?**

- o Make a list of things your child can control and what they cannot control.
  - § If it is not something your child can control it doesn't benefit them to stay mad.
  - § How can they move towards acceptance?
    - Major disappointments will take longer to reach acceptance than minor, but support and encourage your child to keep moving forward.
  - § "If you don't like something, change it. If you can't change it, change your attitude." – Maya Angelou

### **What is the next thing I can do?**

- o It may not be their original plan, but there is always a way to move forward.

### **Gratitude on cue**

- o Pick something in your day to be your alarm (cue) to think of what you are grateful for.
  - § Ex: washing your hands or turning off a light
- o Each time you do this activity think of at least one thing you are grateful for.

### **Gratitude ramble**

- o When anger, disappointment or sadness begin to surface, acknowledge the feelings and begin to think of all the things you have to be grateful for in the moment.
- o Say something like "this situation stinks, but I am grateful for \_\_\_\_\_."

### **Resources (Please note what grade level or grade specific - books, articles, videos etc.)**

(PK-4<sup>th</sup>) [A Perfectly Messed Up Story by Patrick McDonnell \(Read Aloud\)](#)

(PK-4<sup>th</sup>) [Grumpy Monkey by Suzanne Lang \(Read Aloud\)](#)

(PK-4<sup>th</sup>) [THE THING THAT LOU COULDN'T DO Read Aloud Book for Kids](#)

(PK-4<sup>th</sup>) [AFTER THE FALL \(How Humpty Dumpty Got Back Up Again\) by Dan Santat - Children's Books Read Aloud](#)

(5<sup>th</sup>-6<sup>th</sup>) [Resilience but what is it? Here's 5 ways to build resilience](#) (video)

(7<sup>th</sup>-12<sup>th</sup>) [5 steps on how to develop resilience](#) (video)

(7<sup>th</sup>-12<sup>th</sup>) [Feeling Needed is so Key](#)

(7<sup>th</sup>-12<sup>th</sup>) [How to Help Generation Z Break Free from the All-or-Nothing Mindset](#)

Articles for Parents -

(PK-12<sup>th</sup>) [That Discomfort You're Feeling Is Grief](#)

(PK-12<sup>th</sup>) [Resilience in Children: Strategies to Strengthen Your Kids](#)

P(K-12<sup>th</sup>) [Adam Grant's Advice for Raising Resilient Kids](#)

(PK-12<sup>th</sup>) [14 Health Benefits of Practicing Gratitude According to Science](#)

(PK-12<sup>th</sup>) [How 'Anticipatory Grief' May Show Up During the COVID-19 Outbreak](#)

**Additional Technology Apps/Resources (Please note what grade level or grade specific - books, articles, videos etc.)**



HEADSPACE®

**HEADSPACE** - free download with in-app purchases available

**Headspace** offers guided meditation exercises for managing stress, coping with sadness, and problems with sleep. There are also exercises for children. Starting with the basics of mindfulness, the app guides you through short meditation exercises. You can choose collections based on what you need help with – whether that's stress, trying to stay more focused, or falling asleep. The Life Challenges section includes exercises on handling sadness, self-esteem and grieving, and you can find the After Series – a collection of essays by people who've experienced loss – on the Headspace website.



**Breathe2Relax** is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Sleep, meditation, and relaxation are in your hands with **Calm**, another popular mindfulness app. These guided meditations are perfect for complete novices through seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories.



**Colorfy** is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down.



**Mindshift** helps manage and decrease anxiety for people of all ages, and is used across the world.



**What's Up?** uses techniques from both Cognitive Behavioral Therapy and Acceptance Commitment Therapy to help users cope with issues like anxiety, depression, and anger. The app offers a diary feature with a scale for rating your emotions, a “catastrophe scale” to help you put problems in perspective, breathing techniques, and an interactive question game to keep you feeling grounded during stressful moments.



**Stop, Breathe, and Think** is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.



**iWish - Life Goals, Wish List, Bucket List** - free download with in-app purchases available  
Discover 1200+ amazing ideas, Dream the life you want, Imagine it is possible, Believe in yourself and Succeed! Rated 5 stars and loved by thousands of people around the world! With iWish you have all the tools you need to set Smart Goals and Fulfill your Dreams! Don't you ever yearn for change?