

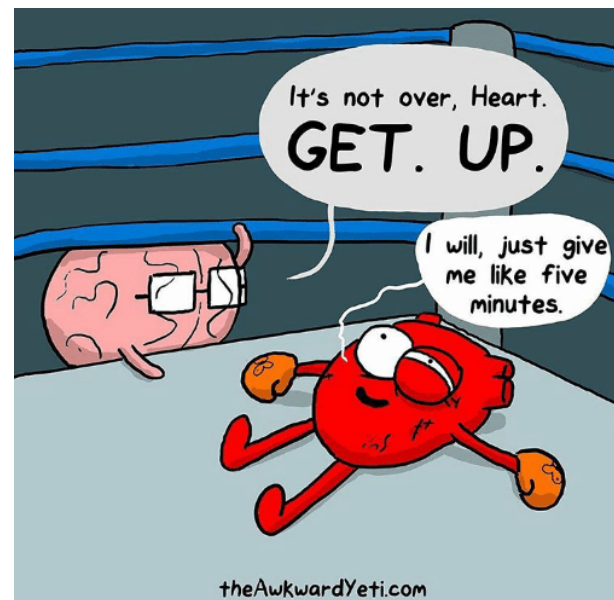
CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services



THRIVING & SURVIVING

So What is Resilience? As we learn how people cope with challenges, we discover that a big factor that contributes to mental well-being is one's resilience. Dr. Michael Ungar who studies resilience around the world asks us to picture a balanced seesaw. During normal situations, the stressors may stack on one side but the resources we have to help us are balanced out on the other side, and most of the time we have enough resilience to help us cope. During a crisis, our capacity to cope is overwhelmed, but eventually by using our resources the balance returns and we adapt. Picture the seesaw dropping down on one side but then coming back to balance.



During a pandemic, the seesaw is stacked on the stress side and we may be under-resourced in our normal ways of coping (may have less income, less social contact, less routine). So the seesaw gets stuck in an unbalanced position. No wonder we feel stressed!

(Continued on pg. 2)

These practices are supported by research and we encourage folks to give them a try! BUT, we also acknowledge that we all have different backgrounds and experiences. This may make your strategies and practices look different in your family.

MINDFUL MINUTE

Check out this webpage [**How to Become More Resilient**](#) from SickKids to find out what mindfulness is and how it can help you to build resilience and lower your stress levels.

Here are a few more ideas, along with breathing practices and mindfulness exercises to help kids build their capacity to be resilient, adaptable, and grounded through all the transitions and 'hard things' they are being asked to do!

1. Make Mindfulness Fun
2. Notice Positive Moments
3. Breathe

But, Ungar's research also shows that 'Resilience is not just about... individual resources'; it is something we 'do together'!. We hear a lot about individual grit or smarts, when it really "depends more on what we receive than what we have". It's more about having the right resources around us and receiving them at the right time and given in the right way, to help balance out that seesaw once again.



So, Resilience is **NOT**:

- Toughening up, not crying, soldiering on
- Trying to do it alone because asking for help is weak.

Resilience **IS**:

- Acknowledging and allowing your emotions, without judging them
- Being able to continue to function relatively normally, to be okay, in adversity and despite adversity
- Seeking out and using the resources you have and finding new ones
- Dialling down the inner critic, that inner judgemental voice we all have that tells us we should be doing better, we don't have it as bad as some people, piling on shame and guilt
- Showing yourself self compassion to let yourself get through this

Dr. Robyne Hanley-Dafoe defines "Being resilient...[as], we are okay during a set back, challenge or a crisis and we are okay on the other side of it. How we get to and stay okay varies but [is] the practice of continuing to push forward, even when it is hard.....She reminds us that 'Resiliency lives within us all'. She also says that 'The only difference between those who can keep getting up after adversity and those who struggle with it, is knowing how to draw on this resource in times of need... and that 'this can be taught'".

- Dr. Robyne Hanley-Dafoe

On Surviving - Coping with emotions

- Calming Toolbox for Teens

On Thriving - Growth Mindset

- <https://biglifejournal.com/>
- <https://biglifejournal.com/pages/podcast>
- <https://biglifejournal.com/blogs/blog>
- "The power of believing that you can improve" Ted Talk by Carol Dweck (10:24)
- "Prediction and Resiliency: Finding the Shared Experience" Ted Talk by Robyne Hanley-Dafoe (22:38)
- "How a 13 year old changed 'Impossible' to 'I'm Possible'" Ted Talk by Sparsh Shah (14:33)

Need some help?

Here 24/7: 1-844-437-3247

Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868

Front Door: 519 749 2932, and press "1"

***For urgent matters call 911
or go to your local
emergency room***

We would love your feedback! Please click **SURVEY** to share your thoughts and ideas.
For more information about this newsletter contact Mary Murphy at 519-570-0003, ext. 4172.

Community Events

Woolwich Counselling

- [Building Resilience Workshop](#)
- [2SLGBTQ+ -understanding and awareness workshop](#)
- [Understanding Cognitive Behaviour Therapy](#)
- [Parenting your anxious child Workshop](#)
- [What is mindfulness workshop](#)
- [Stand Tall - Confidence building group for kids 7-9](#)
- [Understanding eating disorders group](#)
- [No need to fret- anxiety group for kids 8-11](#)
- [Glad to be me - self esteem group for kids 4-7](#)
- [Adult CBT skills group for anxiety](#)
- [Conquering teen anxiety group for ages 12-14](#)
- [Strengthening connection to kids workshop for adults](#)

Carizon

- [Carizon Community Resource Program Fall 2021 Groups Flyer 8x11.pdf](#)
 - Healthy Living & Healthy Relationships – Online (Family Focused Group for 5–7-year-olds)
 - Building Parenting Capacity Book Club - Online (Group for Parents of children in grades K-8)
 - Connecting Through Play - Online (Family Focused Group for 5–7-year-olds)
 - Optimistic Thinking – Online (Youth aged 9-11)
 - Just Breathe - Online (Caregivers and their children aged 7-9)
 - Extinguish Your Fire – In person (Children aged 5-7)
 - #YouthConnected – In person
 - Female-identified Youth aged 14-17
- [Newcomer Mental Health and Wellbeing Program -Fall 2021 program description Final.pdf](#)
 - Empowering Youth on Anti-Racism - Online (Youth, high-school aged)
 - International Youth Group - Online (Youth, 10 to 13 years-old)
 - Parents Talk it Though – Online (Parents of children of all ages)
 - Growing Stronger – Online (Adult (18+) trauma group)
 - Youth in Diverse Cultures – In-person (Male youth, 15-20 years-old)
- [Programs for families with kids 0-6 years](#)
 - Growing Healthy Two-Gether
 - First Time Parents Group
 - Super Dads, Super Kids - online
 - Super Dads, Super Kids - in person
 - Busy Babies...Nobody's Perfect (multiple sessions)

Previous Newsletters

[January 2021 \(PDF\)](#)

[March 2021 \(PDF\)](#)

[April 2021 \(PDF\)](#)

[May 2021 \(PDF\)](#)

[June 2021 \(PDF\)](#)

Lunch & Learns with WRDSB Psychology Dept

Wednesdays 12:15 to 12:45

[Zoom Meeting link](#) Meeting ID: 544 193 0058

Password: WRDSB

Oct. 20: The Development of Self-Regulation & Co-Regulation

Oct. 27: "When Mistakes Make You Quake": Supporting kids who struggle with perfectionism