

Mental Health and Wellbeing

PARENT TALK

THURSDAY 8TH FEBRUARY 2018

What do you
hope to gain
from this
session?

Objectives

- ▶ Understanding the importance of resilience
- ▶ Looking at strategies of how to improve resilience in young people: how to deal with disappointment
- ▶ Information about the things we are doing at school
- ▶ Having conversations that matter – introducing the 3Ps

What is resilience??

resilience

/rɪˈzɪliəns/ 

noun

1. the capacity to recover quickly from difficulties; toughness.
"the often remarkable resilience of so many British institutions"
2. the ability of a substance or object to spring back into shape; elasticity.
"nylon is excellent in wearability, abrasion resistance and resilience"
synonyms: flexibility, pliability, suppleness, plasticity, elasticity, springiness, spring, give;

1. Elastizität
2. Spannkraft

3. Unverwüstlichkeit



Indestructible/everlastingness

4. Federn

Resilience



Managing
Emotions



Bouncing Back



Self-Efficacy

Awareness of
Strengths and Assets



Talents

Resilience



Ability to Reach
Out to Others

Problem-Solving Skills



Resourcefulness



Sense of
Personal Agency

Resilience

- ▶ Being resilient is the most effective way to better mental health
- ▶ It is one of our CARERS characteristics is
- ▶ C be creative
- ▶ A be articulate
- ▶ **R be resilient**
- ▶ E be empathetic
- ▶ R be reflective
- ▶ S be self-aware

Disappointment

- ▶ To be disappointed can sometimes mean that you feel someone has pulled the rug from under you
- ▶ Everyone in the room would have been disappointed one way or another

Disappointment

- ▶ Disappointment focuses on the 'outcome' of a situation
- ▶ **Disappointment = expectations – reality**
- ▶ What you expected to happen and the reality of what actually happened simply didn't match up
- ▶ Maybe you worked really hard at something, in sports or in school, but you just didn't get the outcome you expected
- ▶ Maybe you were let down by someone you trusted
- ▶ Maybe something happened in your family you didn't expect
- ▶ We all have to deal with circumstances, situations and events we didn't expect

How does it affect you?

- ▶ It's perfectly normal to feel disappointed from time to time
- ▶ Disappointment is one of life's most uncomfortable feelings
- ▶ Some psychologists suggest that for some people, it feels very close to grief after losing a loved one
- ▶ How we deal with it depends on how it affects us
- ▶ Let your feelings out, don't bottle them up
- ▶ Speak to friends/family/someone in school
- ▶ Allow yourself to be sad – it's a perfectly natural response
- ▶ Try not to lash out at others – you'll regret it later

How to deal with it?

- ▶ Try and put things in perspective
- ▶ How does your disaster compare with other disasters
- ▶ A plane crash or terrorist attack are disasters in the truest sense of the word
- ▶ For you it is disappointing or upsetting, but will it still matter a year from now? A month from now? A week from now?

Give yourself a break

- ▶ Make sure you focus on what you have to be grateful for
- ▶ What brings you joy in life?
- ▶ It might be your pets, your siblings or your friends?
- ▶ Maybe you have more to feel grateful for than disappointed about?
- ▶ And if you feel you don't, look to the future

Have HOPE

- ▶ To be truly resilient, you have to have **HOPE!**
- ▶ You have to believe that no matter how hard things are now, it **will** get better
- ▶ Realise that you always have choices left – choices to get up, dust yourself off and try again
- ▶ The choice to believe that you can make your life what you want it to be

Resilience

- ▶ The better you manage to cope with disappointment of any kind, whether it is academic or personal, the more resilient you will become
- ▶ You need GRIT = persistence and resilience
- ▶ <https://www.youtube.com/watch?v=uwsZZ2rprqc>

Growth Mindset

- ▶ This will give you a 'Growth Mindset'
- ▶ You know that failure is part of learning
- ▶ Learning is hard
- ▶ Learning how to deal with failure and the disappointment that comes with it, will make you more resilient to deal with any challenges life throws at us



When I face a difficulty I can

- ▶ **Talk to myself**
- ▶ **Talk to others**
- ▶ **Do or think of something else**
- ▶ **Stick with it and show resilience**



Use the 3 Ps when talking to yourself

- ▶ **It's NOT personal**
- ▶ **It's NOT pervasive**
- ▶ **It's NOT permanent**



It's **not** personal

Personal:

Many difficult and unfair situations and events are caused by things that are outside our control and that we didn't cause. We mustn't blame ourselves for things. If we have made a specific mistake, then we can make a change and move on without having to constantly refer back to it.



It's **not** pervasive

Pervasiveness:

Difficult, unfair or painful situations and events can be hard but must be kept in context. It is very rare that everything we are doing and every situation in our lives is going badly. Try and keep all the good things in your mind even when you are dealing with negative issues. One bad thing doesn't mean you are bad or your whole life is bad.



It's **not** permanent

Permanence:

Most feelings don't last for very long and we can choose to stop dwelling on negative thoughts. By thinking positively you can move on from disappointments. It takes much longer to move on if you let things fester and constantly worry and think negative thoughts. If you teach yourself that good things can last forever but bad things can be improved quickly you are more likely to remain positive.

Learned Optimism

► <https://www.youtube.com/watch?v=2hHNq45rEnU>



Personal

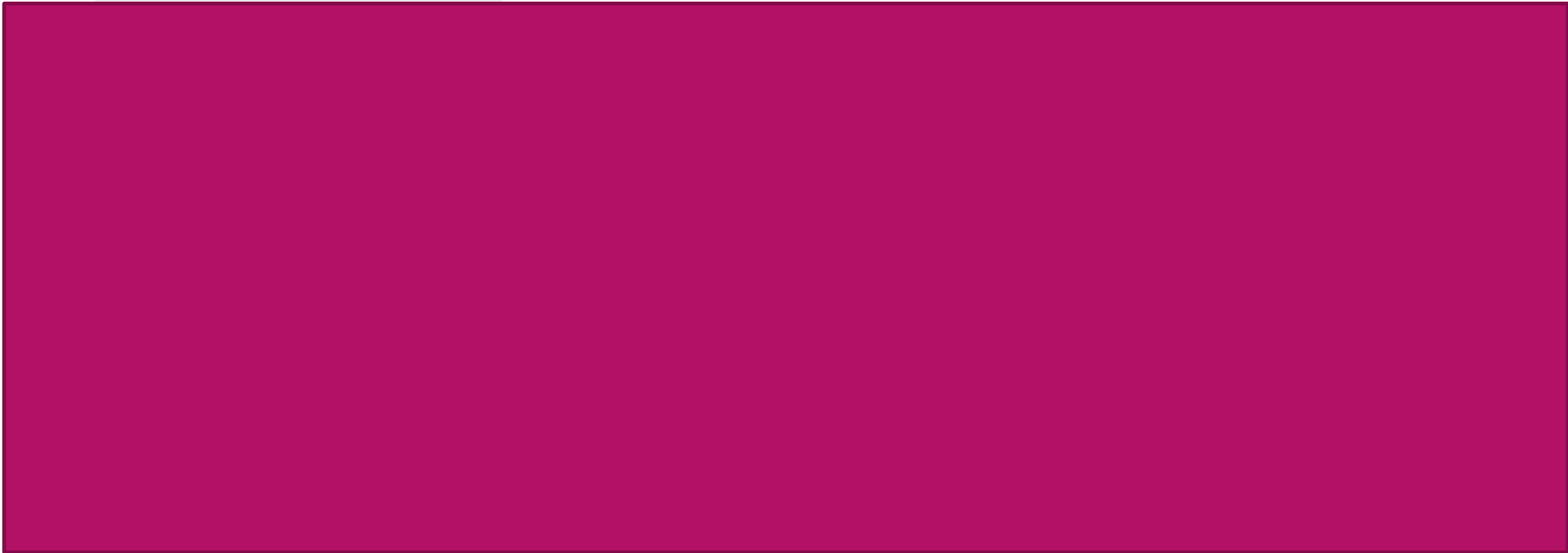
- I am not a good enough person
- There's something wrong with me

Permanent

- I will never find a job

Pervasive

- I also failed as a parent

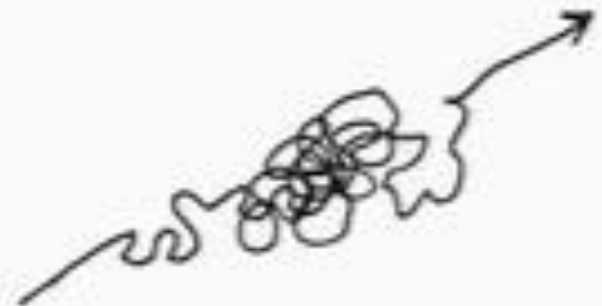


Success



what people think
it looks like

Success



what it really
looks like



How do you react when things do not go your way???

► <https://www.youtube.com/watch?v=zLYECIjmnQs>

What works to feel positive:

- ▶ Talk about your feelings and ask for help
- ▶ Keep active
- ▶ Eat and drink well.
- ▶ Keep in touch.
- ▶ Rest regularly
- ▶ Do things you are good at and enjoy.
- ▶ Understand and accept who you are
- ▶ Live beyond yourself.

As parents we should...

- ▶ Listen to our daughters concern, make time to listen
- ▶ Stay neutral – don't fuel her anxiety
- ▶ Ask her what she could do to 'fix things'/deal with a certain situation, i.e. I am stressed about homework and revision = make a revision timetable
- ▶ Don't give her the answers, let her work it out – they need to learn to be resilient and independent in their thinking
- ▶ Remember how people can learn to be optimistic – use positive language, remind her that it is not personal, not pervasive and not permanent

Thank you for listening 😊

- ▶ www.kooth.com
- ▶ Free, safe and anonymous online support for young people
- ▶ Online until 10pm

Will Smith's Thoughts

► <http://www.youtube.com/watch?v=OTyN0upf8Ws>