

# RESILIENCE

MAY 2023



## POWERFUL WORDS CHARACTER DEVELOPMENT

### PARENTS PERCH

**Young students:** “When life pushes me down, I bounce back up.”

**Older students/teens/adults:** The ability to bounce back from stress, challenge, trauma, failure or adversity.

**Week 1** Resilience defined: What is it? How can our ABCs determine resilience?

**Week 2** Problem-solving: How does risk & resilience allow us to solve problems?

**Week 3** Tough situations: How does resilience help us to cope & bounce back?

**Week 4** Failure & Success: What's our motto and what we learn for next time?

Dear Family,

This month we will focus on the character concept, “resilience.”

Today's world, especially given our recent pandemic, bullying, racial injustice and financial hardship, has been far from idyllic. It's easy to see why teachers, parents, coaches and other adults in the lives of children want to shield kids from all hardships. Of course, this isn't possible and over-protecting children isn't the answer to adversity. What is? Teaching resilience.

Resilience is the ability to “bounce back” from stress, challenge, trauma, failure and adversity. We see it when our kids pick themselves up after they fall and try again, audition again, make the 3rd attempt, and solve problems even though they could take the easy way out.

Psychologist, Albert Ellis, taught that “Activating events” or “Adversity” could shape one's Beliefs and lead to certain “Consequences” (or ABC).

The question of how resilient we will be is dependant, in this model, on “B”- our beliefs that show how we are interpreting the event. Are our beliefs rational and reasonable or negative, catastrophic, unhealthy and irrational?

For example:

A: I fell while doing X skill.

B: I stink & won't try again.

C: I stop trying and quit.

-or-

A: I fell while doing X skill.

B: I need practice & to get help.

C: I practice, get help and get better at X skill.

People who are resilient are problem-solvers. They look at tough situations and instead of asking “why?” or “why me?” they ask; “how?” as in, “how can I move forward?” They're resilient.

Of course sometimes there are events that are more than frustrating. They are traumatic. Many people have heard of Post

Traumatic Stress Disorder (PTSD), a diagnosis given to someone who has a mental health condition that's triggered by a life-altering, profound event that is perceived as extremely negative. But there is also another outcome, according to researchers at the Resilience Lab at the Keck School of Medicine of USC called “Post-Traumatic Growth.” This refers to what happens when those who have these negative experiences but who find a way to thrive. They find a way forward despite the setbacks, losses and trauma. It's an illustration of resilience.

We thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best regards,  
--Your Motivated & Dedicated  
Instructors

### UPCOMING POWERFUL WORDS

JUNE	FAIRNESS
JULY	INDOMITABLE SPIRIT
AUGUST	SPORTSMANSHIP