

# Pastoral Matters

## Parent Workshop 1

### Resilience



## Our Aims

Give parents an opportunity to share experiences

Seek support and gain understanding

Develop our community cohesion

Be driven by your needs....

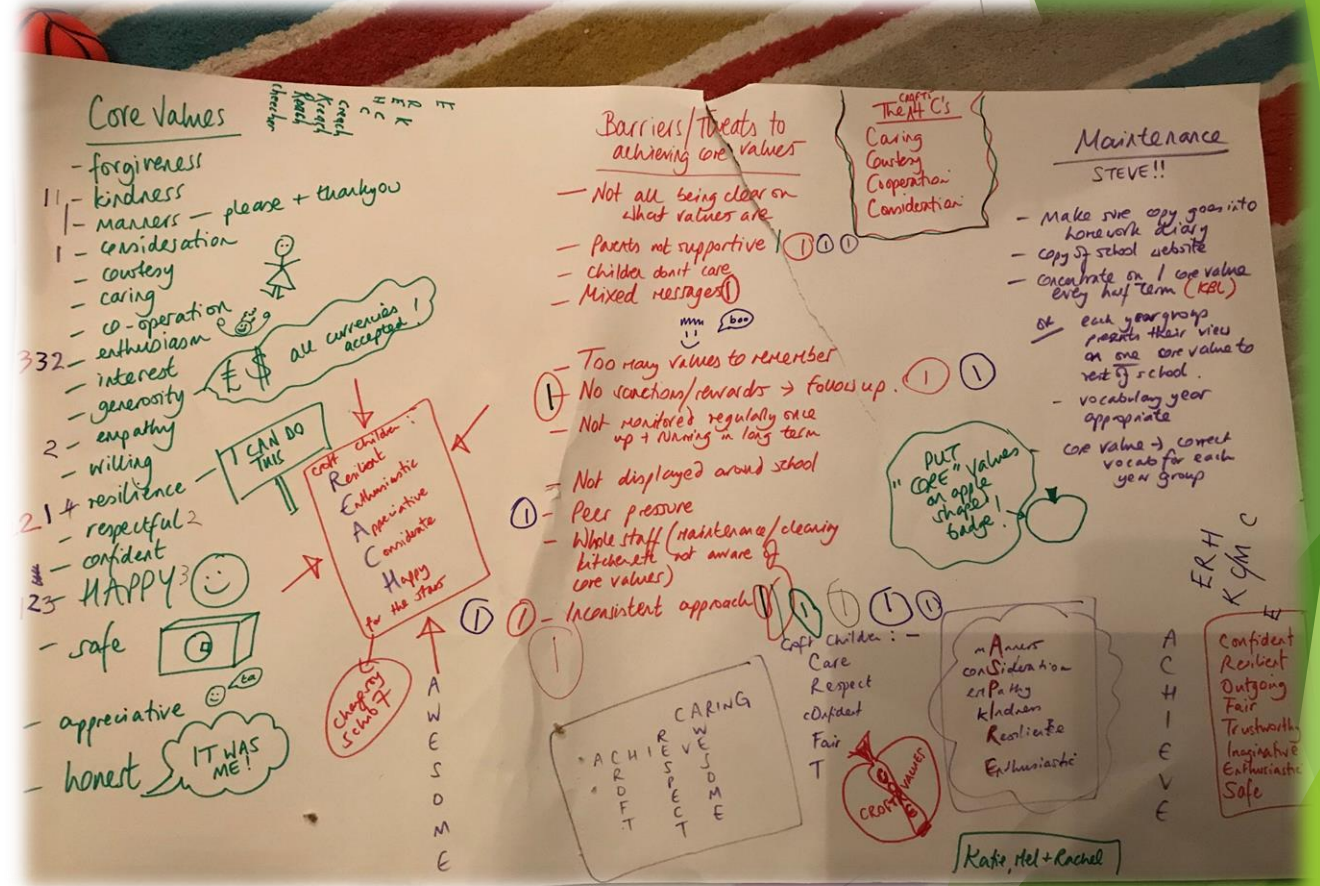
Parental  
Questionnaire



# Our Expectations

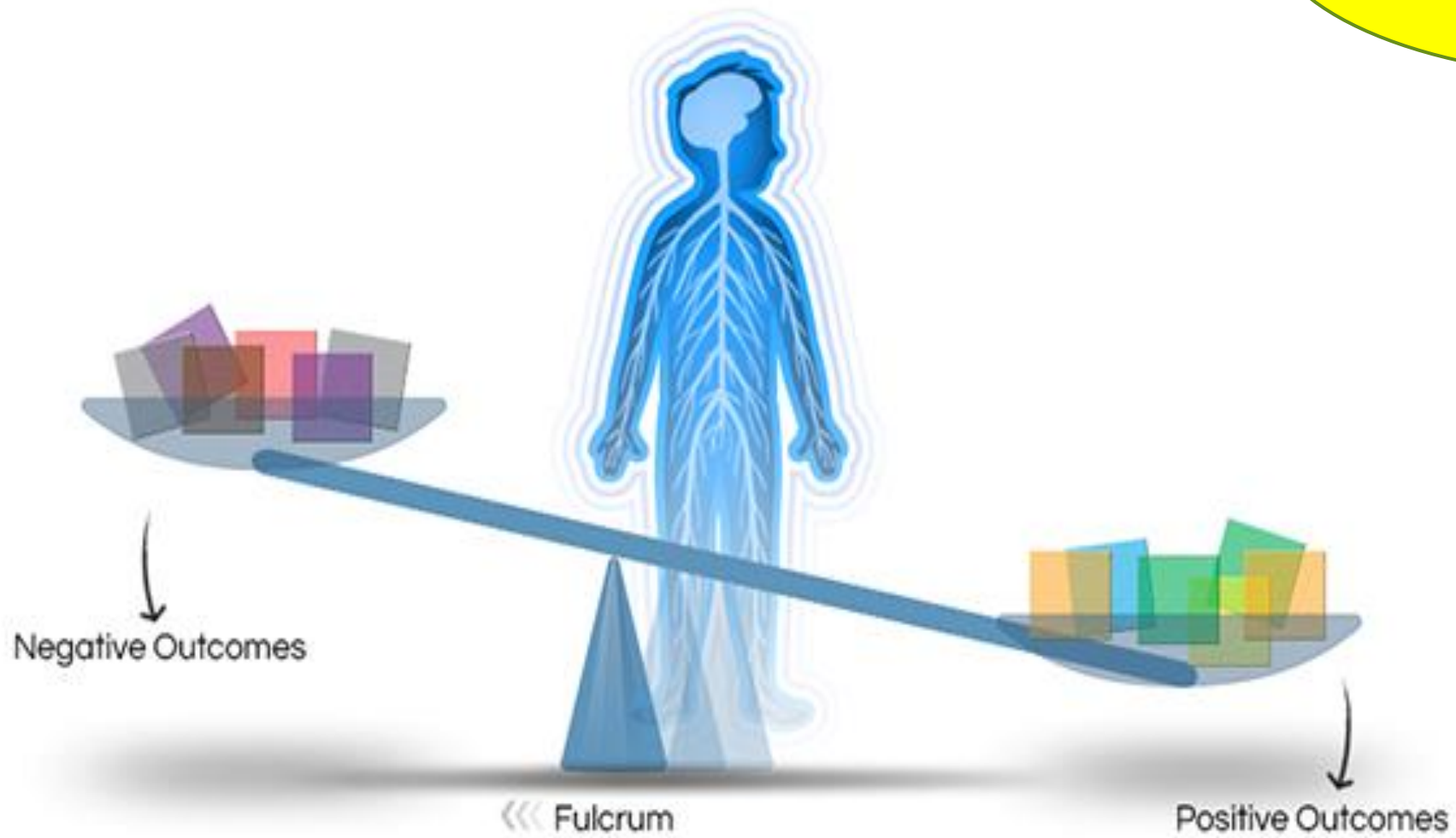
- Get what you want out of the session....
- This is not a lecture - ask questions!
- Confidentiality
- Life is not straightforward.....
- ‘Shared Experience’





# Resilience

The capacity to  
recover quickly from  
difficulties...





# Protective Factors

Positive, structured  
environment

Good relationships

Personal characteristics

Physiology

Psychology



INSPIRING LIFESTYLE TRANSFORMATION



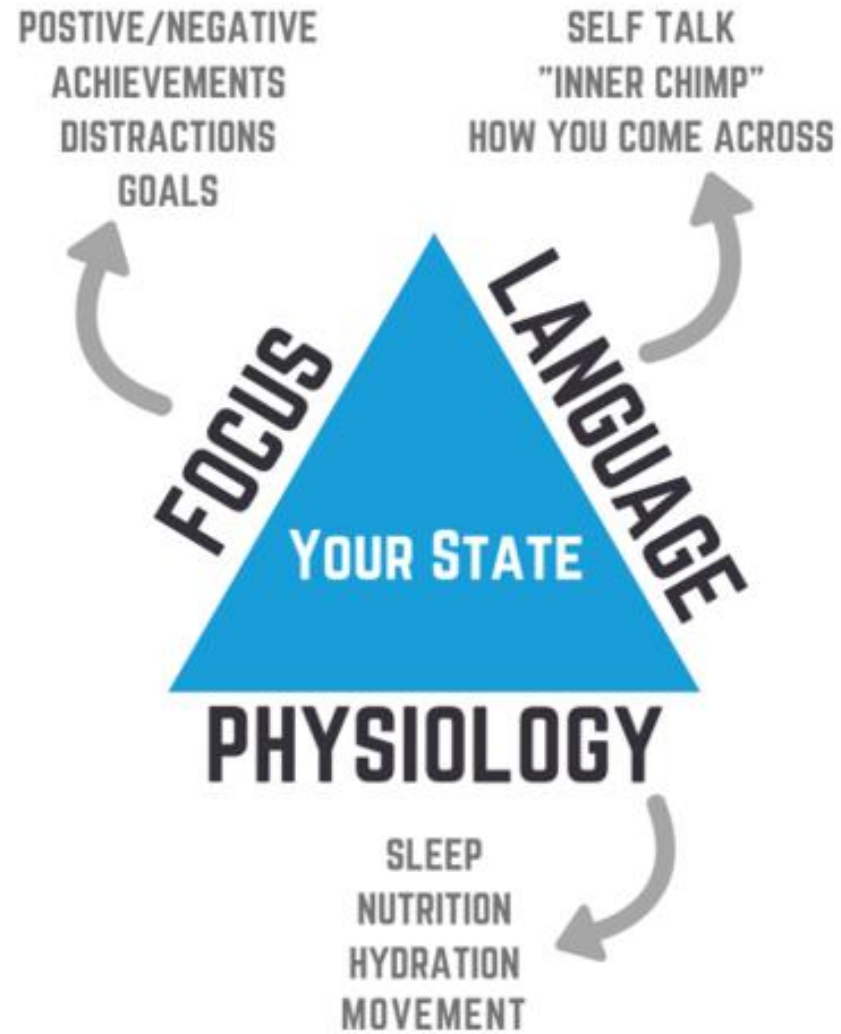


**WE ARE ABOUT A WIDER CONCEPT OF HEALTH:  
DEVELOPING PHYSICAL AND MENTAL WELLBEING TO  
IMPROVE PERFORMANCE IN EVERY AREA OF LIFE**













## HEALTH AND WELLBEING

NUTRITION

MOVEMENT

SLEEP

# THE FUNDAMENTALS



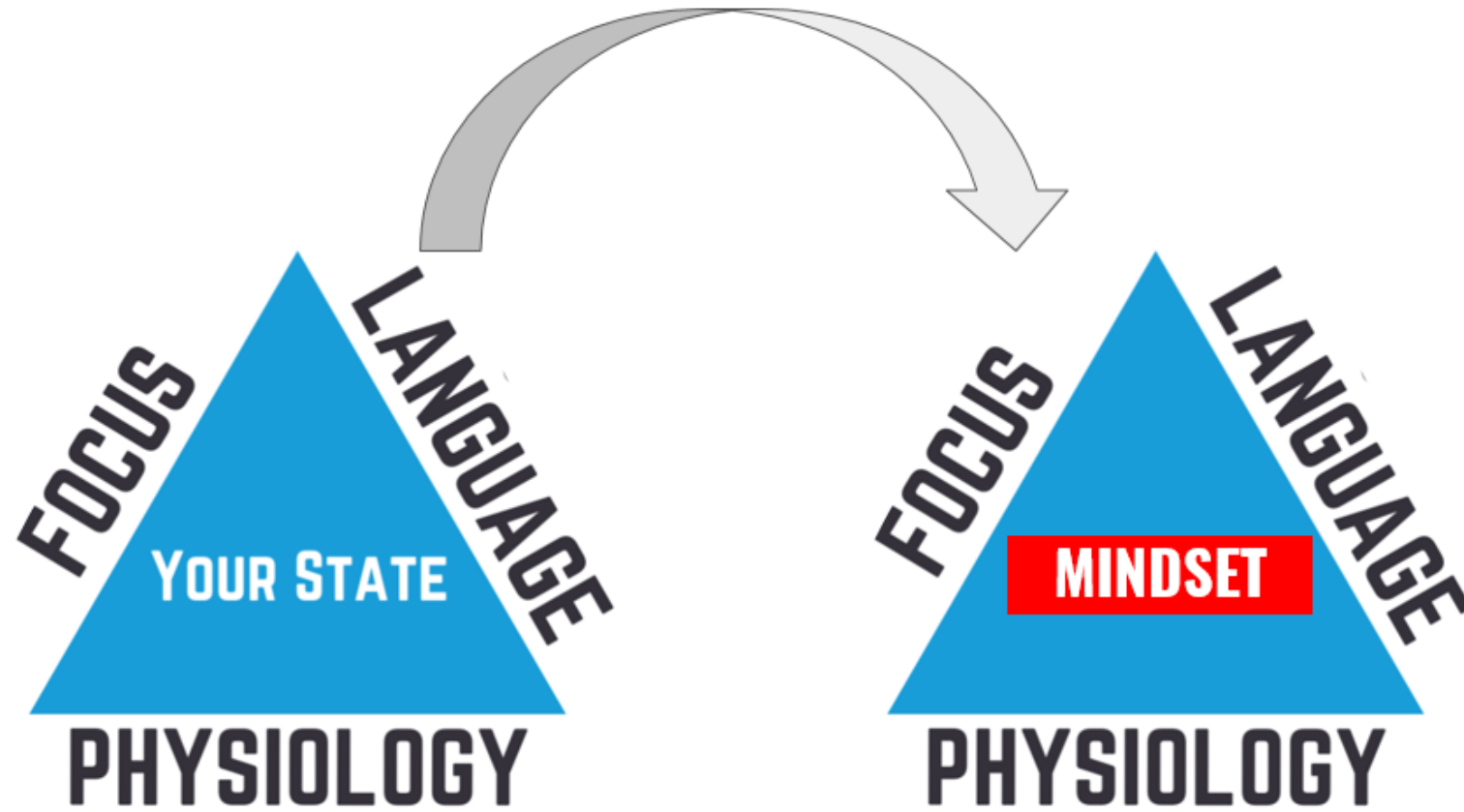
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## YOUR SUGGESTIONS

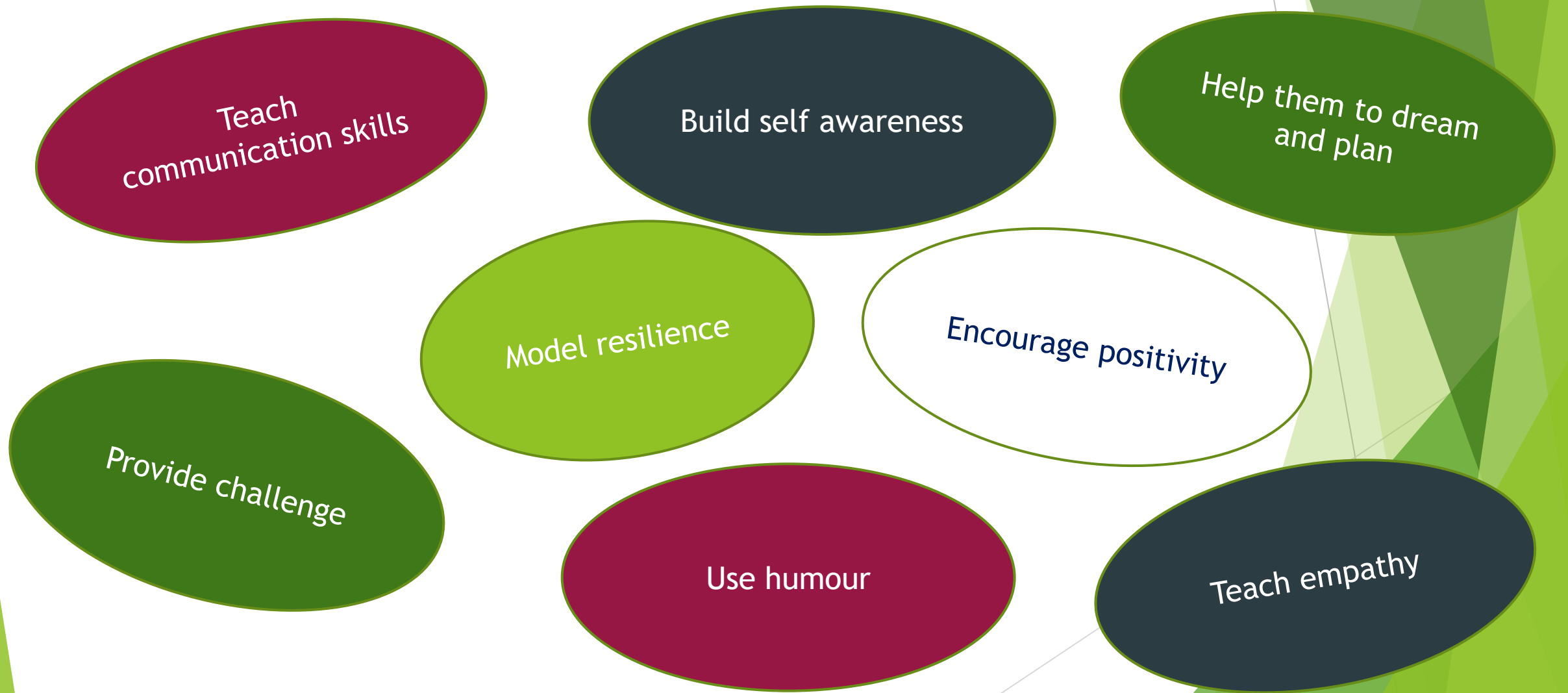


REPEATED HABITS





# Psychological Resilience



# Teaching Children Resilience (American Psychological Society)

Help your child make connections with others to help them build empathy, grow their support network, and encourage resilience.

Encourage your child to help others, which can help them feel empowered.

Maintain a daily routine to give young children a sense of safety and structure in their lives, and encourage them to develop their own routines.



Take a break, and teach your child how to take a break; show him or her that excessive worrying is unproductive and can be harmful, and encourage him or her to set aside what they are worried about at least once in a while.

Teach your child self-care, including eating healthy, exercising, getting a good amount of sleep, and having downtime to just relax and have fun.

Help your child set reasonable goals and move toward them, one step at a time; this will help him or her to focus on what they have accomplished rather than what they *haven't* accomplished.



Nurture a positive self-view in your child by reminding him or her of the ways he or she has successfully handled difficulties and hardships in the past, and connect their past success with their future potential.

Help your child keep things in perspective and encourage a long-term view—especially when he or she is stuck on something negative right now.

Look for opportunities for self-discovery for your child, and show him or her how to do the same.

Last but not the least, teach your child to accept that change is an inevitable part of living, and that we can always replace goals that have become unattainable with new, more relevant goals







Parent

# Challenges





Children

# Challenges





Where to  
next?

