

# NOVEMBER 2020

# RESILIENCE

Parents Anonymous®: California Parent & Youth Helpline



## THIS MONTH:

### Building Resilience

This month's theme is "Build Resiliency." What do you think about when you hear the words build resiliency? A lot of people might say that building resiliency is about bouncing back from difficult life circumstances; "waiting for the next shoe to drop" or "dealing with the deck of cards life hands you", but it's so much deeper than that.

Resiliency is your ability to cope with and recover from stress and adversity, but more importantly, your ability to build upon existing strengths and create new strengths altogether. Building strengths is the foundation of building resiliency.

If we can imagine ourselves as a tree - swaying in the wind, dropping leaves and the occasional branch - we might get a clear visual of resilience. What holds up a tree through life challenges? The roots. Our roots are our strengths - if we have strong roots, they will hold us up while facing life's challenges. To strengthen our roots is to strengthen our resilience. What can you do to build on your existing strengths and develop new ones? You might try setting goals for yourself to establish new roots and to strengthen the ones already present. You might try remembering a truly challenging event and remembering the strengths you built to move through it.

Roots that are strong and deep increase our flexibility and our ability to not only bounce back from severe life storms but to help prevent them. Another way we can build resilience is to visualize the people we look up to. What strengths do they possess that we admire? How can we channel those into our own roots?

You can learn so much more about resilience and even get emotional support while building yours by joining Parents Anonymous® Online Weekly Support Groups.



- Nick Bigred Parker interviews Parents Anonymous® President and CEO, Dr. Lisa Pion-Berlin - Nov. 5
- Dana Humphrey Interviews Parents Anonymous® President and CEO, Dr. Lisa Pion-Berlin about Emotional Support and Meditation for Parents - Nov. 11

Real, live help from real life people. The CA Parent & Youth Helpline provides free, non-judgmental, emotional support from 8am-8pm, 7 days a week. Call, text, or live chat on our website: [caparentyouthhelpline.org](https://caparentyouthhelpline.org)



## Foster an Attitude of Gratitude

This November, we may be struggling to feel especially grateful. Some might say that makes it more important than ever to foster gratitude – both within yourself and within your children. Here are a few helpful ways to foster an attitude of gratitude this November:

*Start a gratitude journal.* Each day, write down several things you are grateful for. Soon, it will seem like gratitude is second nature for you.

*Practice gratitude with your family.* While sitting down for a meal, have each person say one thing they're grateful for every day. This will foster a grateful heart in each of your family members.

*Practice writing thank you notes with your children.* This might mean encouraging them to write a note to grandma thanking her for making their favorite cookies or encouraging one child to write a note to a sibling, thanking them for taking the time to teach them something new.

*Say "thank you" more often.* "Thank you for putting your dishes in the sink." "Thank you for helping your sister." "I appreciate you letting the dog out." Before you know it, your

children will be following your example and saying thank you more often.

*Invest time.* Gratitude can also be as simple as setting aside time to spend with loved ones. Many people agree that actions speak louder than words. Setting aside time to spend with those you love may say a lot more about your gratefulness for them than "I am grateful for you" ever would. Consider scheduling time to show how much you care.

*Look for the silver linings* to practice, model, and foster gratitude. In these trying times, when it may seem like there are more clouds in the sky than usual, look for the silver lining. You may be working from home – but look at all that extra time you get to spend with your family! Your gratitude for schoolteachers may be higher than ever. Maybe you've even found more time to pursue forgotten hobbies. Perhaps staying home has even given you time to perfect the art of coffeemaking. Looking for the



silver lining in every situation and in every challenge will increase your overall happiness. Why not give it a try now?

Gratitude is crucial to improving our outlook on life; of course, we want that for our children. Foster gratitude in yourself and in your children to see them smile more often, notice the beauty all around them, and show their appreciation.

### Real life help

From

*Real, live people.*

Call, text, or live chat.  
Always free. Always human.  
**Always ready to listen.**



## Parents Anonymous® Parent Success Story

I'm a mother of seven, grandmother of three, and a kin provider. When I first got custody of my niece, she had just turned 3yrs old and now has just celebrated her 15th birthday. She has autism and, what we call, learning challenges. She is such an amazing young lady.

We recently had to rush her to a children's specialty hospital where she was diagnosed with type 1 diabetes. This was scary, stressful, and life changing for our whole family. Thankfully, I knew what steps to take. This isn't to say that I wasn't afraid or concerned.

In that moment, I remembered many of

the strategies and other things I had learned from attending Parents Anonymous® Online Support Groups. I knew that we would all be okay, and that through this we would come out the other end stronger than ever.

I've watched and seen the kids work with each other to be careful and fair when eating around her. Seeing this take place firsthand makes me feel very proud.

Over the years I've watched my children of all ages become more responsible and show just how resilient they are.

Visit our Website to Donate Now: Hold the next success story in your hands.  
[www.caparentyouthhelpline.org](http://www.caparentyouthhelpline.org)