Resilience

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GIG CYMRU NHS WALES

Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg University Health Board

CAMHS School In-reach

We support with emotional health and wellbeing. Our work must be feelings focused.

Common areas that we can support with in school:

- Worries
- Understanding anger
- Low mood
- Understanding emotions in general
- Self-esteem
- Resilience
- Emotional regulation
- Sleep
- Emerging tics

Schools refer directly to their assigned practitioner where signposting, discussion and/or intervention is offered.

Understanding Wellbeing Provision

We will even offer our own services on a stepped approach based upon the need of the individual and their family.

CAMHS referral discussed.

School raises concerns — **Advice** — **Parent Workshop** — **Group Intervention** — **1-to-1 Intervention** — **Mental Health Screening**

CAMHS



School In-reach

Resilience

The ability to face challenge and recover quickly from difficulties.

adapt stay positive keep going bounce back


RESILIENCE

Resilience

Signs a child may be struggling with resilience.

Resistance to change

Easily tearful



Internalises problems

Takes things personally

Pessimistic

Rumination

Reluctance to ‘try again’

Overly self-critical

Irritability

Disproportionate reactions

Resilience

Rings of Resilience



Resilience

Building Rings of Resilience



Break the problem down



How Big Is My Problem?

What is the cause?	What can be done?
Big Problem This is an emergency. I'm in danger. I need to go to hospital. Another child is hurt.	Stop and think clearly. Decide on what to do. Move away from the danger. Get help from an adult. Call an ambulance.
Medium Problem I am hurt or I feel very sick. I have been bullied. I feel like I am losing control. I have hurt another person. Another child is upset.	Ask an adult to help you. Don't allow the bully to upset you. Take time out to calm down. Say you are sorry to the person that you upset or hurt. Be a kind, helpful friend and get help.
Small Problem The worries are taking over. I am nervous. I feel a little bit sad. I'm hungry or thirsty. I'm feeling tired.	Be positive! Keep things in perspective. Take a deep breath and remember everyone gets nervous or sad sometimes. Share your feelings with a friend. Get something to eat or drink. Have a rest.
Tiny Problem Something is not quite right. I need a pencil or an eraser. I'm too hot or too cold. I have no-one to play with. I feel a bit jealous.	Try to solve your own problem. Take off or put on your jacket. Look for friends and ask them if you can join their group. Remember you can't have everything you want. Talk about how you feel.
No Problem Everything is going well. I can do my school work. I'm playing with my friends. I'm having fun.	Enjoy yourself! Be kind and sensible. Learn as much as you can. Look around to see if anyone looks a bit lonely and invite them to play with you.

Encouraging a child to think about how 'big' their problem is can put things into **perspective** for them. It can also encourage **appropriate responses** and **regulate their emotions**.

This can also be used as a **reflective tool** to talk about problems after they have passed.

I am hearing they were mean to you. What could you say to them tomorrow?

That test sounded tough, how might you feel if you don't get the results you want? What could we do next time?

If that happens again tomorrow, what could you do?

Resilience Problem Solving

Thinking, talking, trying and figuring things out is a huge part of resilience.

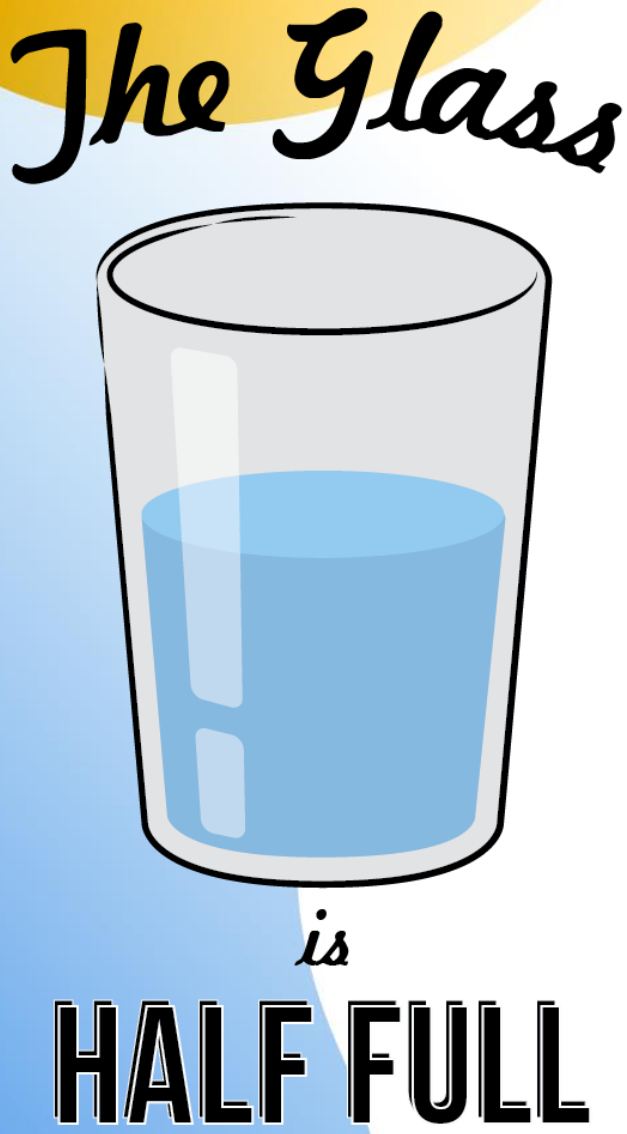
Rescuing

Because we care about our children, it is a natural instinct to want to solve their problems, remove unwanted feelings or to ‘rescue’ them from a situation that they are finding challenging.

Where appropriate, we need to encourage children to try to figure out themselves how ‘big’ a problem is and if there are any solutions that they can find themselves.
This doesn’t mean abandoning them! Rather facilitating the problem-solving process.



Resilience



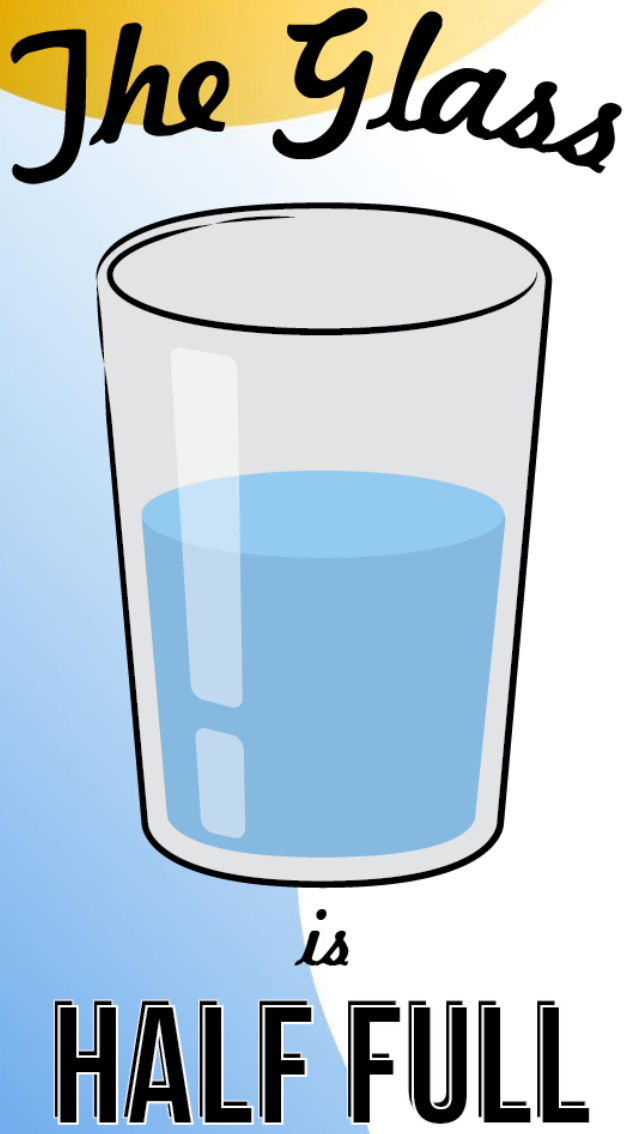
See the Positives

Optimism and a generally positive outlook is perhaps the single best character trait to nurture in your children.

Optimism has been proven to be a key characteristic of resilient people. The brain can be rewired to be more optimistic through the **experiences it is exposed to**.

If you have a small human who tends to look at the glass as being half empty, show them a different view. This doesn't mean **invalidating** how they feel.
Acknowledge their view of the world, and introduce them to a different one.

Resilience



See the Positives

Optimism works like a shield to protect and buffer children from the negative impact of difficult and painful life moments.

It's disappointing that we can't go to the park because of the rain isn't it? Let's make a hot chocolate and do some colouring together instead – maybe it will stop later!

Reframing is a huge part of being optimistic!

I can see that you're sad about not getting an award today. Let's be happy for Tom who won it and hope you get it next time!

Resilience

Self Esteem

Confidence in your own worth or abilities.

Affirmations

Positive reminders or statements.

Thank you for laying the table. You're so helpful.

Good job tidying your room. You're super organised.

Well done for sharing. You're very kind.

Amazing work in school today. You're really focused.

I'm so proud of you for that. You're so brave.



Resilience

Self Esteem

Confidence in your own worth or abilities.

Responsibilities

Responsibilities allow children to experience success independently from the input of adults. It gives them the opportunity to experience success and to make mistakes!

Responsibilities show children that you trust them and that you believe they are capable.



Resilience

Self Esteem

Confidence in your own worth or abilities.

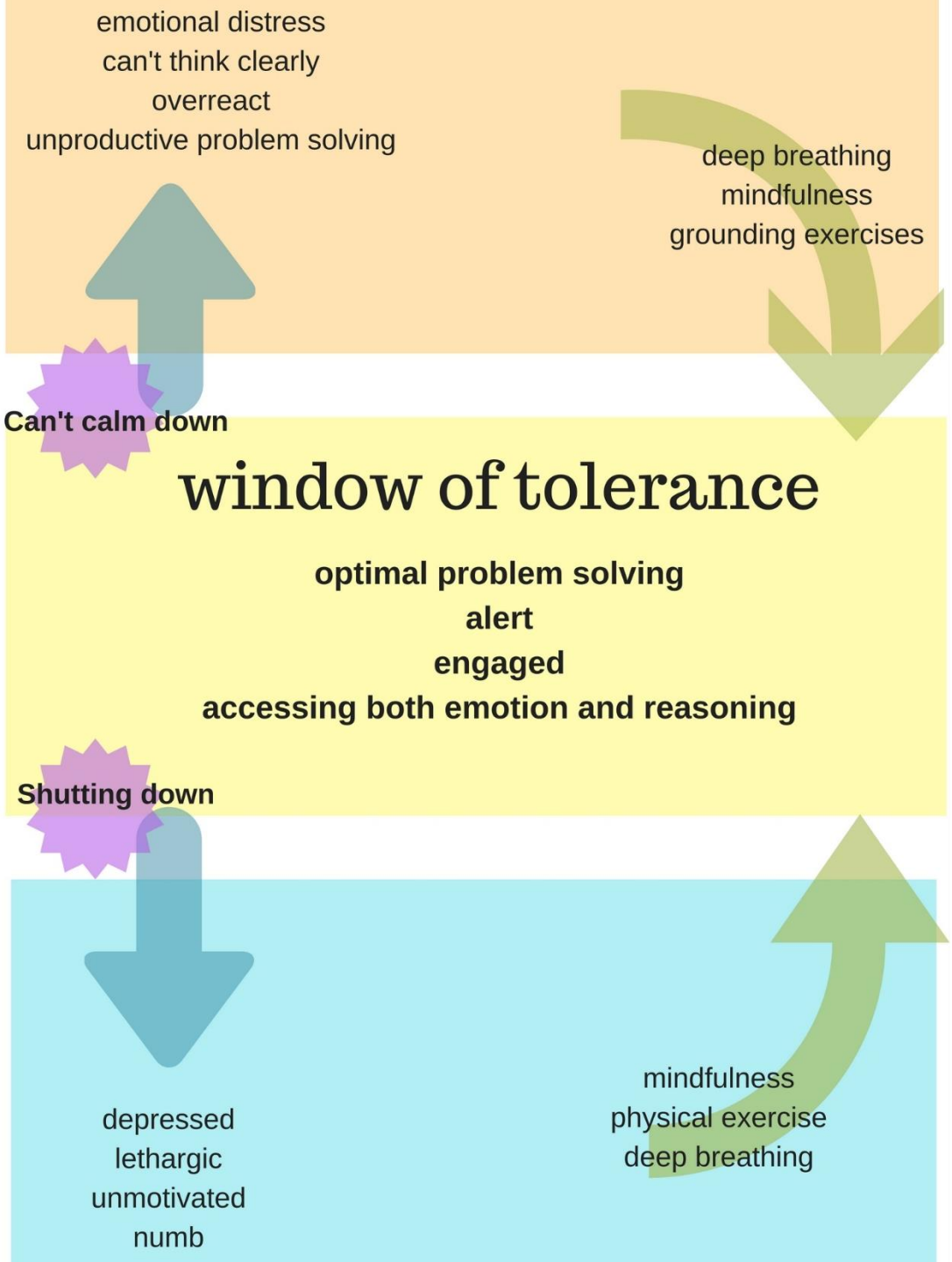
Pride

Acknowledging success in all its forms is really important.

Success looks different for all children. Sometimes, trying something new, doing something independently, going to school or telling the truth are all successes that should be acknowledged.



Allowing and encouraging a child to feel **pride** adds to their bank of evidence that they are capable and worthy.



Distress Tolerance

We need to allow children to 'sit with' their unwanted feelings in order to build a **tolerance** to them.

If we remove all unwanted feelings at the first signs of them, this can lower their resilience and make children quickly move out of their window of tolerance.

Sometimes we need to self-reflect and think about how willing **we** are to allow our children to experience **appropriate** levels of distress.

Resilience

Distress Tolerance

Stress is a natural and inevitable part of childhood.



Brief increases in heart rate, mild elevations in stress hormone levels.

Serious, temporary stress responses, buffered by supportive relationships.

Prolonged activation of stress response systems in the absence of protective relationships.

Positive relationships and resilience act as protective factors for all types of stress.

Resilience

Relationships

Relationships act as rings of resilience. They show children that they are not alone, they are worthy of love and that they are a part of a wider community.

Children have so many relationships in their lives. Parents/carers, wider family, friends, teachers, neighbours and even pets.

All of these show children how to communicate, behave, express emotion and give them confidence to explore the world.

Relationships add to a child's **self-esteem** by showing them they are **valued** and **cared** about.

Relationships add to **resilience** as the connection with others shows they are **not alone** in their challenges.



Resilience

Relationships

Models of Resilience

All of the relationships in a child's life act as a model of how to respond to challenge, change, stress, worry and disappointment.

Trying our best to have a 'can do' attitude, be optimistic and to 'keep going' even though something is hard can show children how to be resilient.





Being age-appropriately open and honest about things being hard can also show children that everyone has hard times but we are resilient.

Resilience

Self Care

Looking after yourself will make you feel more confident and in control.



Self care for children can range from taking care their **personal hygiene**, **exercise**, **eating healthily**, enjoying their **favourite hobby** or **mindfulness** techniques and strategies. These everyday, healthy habits can improve wellbeing and give them the tools they need to flourish and grow.

Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.









Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.

"I won't fall… maybe I will. That's okay… 'cause we all fall"



TikTok

Resilience

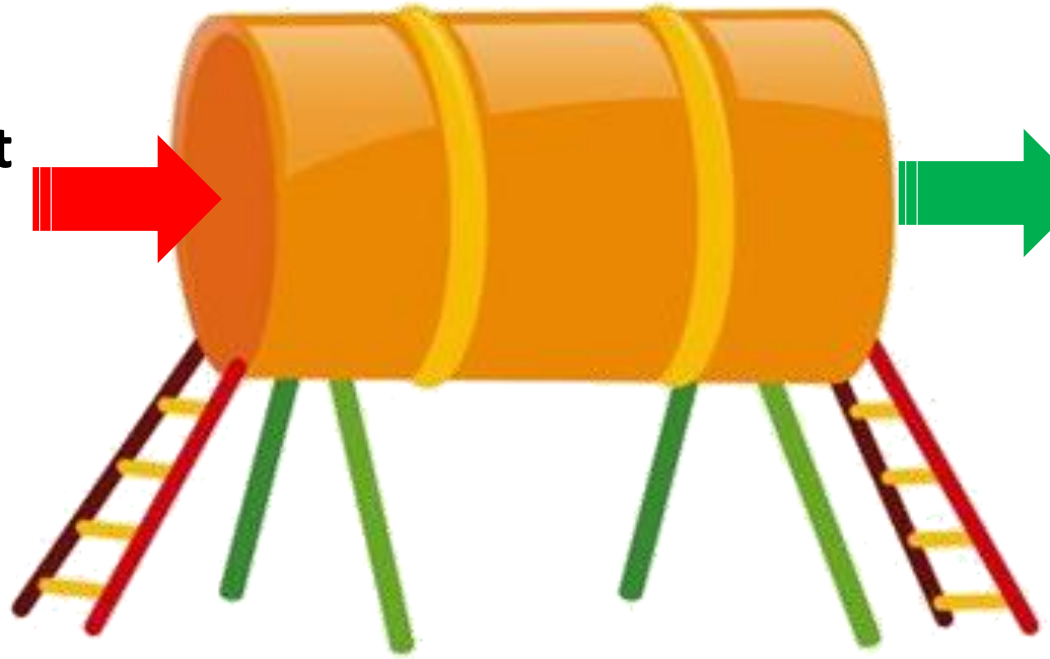
Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.

19 Actionable Tips to Teach Positive Self-Talk to Kids

Positivity Tunnel

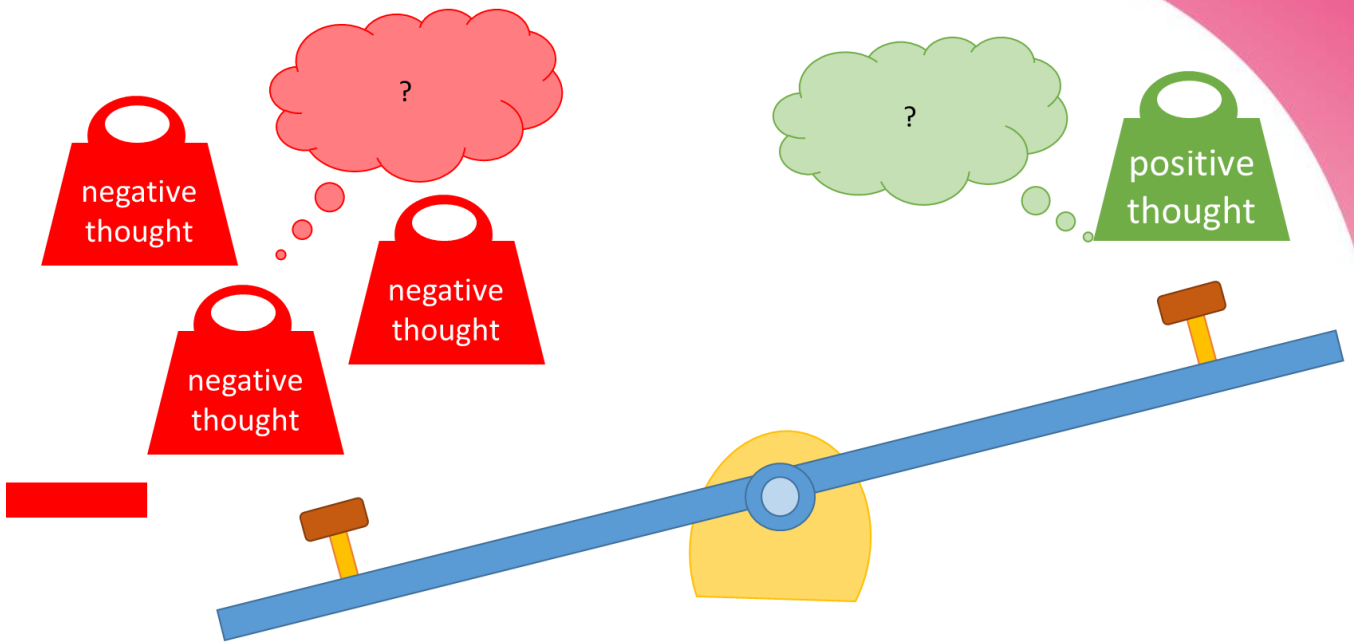
I'm so stupid, I got so many answers wrong!

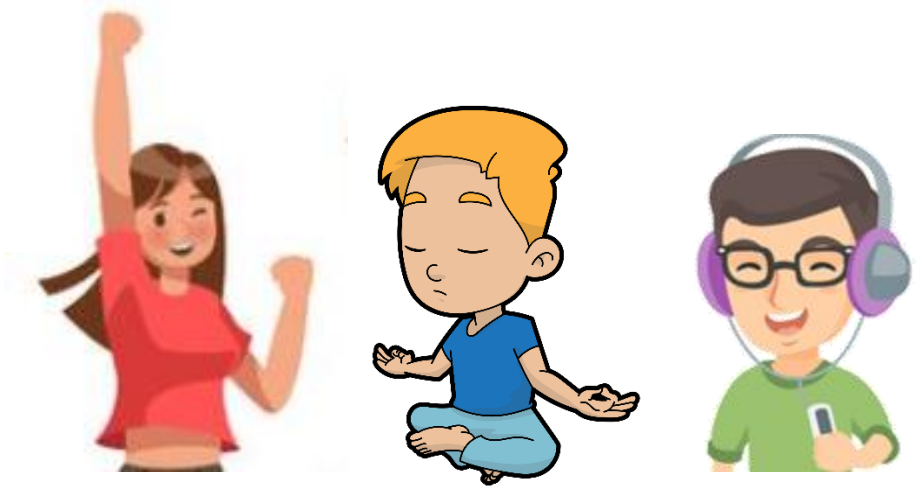


I'll learn from my mistakes and keep trying!

Resilience

	Negative voice	Positive voice
Day 1		
Day 2		
Day 3		
Day 4		
Day		

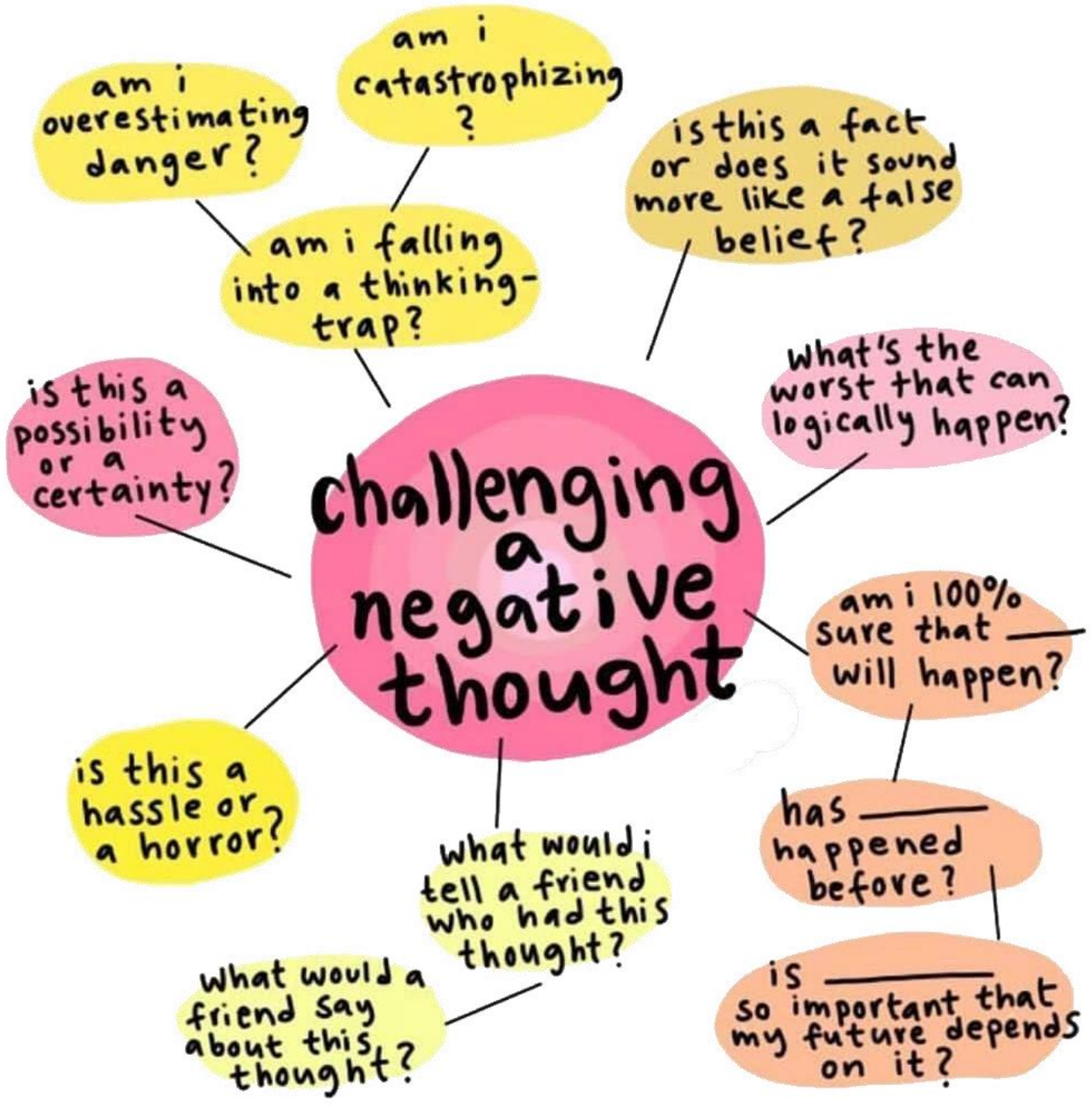




Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.



Resilience


Is there another way to see this?
What evidence is there?
How would someone else see this?
What advice would you give someone else?
Is this fact or opinion?
Is this helpful?
Challenging Negative Thoughts
First, identify the thought. As you move around the leaves, help your caterpillar grow and become a butterfly!
Your thought should now have grown into a beautiful, positive butterfly!

Resilience


POW!
Is there another way to see this?
What evidence is there?
How would someone else see this?
BAM!
Challenging Negative Thoughts
What advice would you give someone else?
Is this helpful?
Is this fact or opinion?
KNOCKOUT
First identify the thought – you need to know your challenger!
Defeat the negative thought by coming up with a new, more positive one!

Resilience

Self Talk

Let them know you trust their capacity to cope.

We don't want them to become reliant on this, as this can lead to reassurance seeking behaviours. However, knowing that someone you love believes in you is powerful!

I know you will do your best no matter what.

You will figure it out!

You've got all the skills you need to do it on your own.

You can solve whatever problem comes your way.



Resilience

Self Talk

Sometimes, externalising the positive voice can make it easier for children to come up with an alternative point of view.



What would the Positive Parrot say?

Resilience

Self Talk

A child's inner-monologue can hugely impact their overall wellbeing.



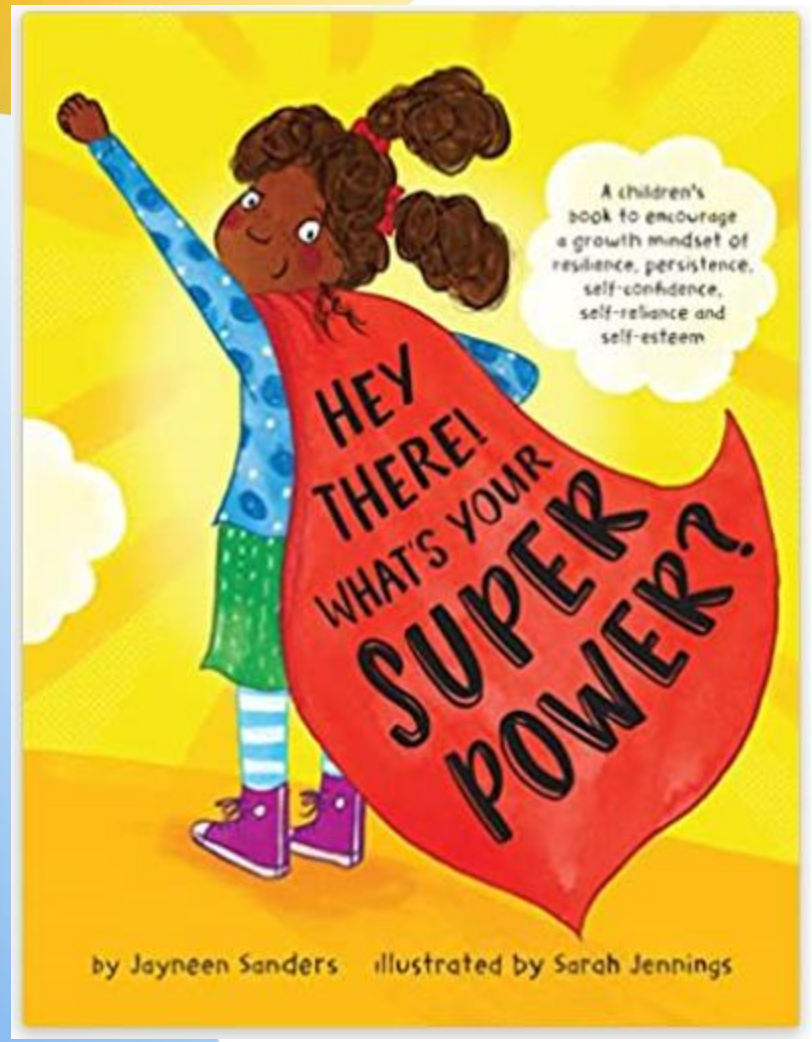


I AM
I CAN
I WILL
I DO tm

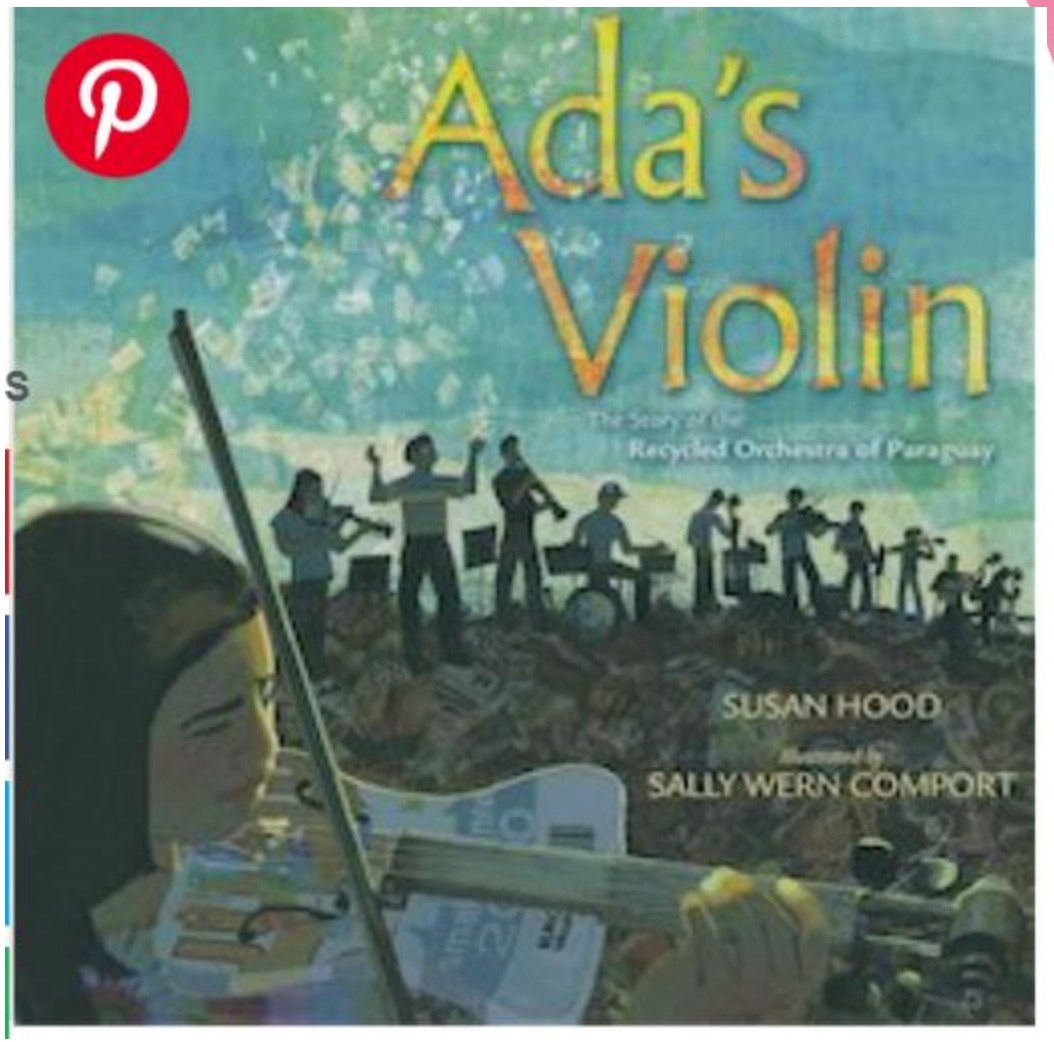




Resilience



Jayneen Saunders **5-9 years**



Susan Hood **9 years+**

Resilience

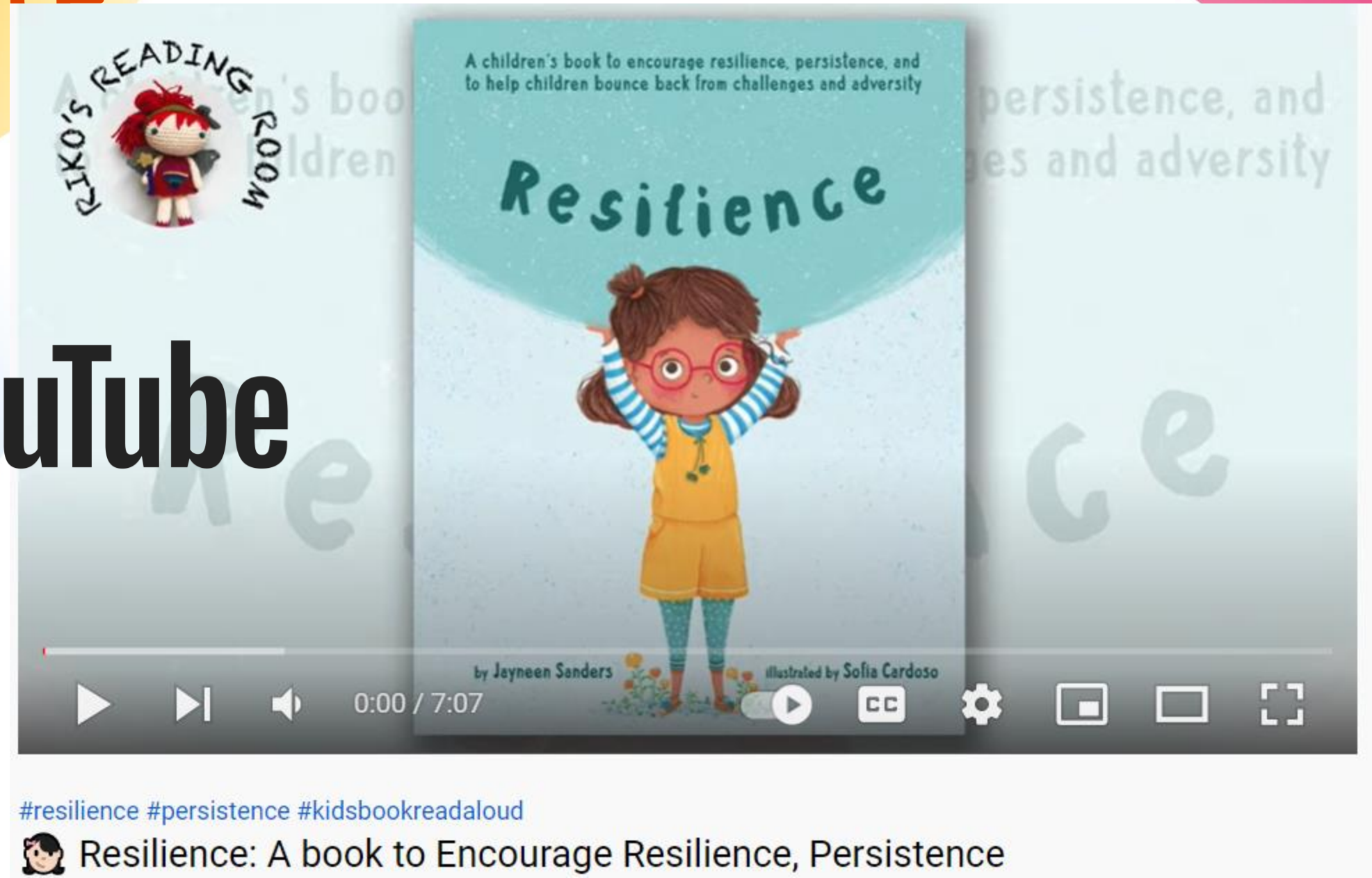


Floella Benjamin **9+ years**

Picture Books about Overcoming Challenge with Resilience

Resilience

YouTube



#resilience #persistence #kidsbookreadaloud

Resilience: A book to Encourage Resilience, Persistence

Resilience

YouTube



Read Aloud: I Won't Give Up | Daniel Kenney

Thank you for listening

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camhs-resources.co.uk

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