



Finding Hope in Resilience

Using Resilience as Momentum for Growth and Change

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Resilience

The capacity to recover quickly from difficulties.

An ability to recover from or adjust easily to misfortune or change.

Bounce back from strain and stress.

Brain development and resilience

- Genes provide the instructions for how the brain is built.
- Experiences strengthen pathways of connections within the brain.
- Brains are wired to perceive threats and respond to keep the body alive (physical reactions).
- Parents and caretakers contribute to how infants-children cope with stress.
- The responses and interactions infants-children receive from parents/caretakers provide the formation of resilience.



Healthy childhood development

- Learning ways to cope with stress
- Supportive relationships
- Supportive community and school systems
- Parents/caregivers are supported and empowered



Resilience is the result of both negative and positive experiences



Learning to be resilient

Think back when you were a child.

What were some ways that you were helped when facing a challenge?





Supportive relationships

Children don't overcome challenges in a vacuum. There are other factors at play. Children rely on the adults in their world to support them and provide examples of resilience. Children need an environment that promotes and supports healthy growth and development.

A supportive
relationship is
key to resiliency



What does a supportive adult do?

- Listen without judgement or prescription
- Acceptance
- Recognizes and acknowledges individual's strengths – calls them out
- Demonstrates belief in person and cheers them on
- Predictable – in responses and behavior
- Genuine joy in interactions with individual
- Safety
- Comfort



Parents and
caregivers
need support
too

In order for adults to effectively nurture children's ability to self-regulate and cope with stress, they need support from others and their environment.



Center on the Developing Child  HARVARD UNIVERSITY

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

IN BRIEF

The Science of Resilience

<https://www.youtube.com/watch?v=xSf7pRpOgu8>

Group Discussion

What are your take-aways about resiliency?

How can we, as individuals, impact the resiliency of others?

What is our community doing to promote resiliency in families?
What else can we do?

Thank
you