

# PCP VIRTUAL DROP-INS

Strengthening families' resilience in the face of the pandemic and school uncertainty

### **OBJECTIVES**

1. Practice managing stress through self-care exercises and group support.

2. Discuss difficult cases and strategize how to approach supporting resilient families.

3. Take-away tools and resources for helping families find resilience in the face of school and pandemic stress.

# FAMILY RESILIENCE DEFINED

>Capacities in family functioning to withstand and rebound from adversity.

>More than surviving loss and coping with disruptions, resilience involves positive adaptation:

 $\geq$  Regaining the ability to thrive, with the potential for transformation and positive growth forged through the searing experience.

(Walsh, 2020)

# FAMILY RESILIENCE

Fostered by shared beliefs

- 1. To make meaning of the crisis and challenges
- 2. To (re)gain a positive, hopeful outlook that supports active agency

For transcendence

• To rise above suffering and hardship through larger values, spiritual beliefs and practices, and experiencing transformations in new priorities, a sense of purpose, and deeper bonds.

(Walsh, 2020)

# THE ART OF THE POSSIBLE

"Do all you can, with what you have, in the time you have, in the place you are."

### PANDEMIC + SCHOOL

What kinds of issues are your families facing?



## PANDEMIC + SCHOOL

What kinds of issues are your families facing?

Externalizing kids

- Cant sit still in front of computer!
- Boring, difficulty maintaining attention

Internalizing kids

Isolation, frustration, sadness
Apathy

Families

Parents juggling work or financial stress + helping kids pay attention

#### Families

Parents juggling worries about virus + helping kids connect



# PANDEMIC + SCHOOL

What strategies/resources have you found helpful?



Externalizing kids

- Scaffolding learning environment with minimal distractions.
- Creating natural breaks for standing up, moving.
- Visual cues, schedule, transition time.

Internalizing kids

- >Space to process difficulties.
- >Other opportunities for social connection.

### REACHING UP, REACHING DOWN... HELP FAMILIES TO REACH:

Up	Down	ln	Around
<ul> <li>Reflect on &amp; draw from philosophic, ethical, spiritual, religious values.</li> </ul>	• Ground to earth, place, relationship to environment.	<ul> <li>Turn towards internal means of engaging in pleasurable experiences, practicing gratitude.</li> </ul>	<ul> <li>Utilize technology &amp; creativity to foster social support and connection.</li> </ul>

### REACHING UP, REACHING DOWN... REFLECTIONS:

>What are essential components of a meaningful life?

>How do we retain a sense of hope and purpose?

>What is your source for courage, hope & faith?

>How do we maintain a core sense of serenity and peace?

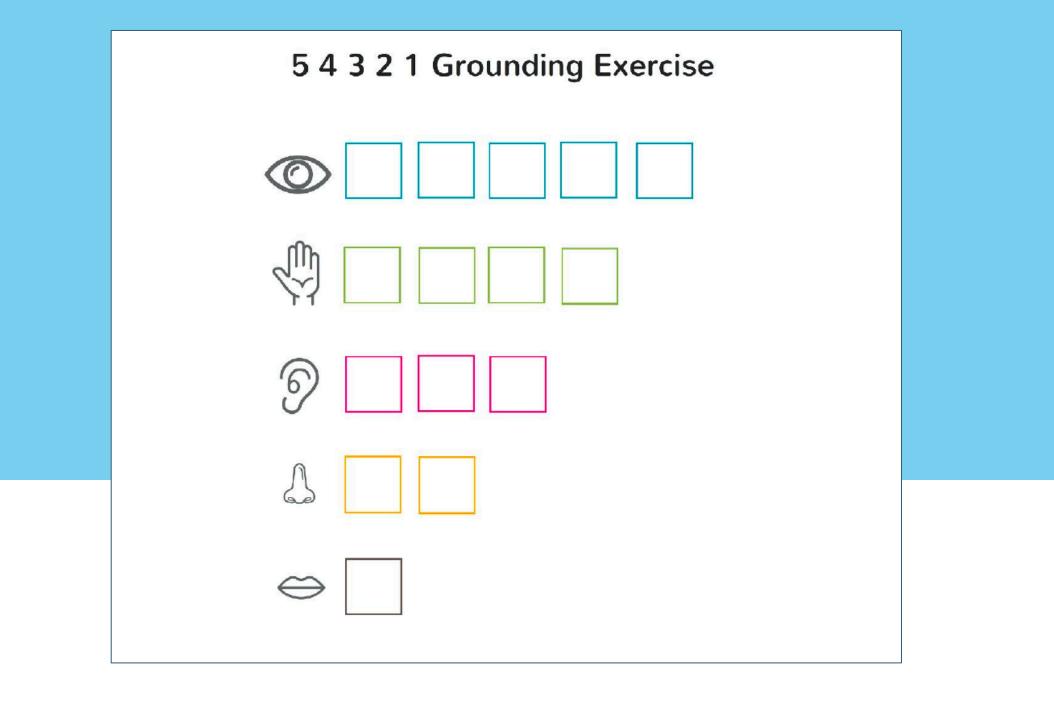
# NEW DAILY RITUALS

Powerful connections that have been drastically altered
 Graduations, marriages, funerals, religious ceremonies

Creative connections

>Drive-by celebrations, zoom meet-ups, post-it notes, family meals

Inviting conversations about daily ritualsi.e Cooking, watching movies as family



### **REFERENCES & RESOURCES**

Fraenkel, P & Cho, WL. (2020). Reaching up, down, in, and around: couple and family coping during the coronavirus pandemic. Family Process. <u>https://doi.org/10.1111/famp.12570</u>

Walsh, Froma. (2020). Family Process. 59(3): 883-897. Loss and Resilience in the Time of COVID-19: Meaning Making, Hope, and Transcendence.