



# HANGING ON TO HOPE BUILDING A RESILIENCE TOOLKIT

The unprecedented global COVID-19 crisis brings challenging new situations into our daily lives. While the coronavirus is new, practicing resilience strategies is not. Resilience is a capacity, not a characteristic, which means we can learn resilience when we see it modeled, taught, promoted and practiced. We can stay connected, healthy and hopeful while “restricted” at home. We acknowledge and validate the huge impact this is having on so many families and homes.



**"CLAIM MY CALM"** addresses two key strategies: **the ability to calm oneself** with deep breathing or other mindful practices, and **modeling appropriate behavior** to demonstrate self-regulation skills.



**"FIND MY SAFE ZONE"** refers to having routines and rituals in place which bring a sense of control into our lives. We all do better when we have **clear expectations and rules** in place, from structured bedtimes to play times to school/work times within a busy day. **Giving a child choices** helps create empowerment. That works for adults too: Give yourself the choice of empowerment, like stepping outside for a moment of grounding and self-care.



**"NAME MY FEELINGS"** includes **expressing feelings** and **developing communication skills**, both so important in feeling safe and connected.



**"BUILD CONNECTIONS"** can happen through **family meetings**, a great way to iron out disagreements peacefully, and creating **a sense of belonging** as we learn the importance of attachment and bonding to others.



**"KNOW MY STATE"** includes **sensing triggers that create negative behaviors** before we say or do something hurtful or harmful to others. It also means **acknowledging when you are wrong** after making a mistake, which creates the opportunity to teach and model asking for forgiveness.



**"SHARE MY SMILE"** is all about **showing empathy** and **working as a team** to develop trust, respect and commitment.

