

# Shri Minds

## Wellness Newsletter

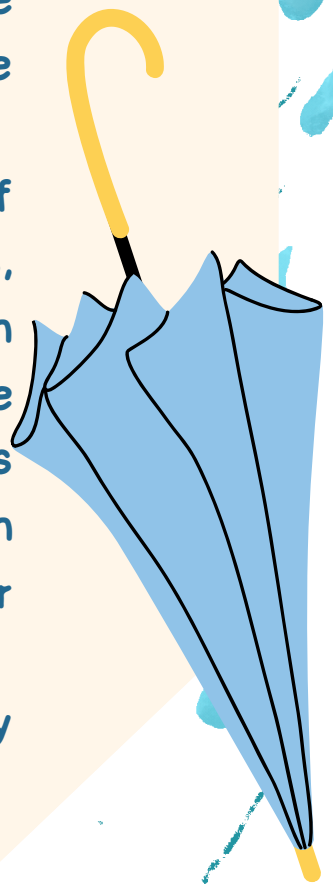
Namaste Parents and Children,

After receiving some great feedback, thought provoking questions and honest opinions we are thrilled to be back with our next edition of The Shri Minds!

In this edition, we will explore the concept of Resilience, providing you with valuable insights, and strategies to cultivate your inner strength and thrive in the face of challenges. Resilience is a crucial skill that allows us to navigate life's ups and downs easily, enabling personal growth and well-being. We emphasize on helping our children develop this important Life Skill.

Just like always we bring to you some handy self help tips as well.

Lets take a swim in...



### Whats Inside???

- Resilience
- Shri Reflection
- Shikita Ga Nai
- Self Help

### Wellness Happenings

- My Body My Rules Session on Safe and Unsafe Touch.
- Step In Stop Bullying

# Resilience

Resilience refers to both the process and the outcome of successfully adapting to difficult or challenging life experiences, according to the definition of American Psychological Association (APA). It's having the mental, emotional, and behavioral flexibility and ability to adjust to both internal and external demands.

Being resilient does not mean that you won't experience stress, emotional upheaval, and suffering. Demonstrating resilience includes working through the emotional pain and suffering.

Building resilience takes time, strength, and help from people around us; it is likely to experience setbacks along the way. It depends on our personal behaviors and skills (like self-esteem and communication skills), as well as external things (like social support and resources available to us).

Ken Ginsberg (MD, a pediatrician specializing in adolescent medicine at the Children's Hospital of Philadelphia and a cofounder of the Center for Parent and Teen Communication) developed the 7 Cs resilience model to help children and adolescents build resilience.



The 7 Cs are: competence, confidence, connection, character, contribution, coping, and control. With all these skills and factors in place we can build inner strength and utilize outside resources — regardless of age.

Facing adversity can create some difficult moments for children, but if they're prepared, they will come out on the other side much stronger. A few activities we can do to involve children in building self-esteem, strengthening relationships, and being kind, all of which are important aspects of being resilient.

Whether your life is fairly easy or full of obstacles, there always comes a moment when our children will have a difficult time for reasons out of your control, like moving, dealing with bullies, problems at school, or a death in the family. Playing games and doing activities that build resilience better prepares them for when those moments arise.

Here are some ways to cultivate Resilience in children -

**1** Building trust in others and developing a support system is an important step in overcoming adversity.

**2** A positive sense of self and confidence in one's strengths can stave off feelings of helplessness in the face of adversity

**3** Using positive coping skills like optimism and problem-solving skills can help bolster resilience more and empower a person who has to work through adversity.

**4** Being able to communicate effectively, show empathy, and inspire confidence and trust in others helps people seek support, mobilize resources, and take action

**5** The capacity to manage potentially overwhelming emotions helps people maintain focus when overcoming a challenge.

#### Read more about Resilience at

- <https://www.apa.org/topics/resilience>
- <https://www.tomsofmaine.com/good-matters/healthy-feeling/building-resilience-in-children-using-fun-games>
- <https://www.everydayhealth.com/wellness/resilience/>



# Shri Reflection

## Dull not thy sparkle!

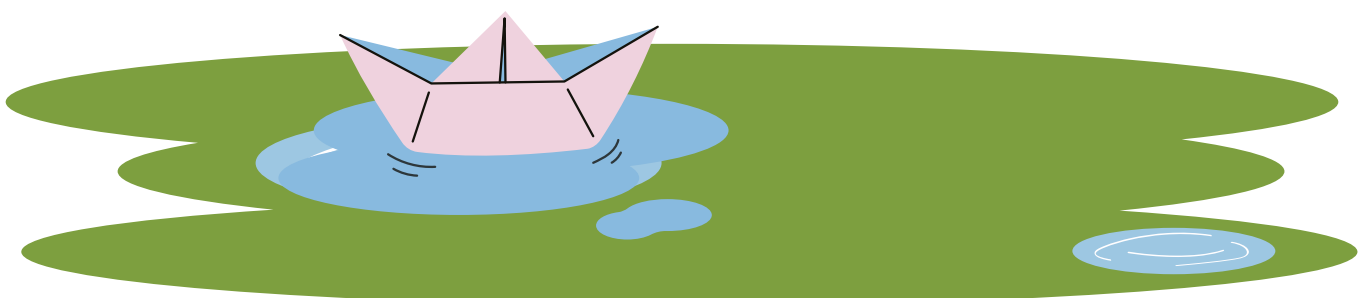
- Ms. Meghana Kuthe  
Shri Educator, (Biology and Math)

Let me tell you a short story. This is the story of a young woman who was happy with her life. She had a loving and caring family. She had a school going son and like all other parents, her world revolved around him.

Everything was wonderful till a day when she found herself face to face with a medical condition. It was something that could hardly be anticipated by anyone. Though initially she went blank, slowly she picked up taking it positively. She had a vague sense that it was intended for her and that she would soon be free of it and she was. However, the journey was not easy.

She had to constantly stay focused on the positives though the negatives always outnumbered. Each day brought a different set of challenges which she had never handled before. Taking them as learning opportunities she became victorious.

Many times, we come across situations which we hardly have any idea of. The worst hits when we are least prepared for it. So, should we give up and overlook the fact that obstacles are a part of life and that we as humans are best suited to handle them? If we choose to face it, we can overcome any circumstance. This kind of flexibility that enables us to emerge as a winner is RESILIENCE.





We are blessed with the ability to think which no other living being can. Then, why not think the best for ourselves. Cribbing, complaining and 'why me?' can never help in bringing us out of the crisis. At the emotional level it does disturb in between but picking up again from where you have left from and rising is what is expected from the most evolved species.

Staying focused on things that we can control instead of dwelling on those that we cannot, believing that God creates situations for us with a purpose and strongly believing in that purpose helps us to become resilient. It is important to stick to the belief because the belief with which we start our journey, helps us to reach its end.

It was easy for the woman in the above story to give up. She knew if she had to do that, her family would have collapsed. She would have set a wrong example for her son and that was not acceptable for her. So, she found out the best ways, not even once complained and emerged a winner.

Sometimes in life we are tested not to show our weakness but to discover our strengths. Let us not forget that 'Our courage to continue counts.'



"Shikata ga nai" is a Japanese phrase that translates to "it can't be helped" or "there's no other way." It conveys a sense of acceptance when facing a situation that is beyond one's control or has no readily available solution. The phrase reflects the values of endurance and acceptance of adversity without complaint.

"Shikata ga nai" is not about passivity or resignation. It's about acknowledging the reality of certain situations and responding with a sense of calm, acceptance, and resilience. By practicing this mindset, you can cultivate a healthier outlook and navigate challenges more effectively.

**BEST**

# 8 WAYS TO BUILD RESILIENCE



**1** I have resilient adults around me

What you model matters



**2** I am good at some things and need to work on others

Find and celebrate strengths



**3** I am hopeful and positive even when it's tough!

Teach optimistic thinking to power success

**4** I can cope with change



Build capacity to be adaptable and flexible

**5** I can practise to achieve my goal

Connection to meaning and purpose fuels the many steps to mastery



**6** I have people who help me to shine



Resilience is supported by people who mentor, guide and model

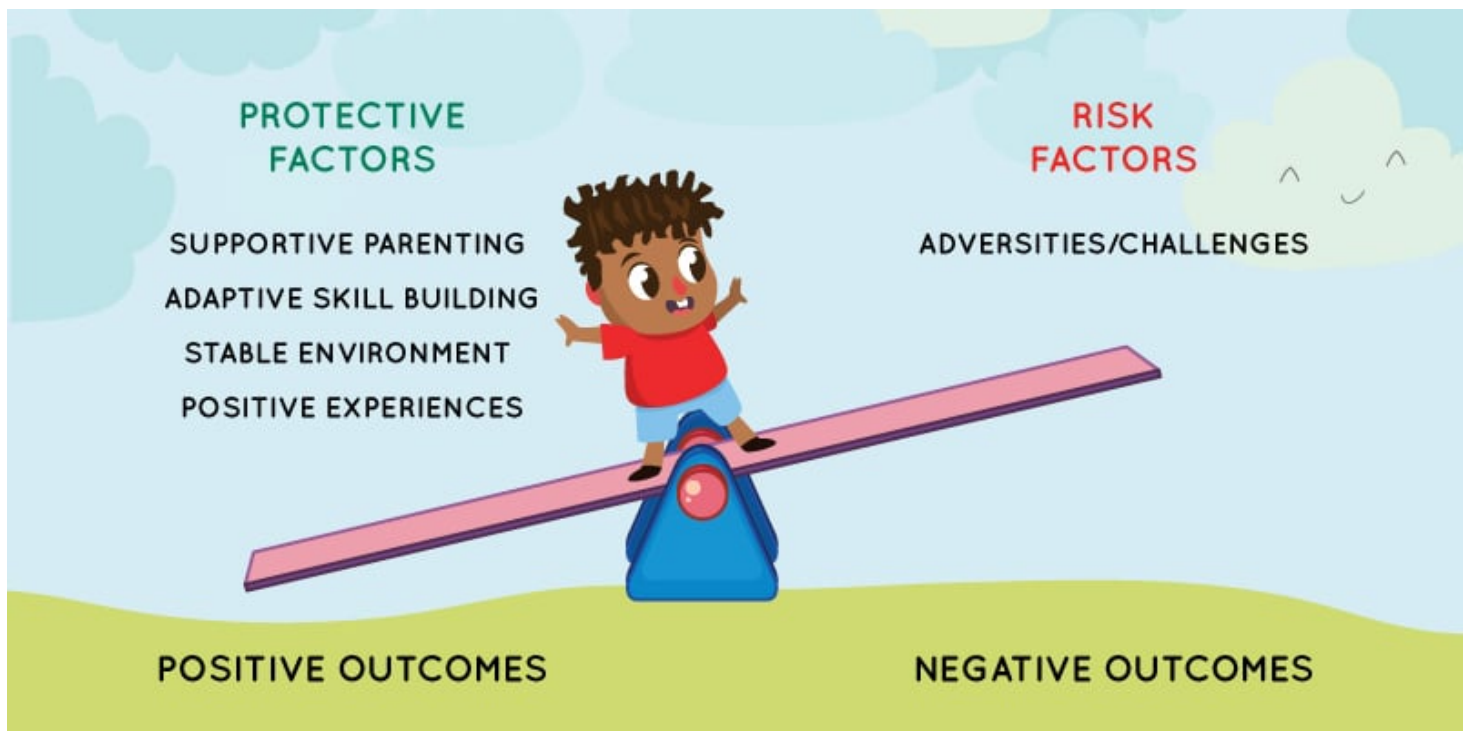
**7** I can learn from mistakes and solve problems

Problem solving and taking action leads to self-improvement



**8** I am me – and that's enough

Self-acceptance builds the capacity to embrace strengths and accept challenges



# HOW DO YOU KNOW IF YOUR CHILD IS RESILIENT?

LOOK OUT FOR BEHAVIOURS SUCH AS THESE:

Western Australian Curriculum Framework

01. Is self-motivated
02. Learns from failure and remains hopeful
03. Finds alternative solutions
04. Seeks help from others
05. Manages difficult situations calmly
06. Is open to new experiences



# BUILDING RESILIENCE

## In Your Child Through Play

*Do these parenting trends sound familiar to you?*



### **Tough love**

When children face excessively strict criticism and comparison, their "I am" self-belief is affected, challenging their self-worth.



### **Helicopter parenting**

When children are overly protected from making mistakes by their parents, their "I can" coping skills to build resilience are compromised.



### **Neglect**

When children have no one to turn to in tough situations, their "I have" mentality is undermined, rendering them feeling helpless.

**Intentional Play** - interactive, enjoyable activities (with or without competition) can build your child's **resilience** by helping them to:



### **Establish positive relationships**

Interacting with peers, team mates and coaches helps children establish **positive relationships** with others, enhancing their **self-worth**.



### **Develop essential soft skills**

Learning teamwork, managing conflict and accepting defeat during play and sport equips children with **soft skills** to **face challenges** as they grow.



### **Spend quality time with family**

Spending **quality time** together through activities and providing guidance allows children to learn that their family will always be there to **support** them.

**Have something to say???**

**Connect with the Counselors at**

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