



RAISING RESILIENT KIDS

Jonathan Hetterly, MA, LPC

*Licensed Professional Counselor
Southeast Psych*



PSYCH BYTES

Practical psychology to enhance your life!

www.psychbytes.com

A HERO HOUSE PUBLICATION

SOUTHEAST PSYCH'S



**GUIDE FOR
IMPERFECT PARENTS**

A BOOK WRITTEN BY
IMPERFECT THERAPISTS

Now available:

**Southeast
Psych Guide for
Imperfect
Parents**



ORDER OF BUSINESS

- Defining Resiliency
- Cultural Changes
- Tips, Tools, & Strategies
- Questions

WHAT IS RESILIENCY?

Developing a Resilient Mindset



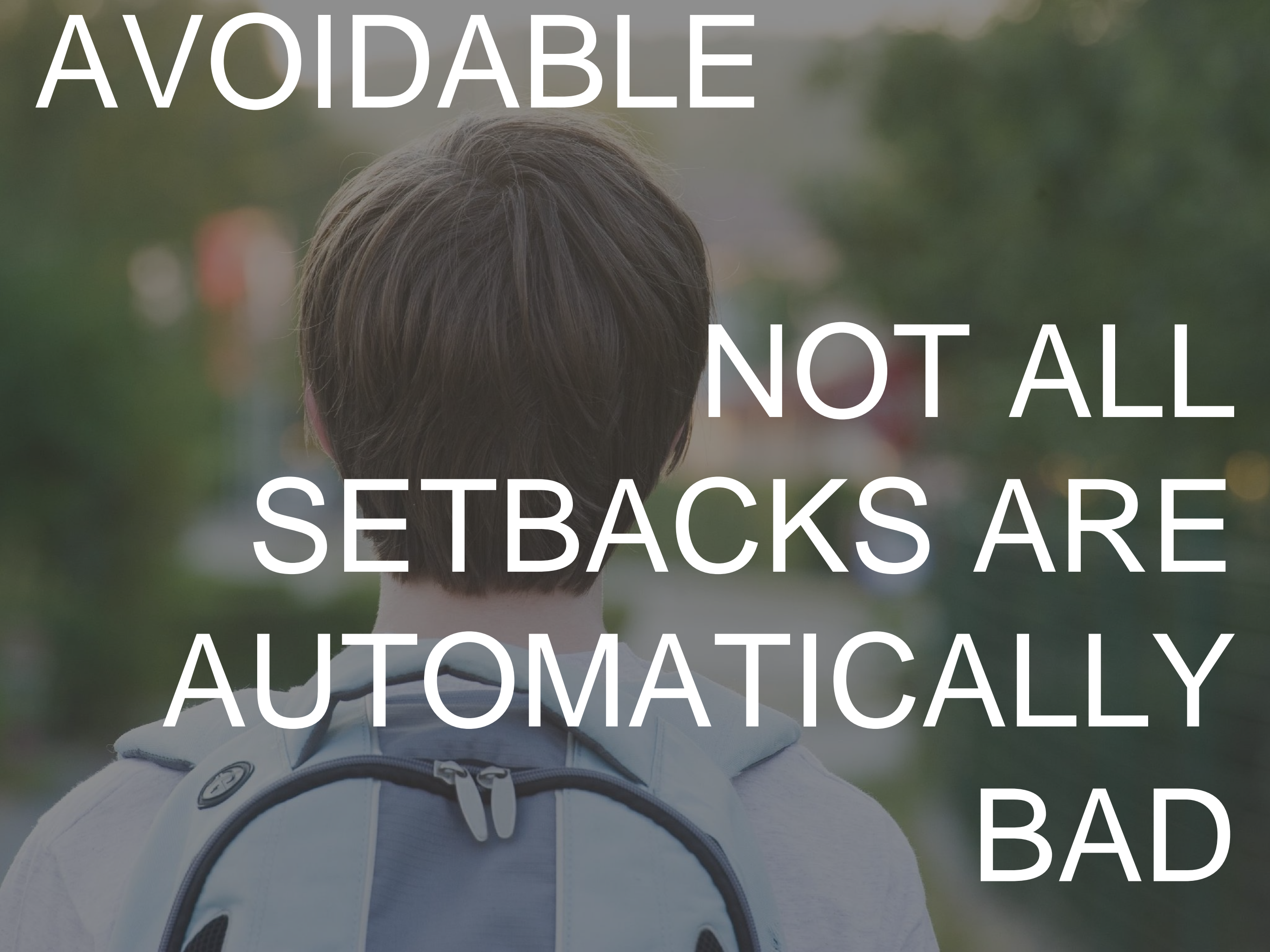
RESILIENCY IS ...



*the ability to bounce back from
adversity and setbacks stronger
and wiser*



CHILDREN DEVELOP POSITIVE
ATTRIBUTES THROUGH
LEARNING & EXPERIENCE



AVOIDABLE

NOT ALL
SETBACKS ARE
AUTOMATICALLY
BAD

GROWTH, MATURITY, & INDEPENDENCE IS A COMBINATION OF

1. Past positive choices
(demonstrated readiness)
2. Correcting past negative choices
(resiliency)
3. Leap of faith (positive & hopeful
outlook)





KIDS NEED TO BE ABLE TO MAKE MISTAKES

The argument for poor choices

**YOUR KID
MAKES
DOZENS OF
RESPONSIBLE &
POSITIVE
CHOICES
EVERY SINGLE
DAY**





WHY IS RESILIENCY
MORE IMPORTANT
THAN EVER?

“WE’RE LIVING IN
THE AGE OF”

A **N** **X** **i** **E** **T** **Y**

*and no one is suffering more
than today’s teens*

DIFFERENCE BETWEEN STRESS AND ANXIETY



CONSTANT
STRESS W/OUT
RELIEF CAN
LEAD TO
CLINICAL
ANXIETY

CURRENT TRENDS AMONG TEENS

25 percent of all **teens** and 30 percent of all **teen** girls suffer from anxiety

The median age of onset is 11 years old

Anxiety is among the earliest of developing pathologies

FACTORS CONTRIBUTING TO RISE OF ANXIETY

Culture & Society

Economics

Developmental

Identity Development

Technology

Parenting



COMMON THINKING DISTORTIONS

- ▶ *Catastrophizing*
- ▶ *Fixation on the negative*
- ▶ *All-or-nothing*
- ▶ *Mind Reading*
- ▶ *Personalization*
- ▶ *“Shoulds” / Perfectionism*
- ▶ *“I can’t”*
- ▶ *Intolerance of Uncertainty*





WHAT WE CAN DO? ACTION STEPS

ACCEPTANCE

*Stress and
anxiety a
part of life*



REJECT

The Myth of Perfectionism

Performance Driven Life

Child-Centered Family Existence

Pre-occupation of the Fabricated Life

FOCUS ON YOUR CHILD'S 'LOCUS OF CONTROL'





STOP DOING FOR THEM
WHAT THEY CAN DO FOR
THEMSELVES

A person with brown hair is seen from behind, wearing a light blue backpack. The backpack has a dark blue zipper and a small circular logo on the left shoulder strap. The person is wearing a light-colored shirt. The background is a blurred outdoor scene with green foliage and a bright light source, possibly the sun, creating a bokeh effect. A semi-transparent grey rectangular box is overlaid across the middle of the image, containing the text "STOP SWEATING THE SMALL STUFF" in blue, bold, sans-serif capital letters.

**STOP SWEATING THE
SMALL STUFF**



STOP SHIELDING THEM FROM FAILURE

*let them experience the consequences of
their choices*

shift toward **Self-Direction**

Be direct but don't direct

Consult but don't control

Adjust boundaries & limits
(but don't abandon them)

*Independence is about
stepping back ...
not leaning in*



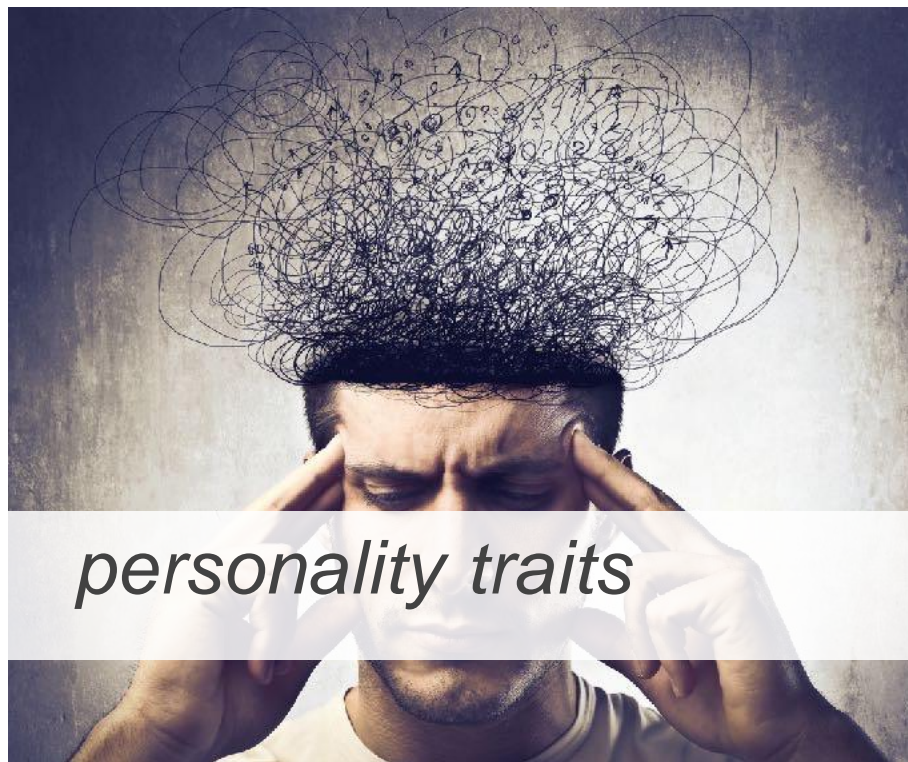
NURTURE AN EMOTIONAL VOCABULARY

Let Them Feel Their Full
Emotions

Attach to behaviors

Validate emotions, correct
behaviors





personality traits



interests and outlets




history of good choices or learning from mistakes

ENHANCE THEIR POSITIVE FACTORS



**NURTURE HEALTHY PEER
RELATIONSHIPS, OUTLETS, &
INTERESTS**

A large, diverse group of smiling adults of various ages and ethnicities. The group includes men and women of different ages, from young adults to seniors, with various hair colors and styles, and wearing a variety of casual clothing. They are all looking towards the camera with positive expressions.

CONNECT THEM WITH OTHER ADULTS

Develop a “Support Team”



EMPHASIZE CONNECTION

don't ISOLATE, WITHDRAW, or CIRCLE the WAGONS

A young man with brown hair, wearing a light blue and white striped flat cap and a white jacket over an orange shirt, is smiling and looking off to the side. In the background, a man with a mustache and glasses, wearing a striped shirt, is blurred. The scene is set outdoors during sunset or sunrise, with warm lighting.

SUPPORT

*but don't **FIX**, **SAVE**, or **JUDGE***

**YOUR TEEN
MAKES
DOZENS OF
RESPONSIBLE &
POSITIVE
CHOICES
EVERY SINGLE
DAY**



SUCCESS

LOADING...





THANK YOU

Jonathan Hetterly, LPC - Southeast Psych