



# BOUNCE BACK

**Building Resilience in Children and Teens**

**Vanita Halliburton**



**GRANT HALLIBURTON**  

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**F O U N D A T I O N**

# OVERVIEW

- **What is Resilience?**
- **ABCs of Resilience**
- **Building Blocks of Resilience**
- **Teaching Life Skills**



# WHAT IS RESILIENCE?

Resilience is not the **absence** of distress or difficulty.

Resilience is the **ability** to adapt and grow  
following adversity.

**“When children aren’t given the space to struggle through things on their own, they don’t learn to problem-solve very well. They don’t learn to be confident in their own abilities, and it can affect their self esteem.**

**The other problem with never having to struggle is that you never experience failure and can develop an overwhelming fear of failure and disappointing others.”**

**-Julie Lythcott-Haims**  
*How to Raise an Adult*

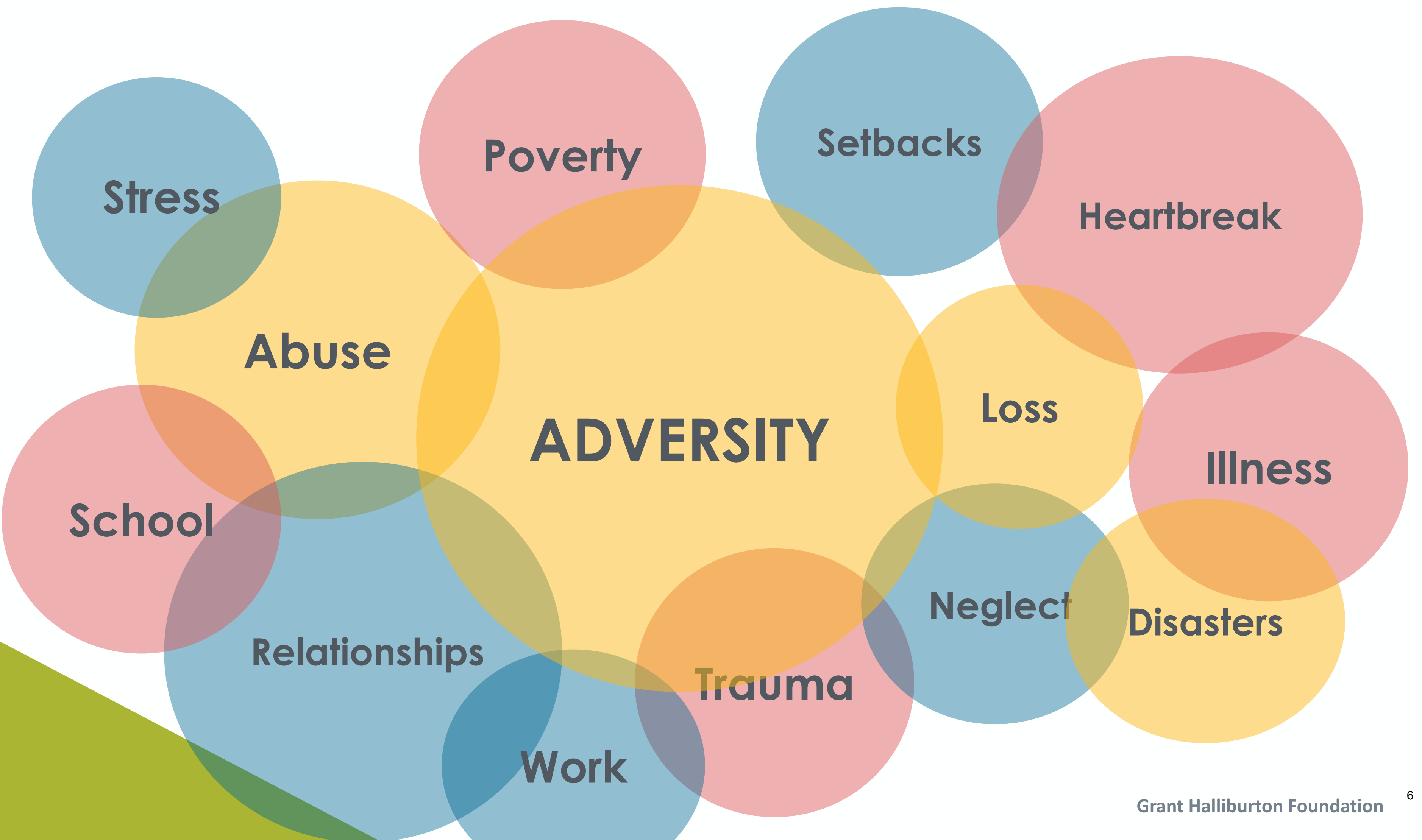
# THE GOOD NEWS



**We can:**

- **Strengthen resiliency at any age**
- **Take specific steps to help develop resiliency in children**
- **Model handling stress in healthy ways**

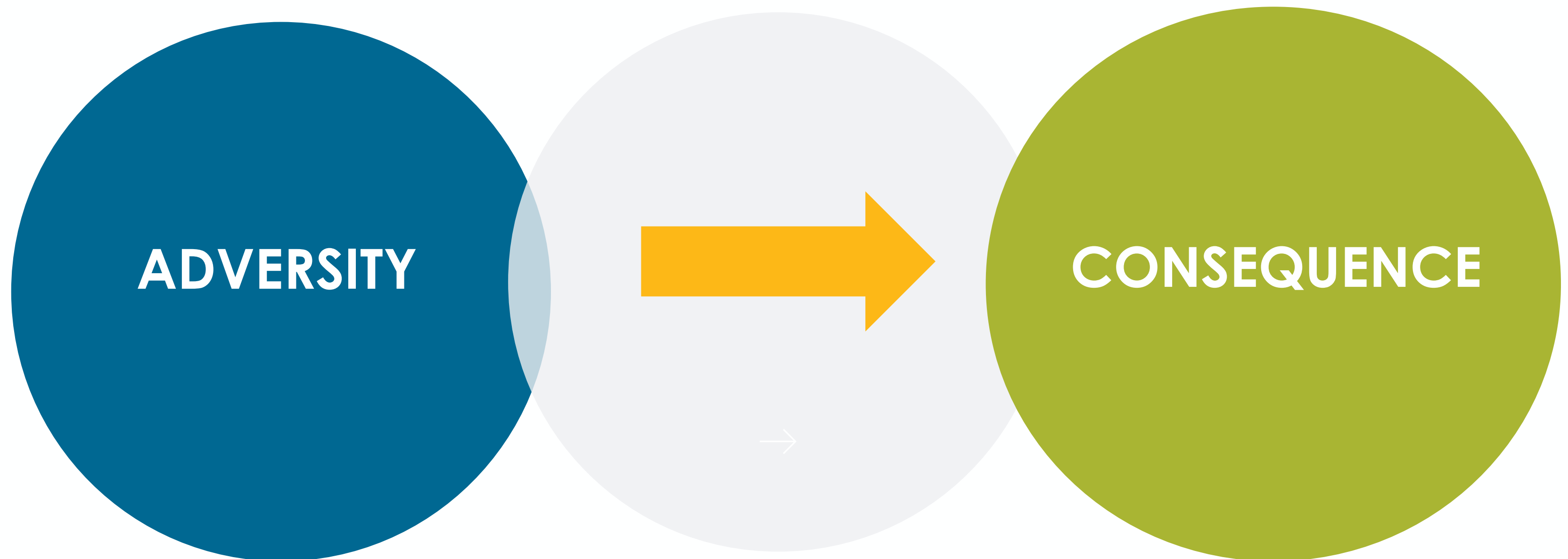
# WHY DO WE NEED RESILIENCE?





# ABCs OF RESILIENCE

# MISCONCEPTION



## ABCs OF RESILIENCY



# Example:

Jane and Daria are in Ms. Balch's 10<sup>th</sup> grade physics class. They both struggle through the class and end up with low final grades. Jane and Daria are angry, disappointed and sad.



**BUT...**



**DARIA** finds a tutor and commits to making a greater effort in physics going forward.

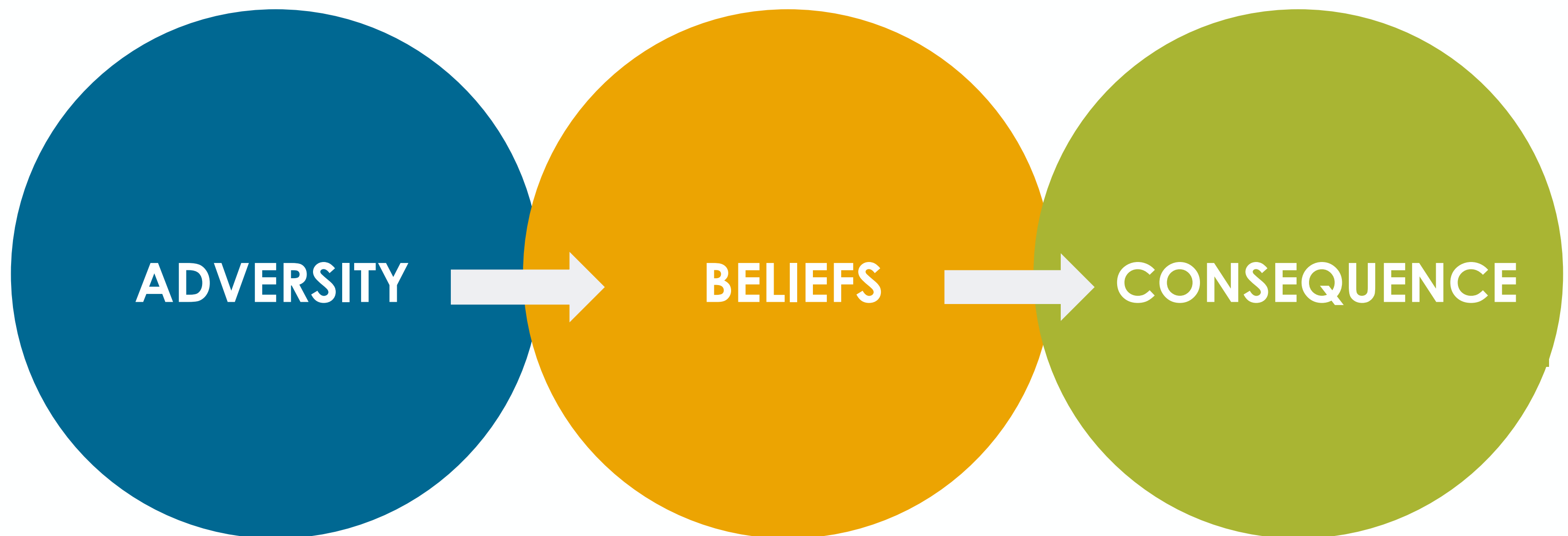


**JANE** grows more and more negative. She sulks and starts performing poorly in all subjects.

# CONSEQUENCE

# WHY DID THEY REACT DIFFERENTLY?

People react differently to the same exact challenges because between **A** and **C** lies the crucial letter **B**.

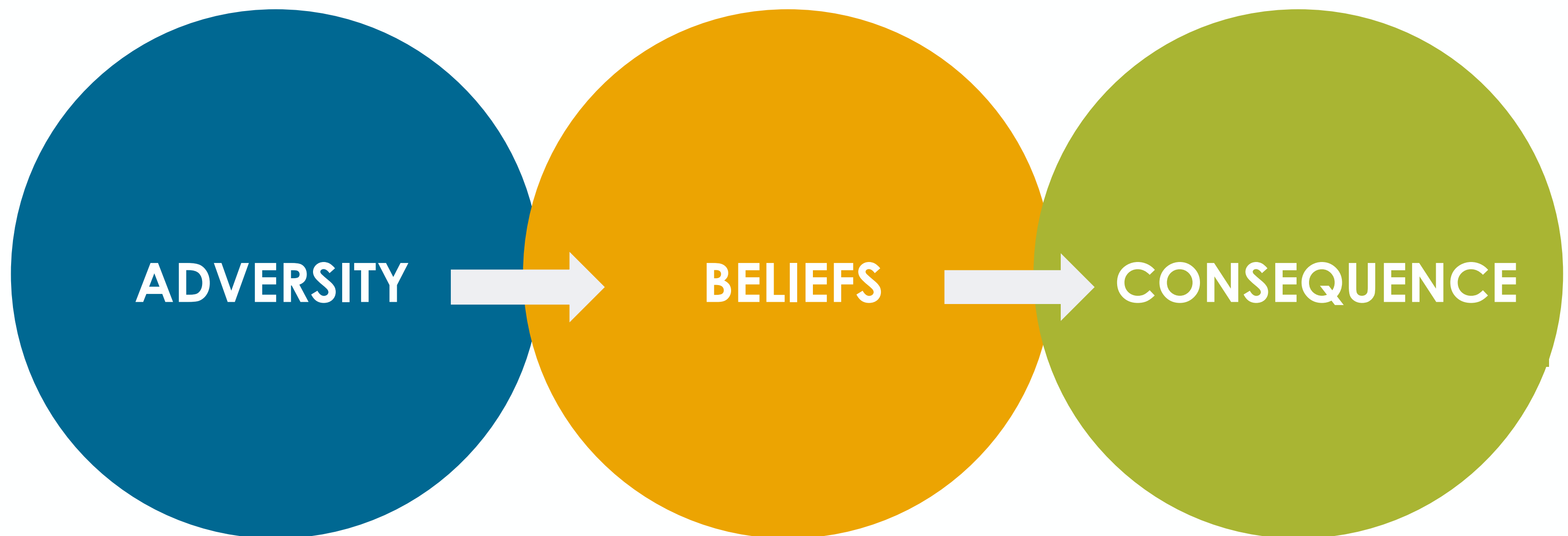


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## ABCs OF RESILIENCY

# REALITY

In times of **adversity**, what you **believe** can influence the **outcome** or **consequence**.



## ABCs OF RESILIENCY

# COACH VS CRITIC



**OUR BELIEFS ARE SHAPED  
BY OUR THINKING**



**DARIA** believed she could do better. She used her coach mindset.



**JANE** did not believe she could do better. She listened to her critic.

# BELIEFS

# POWER TO INFLUENCE BELIEFS

- **Parents and respected adults have the most impact and influence**
- **An adult's beliefs about a child can shape their beliefs about themselves**
- **Youth live up or down to expectations**



# BUILDING BLOCKS OF RESILIENCE



COMPETENCE



CONFIDENCE



CONTROL



# 7 Cs of Resilience

CONNECTION



COPING



CHARACTER



CONTRIBUTION



# COMPETENCE

- The ability to handle situations effectively
- Acquired through actual experience
- Derived from a wide range of achievements, from almost invisible steps to major leaps



# COMPETENCE

- Help children focus on individual strengths
- Acknowledge what they do well, not just their mistakes
- Allow for safe mistakes and self-correction versus overprotecting them



COMPETENCE



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# 7 Cs of Resilience

# CONFIDENCE

- Rooted in competence
- Not the same as self-esteem
- Not the result of praise or being told, “You’re special”
- Solid belief in one’s own abilities and willingness to try new things



# CONFIDENCE

- See the best in a child so he can see the best in himself
- Praise honestly
- Treat a child as a youngster learning to navigate the world, not as an incapable child



COMPETENCE



CONFIDENCE

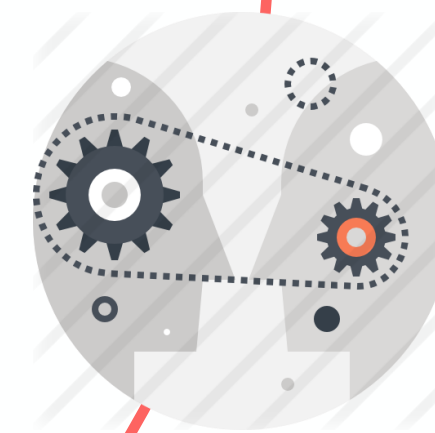


CONTROL



# 7 Cs of Resilience

CONNECTION



COPING



CONTRIBUTION

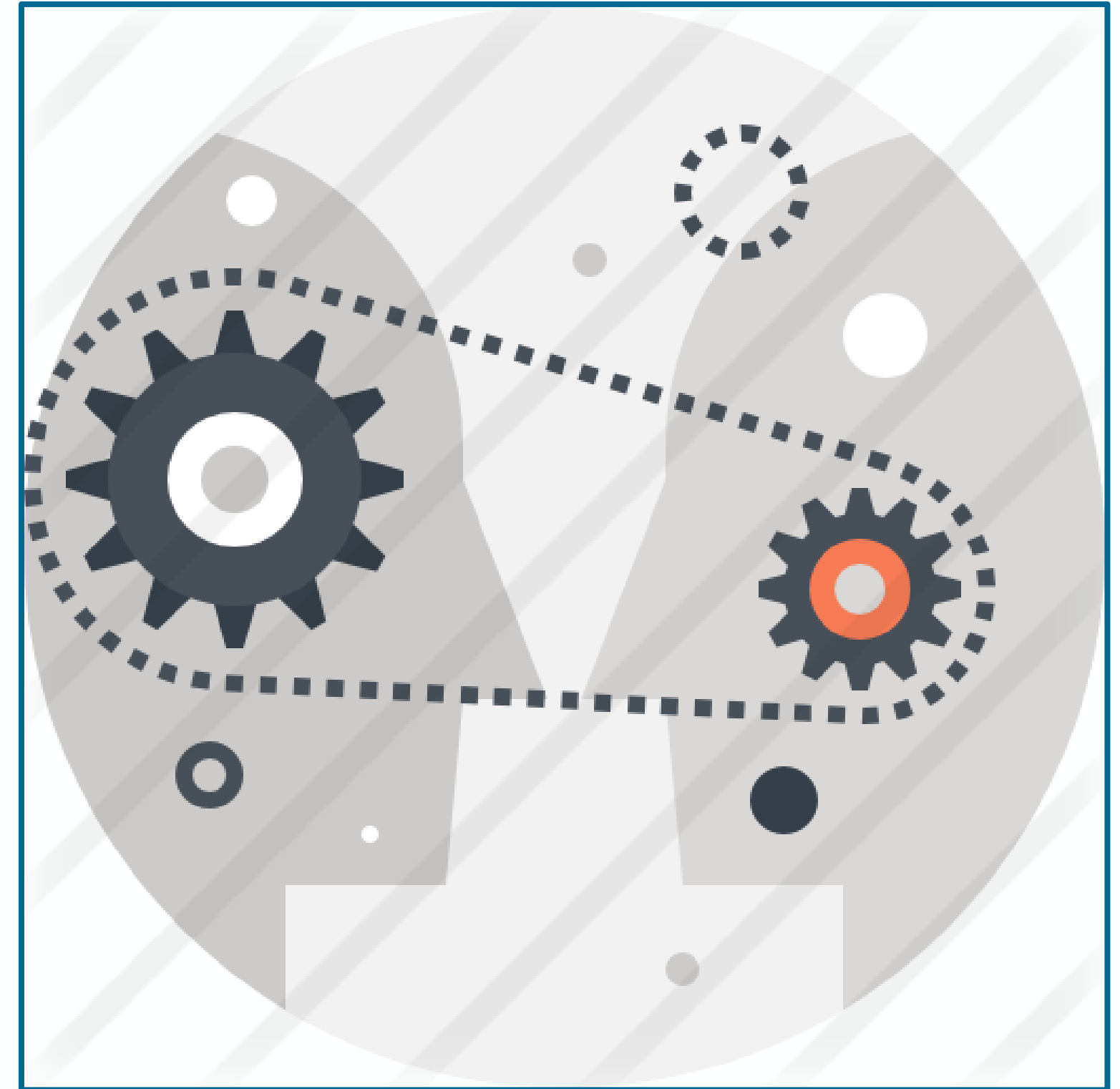


CHARACTER



# CONNECTION

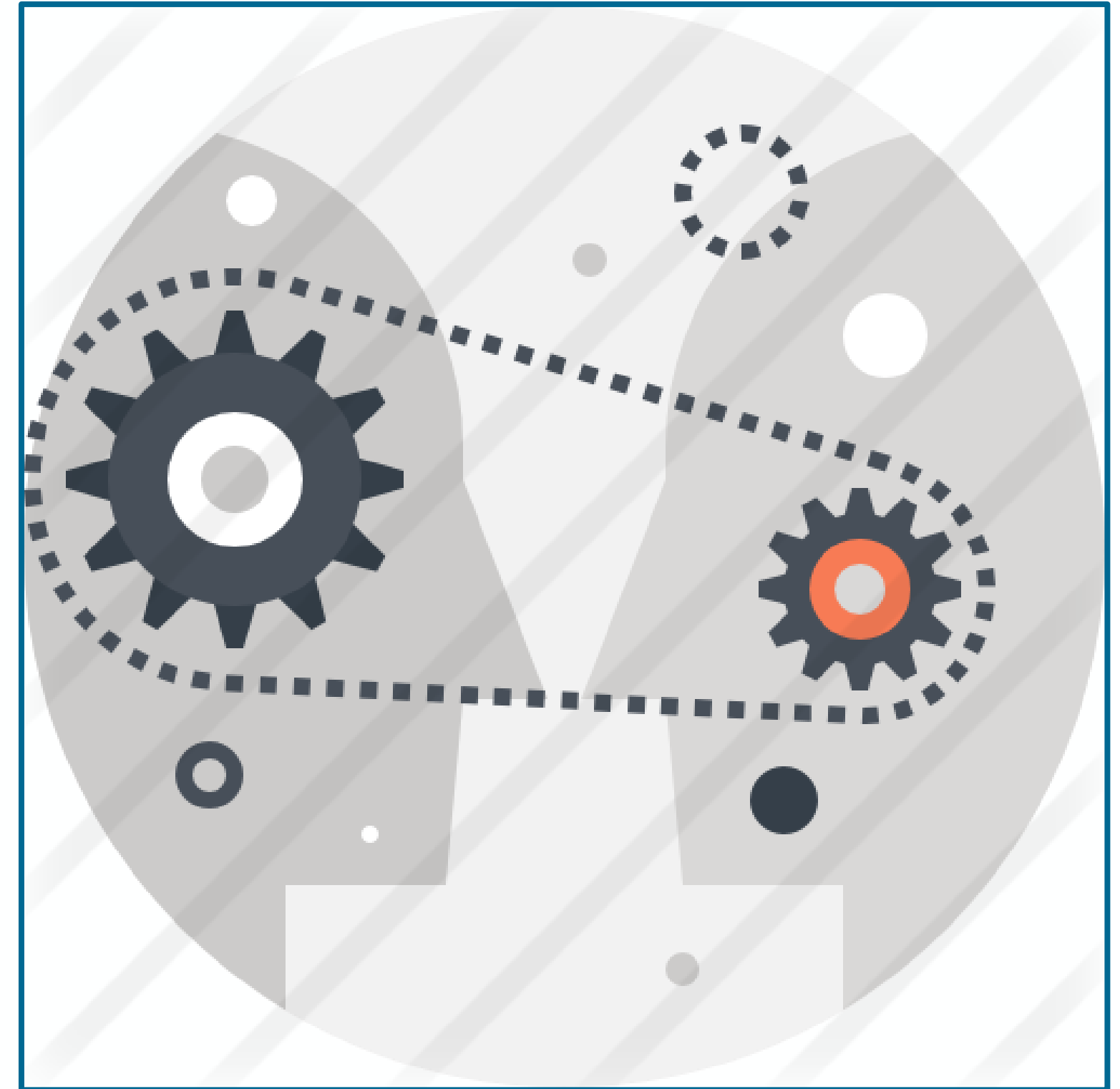
A solid sense of security that leads to strong values and helps to prevent seeking destructive alternatives





# CONNECTION

- Nurture strong family ties.  
Seek quantity *and* quality time!
- Positive peer relationships
- Encourage school and community connections



COMPETENCE



CONFIDENCE



CONTROL



# 7 Cs of Resilience

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COPING



CHARACTER



CONTRIBUTION



# CHARACTER

- Young people need a clear sense of right and wrong and a commitment to integrity
- Determine the character traits you want to build in your children



# CHARACTER

- Help children understand how their behaviors affect others
- Allow children to consider right versus wrong and look beyond immediate satisfaction or selfish needs



COMPETENCE



CONFIDENCE

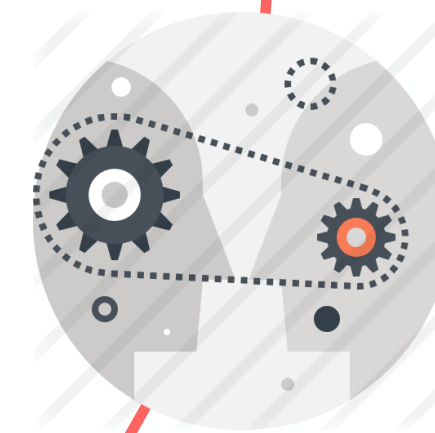


CONTROL



# 7 Cs of Resilience

CONNECTION



COPING



CHARACTER



CONTRIBUTION



# CONTRIBUTION

Provides a sense of purpose

Children need to:

- Realize the world is a better place because they are in it
- Believe they have the power to positively impact their world



# CONTRIBUTION

- Help them understand that there are many people who don't have what they need in terms of human contact, freedoms, money, and security
- Discuss how they can make positive contributions to change others' circumstances
- Teach and model generosity and serving others



COMPETENCE



CONFIDENCE



CONTROL



# 7 Cs of Resilience

CONNECTION



COPING



CHARACTER



CONTRIBUTION





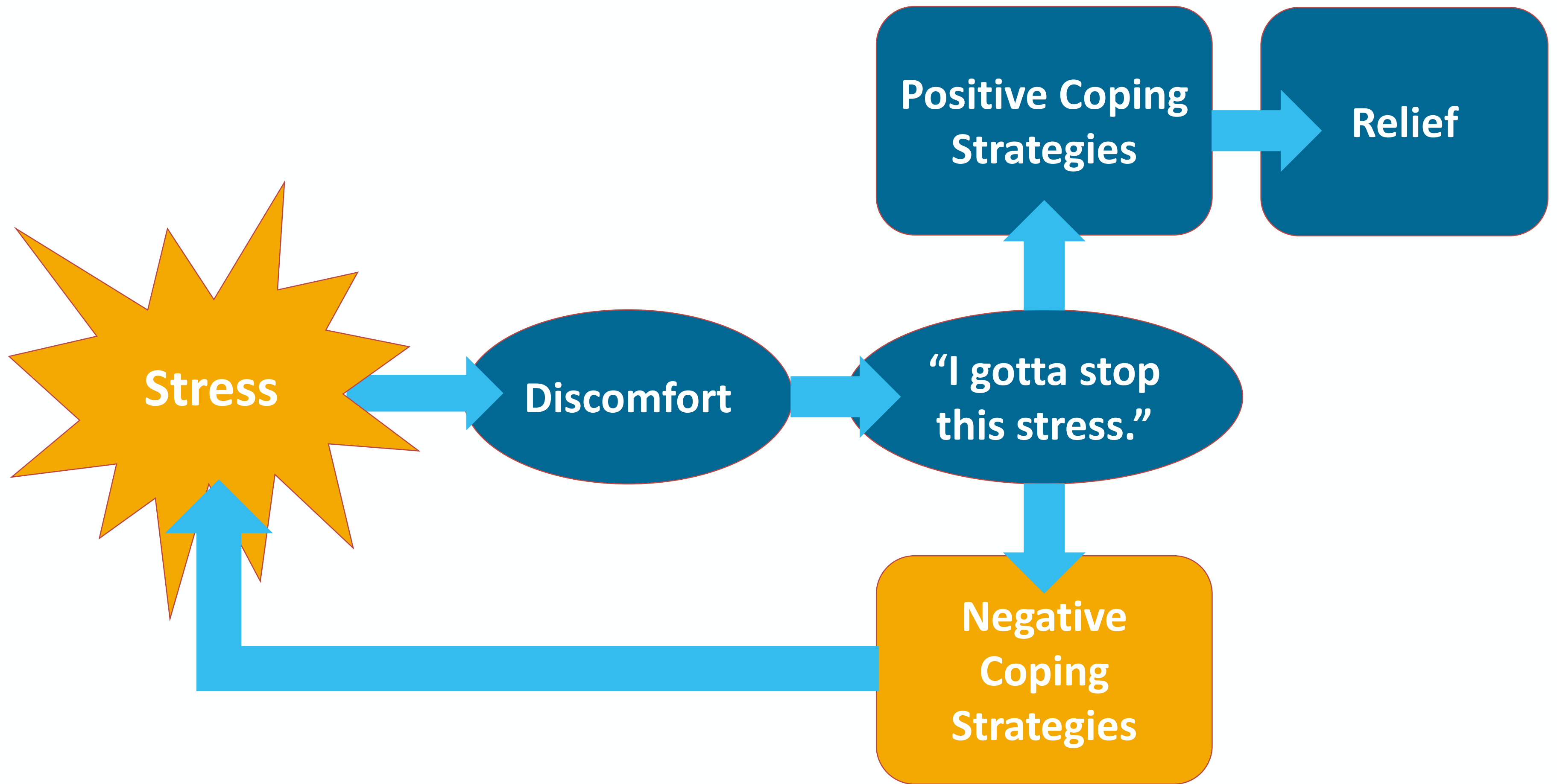
# COPING

Children with positive coping and problem-solving skills are:

- Better prepared to deal with life's challenges
- Less likely to turn to unhealthy behaviors when stressed



# COPING



## 7 Cs OF RESILIENCE

# COPING

- Help children put the situation into perspective
- Teach healthy coping skills
- Model positive coping strategies consistently



COMPETENCE



CONFIDENCE



CONTROL



# 7 Cs of Resilience

CONNECTION



COPING



CONTRIBUTION

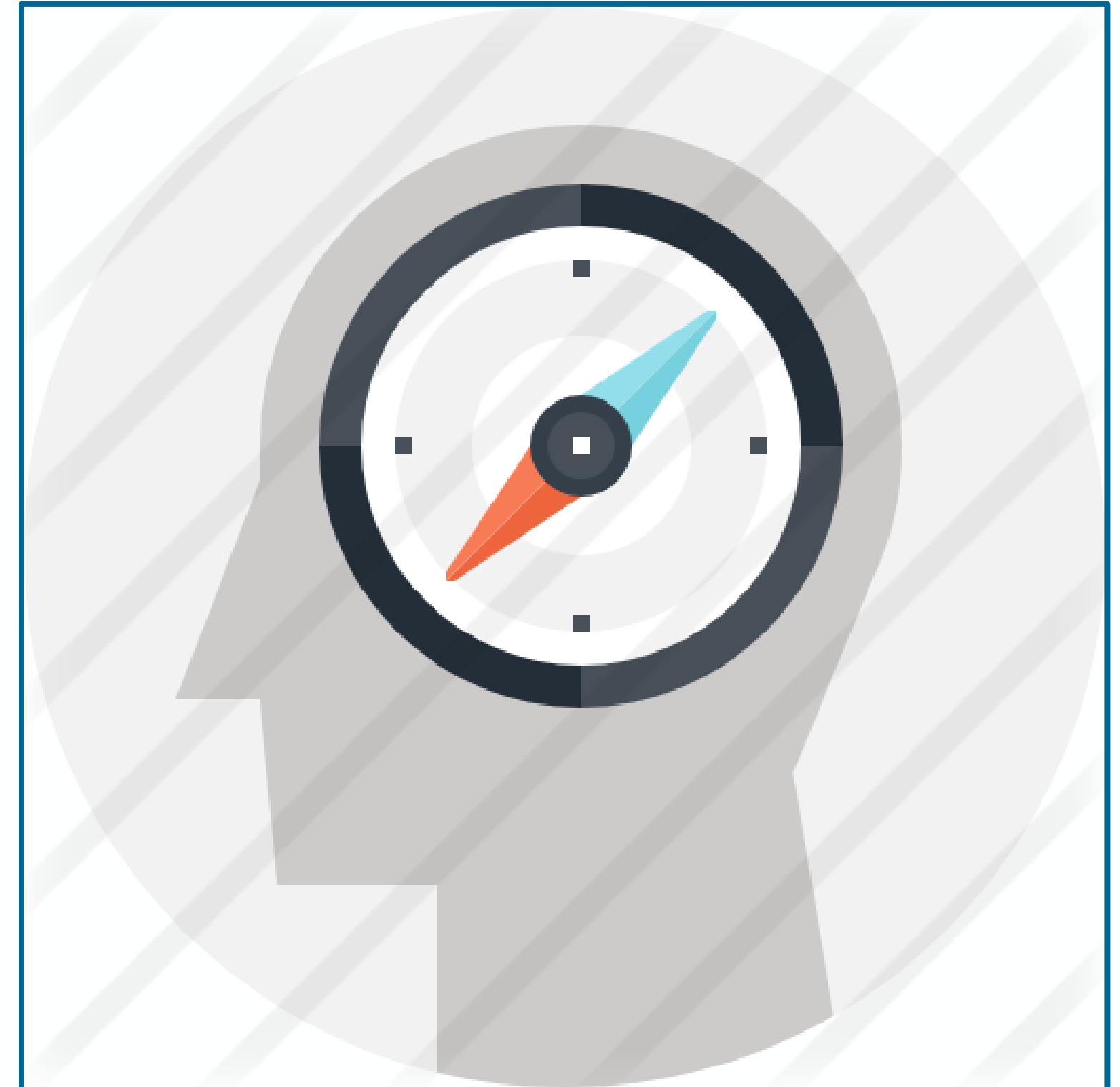


CHARACTER



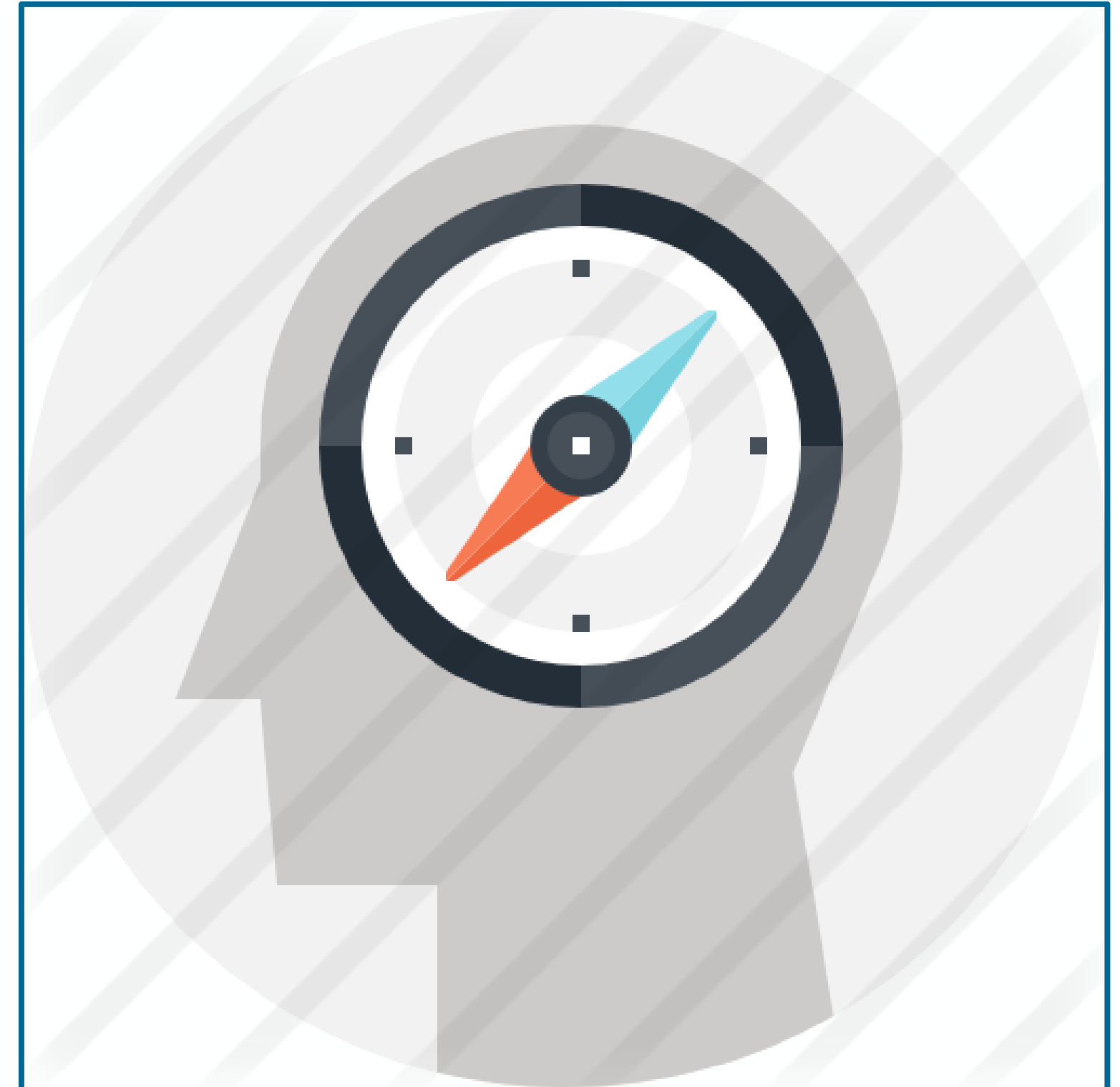
# CONTROL

When children realize they have the power to control the outcomes of their decisions and actions, they are more likely to believe in their ability to **bounce back**.



# CONTROL

- Help children trust their own decision-making skills.
- Don't hand out privileges lightly; freedoms are earned through responsible actions.
- Know when to take control.



COMPETENCE



CONFIDENCE



CONNECTION



CHARACTER



CONTRIBUTION



CONTROL



COPING



# 7 Cs of Resilience

- Notice and reinforce your child's **COMPETENCE**.
- Build **CONFIDENCE** in your child's competence.
- Foster the vital **CONNECTION** between adult and child.
- Develop **CHARACTER** and a sense of **CONTRIBUTION**.
- Develop those critical **COPING** strategies that will help your child thrive even through difficult times.
- Help your child gain **CONTROL** by learning that the privileges they earn are linked to the responsibility they demonstrate.

# 7 Cs OF RESILIENCE



**“Parents are critical to the puzzle’s completion. Boundaries and monitoring create those borders teens can push against as they work on the harder inner pieces on their own.**

**When we serve as healthy role models, we offer our children a reliable picture on the cover. Adolescents with appropriate boundaries and trustworthy role models can navigate the rest on their own.”**

**– Dr. Kenneth Ginsburg**



# THE HELICOPTER PARENT

- Takes too much responsibility for child's experiences
- Does not allow for natural exploration and growth
- Overprotects and over-perfects



# THE HELICOPTER PARENT

“I challenge parents to think about how much our perceptions of our kids as dependent and needy fuel the reality of their dependence and helplessness.”

-Jessica Lahey  
*The Gift of Failure*



# THE LIGHTHOUSE PARENT

- Sets the right kind of high expectations
- Protective, not overprotective
- Nurtures coping skills



# THE LIGHTHOUSE PARENT

“We should be like lighthouses for our children. Stable beacons of light on the shoreline...

We should look down at the rocks and make sure they do not crash against them. We should look into the water and prepare them to ride the waves, and we should trust in their capacity to learn to do so.”

– Dr. Kenneth Ginsburg





# TEACHING LIFE SKILLS

# BUILDING LIFE SKILLS AT ANY AGE

**2 to 3:** Small chores and basic grooming

**4 to 5:** Important names and numbers

**6 to 7:** Basic cooking techniques

**8 to 9:** Pride in personal belongings

**10 to 13:** Gaining independence

**14 to 18:** More advanced skills are learned

**YOUNG ADULTS:** Preparing to live on his/her own

# TEACHING LIFE SKILLS



## 4-STEP STRATEGY

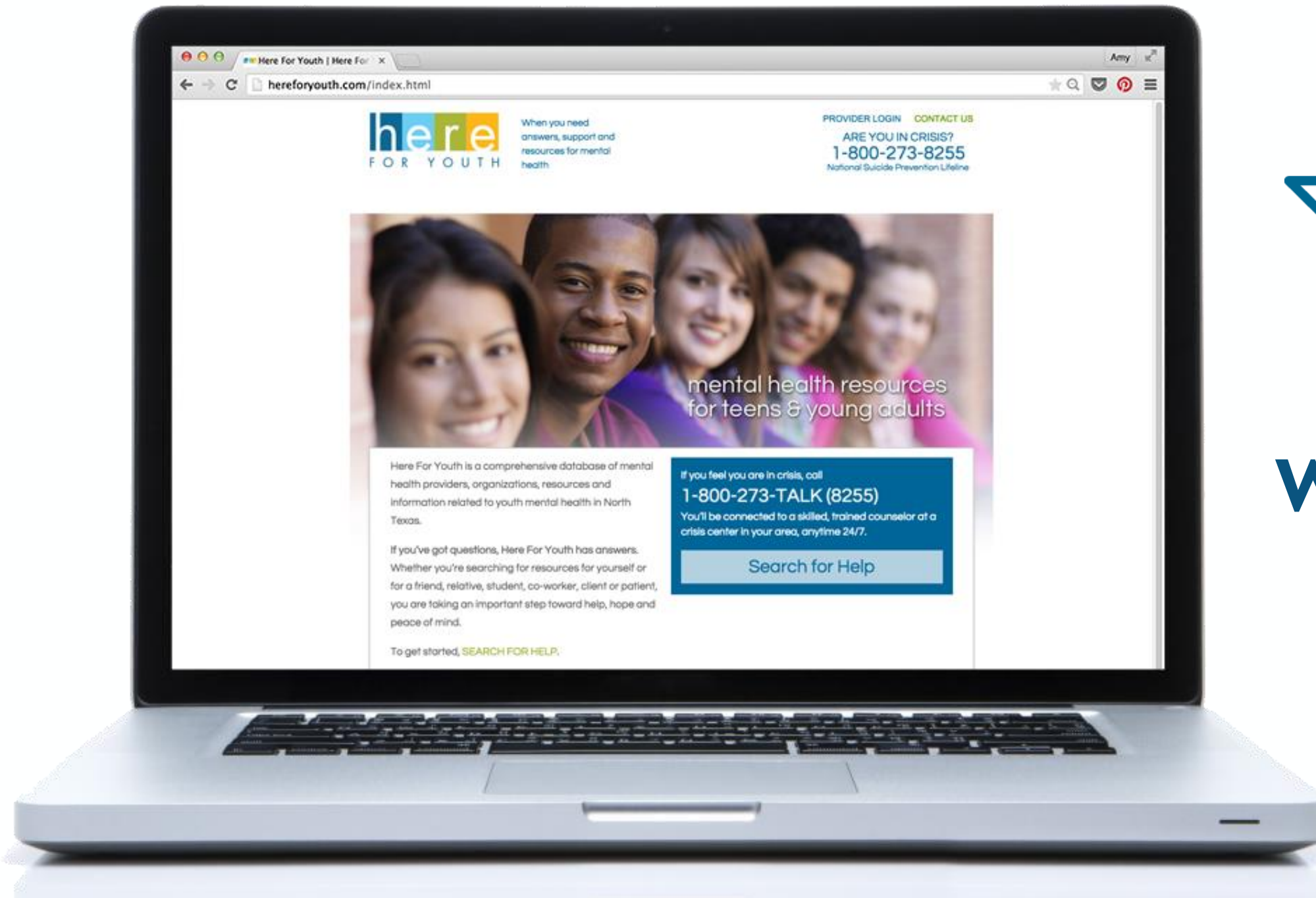
- I do it
- We do it
- I watch
- You do it



**“It’s your reaction to  
adversity, not  
adversity itself, that  
determines how your  
life’s story will  
develop.”**

**-Dieter F. Uchtdorf**  
*How to Inspire  
Resilience with Words*

- B**ad times don't last. Things get better.
- O**ther people can only help if you share with them.
- U**nhelpful thinking only makes you feel worse.
- N**obody is perfect, not you, your friends, or your family.
- C**atastrophizing makes things worse. Don't believe the worst interpretation of events.
- E**verybody suffers. Everyone feels pain and experiences setbacks. They are a normal part of life.
  
- B**lame fairly. Negative events are often a combination of things you did, things others did and plain bad luck.
- A**ccept what you can't change and try to change what you can..
- C**oncentrate on the good things in life, no matter how small.
- K**eep things in perspective. Even the worst time is just one moment.



**When you need answers, support  
and resources for mental health**



## Insights Collaborative Therapy Group

Private, for profit | Group Practice

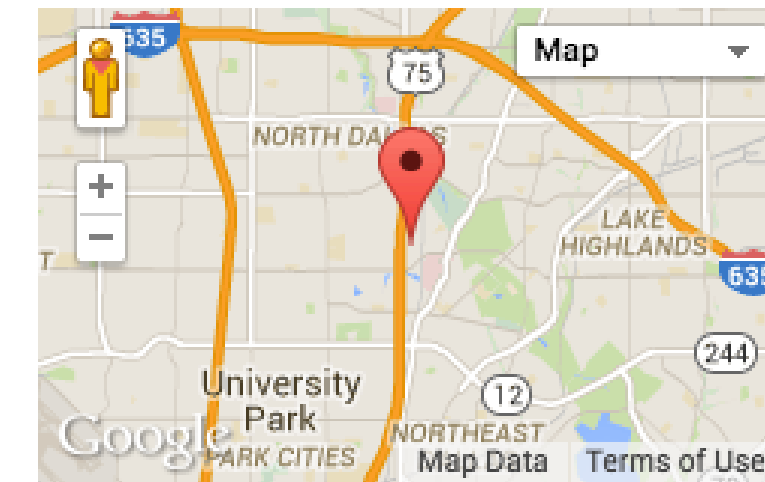
Learning, growing and changing don't have to be scary, overwhelming or faced alone. Our counseling services include individual, couples, family, child and marriage therapy. Our goal is to help our clients discover new ways of looking at old issues and provide them with the tools that they need to move forward in life. Whether you are struggling with personal or relationship problems, the Insights Therapy Team will help you develop the necessary skills to navigate tough times and challenging situations.

### Licenses and Accreditations

- Licensed Chemical Dependency Counselor (LCDC)
- Licensed Marriage and Family Therapist (LMFT)
- Licensed Professional Counselor (LPC)
- Psychiatrist
- Licensed Psychologist

### Areas of Focus

- ADD / ADHD / Behavioral Disorders
- Addictive Disorders
- Process Addiction
- Substance use disorders
- Adjustment Disorder
- Adoption Issues
- Aggression / Impulse Control Disorders
- Anxiety Disorders
- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Social Phobias
- Co-occurring disorders (like mental illness and substance use disorder)
- Divorce/Blended Families
- Dual Diagnosis (developmental disorder and mental illness)
- Domestic Violence
- Eating Disorders
- Anorexia
- Bulimia
- Binge eating disorder
- Compulsive overeating disorder



[www.insightstherapy.com](http://www.insightstherapy.com)

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Appointments available

- Office

### Hours

- Monday: 09:00 am to 07:00 pm
- Tuesday: 09:00 am to 07:00 pm
- Wednesday: 09:00 am to 07:00 pm
- Thursday: 09:00 am to 07:00 pm
- Friday: 09:00 am to 05:00 pm
- Saturday: 09:00 am to 12:00 pm

### Payment Options

- Self Pay

### Methods of Payment Accepted

- Cash
- Check
- Credit Card
- Health Savings Account

### Languages Spoken

- English



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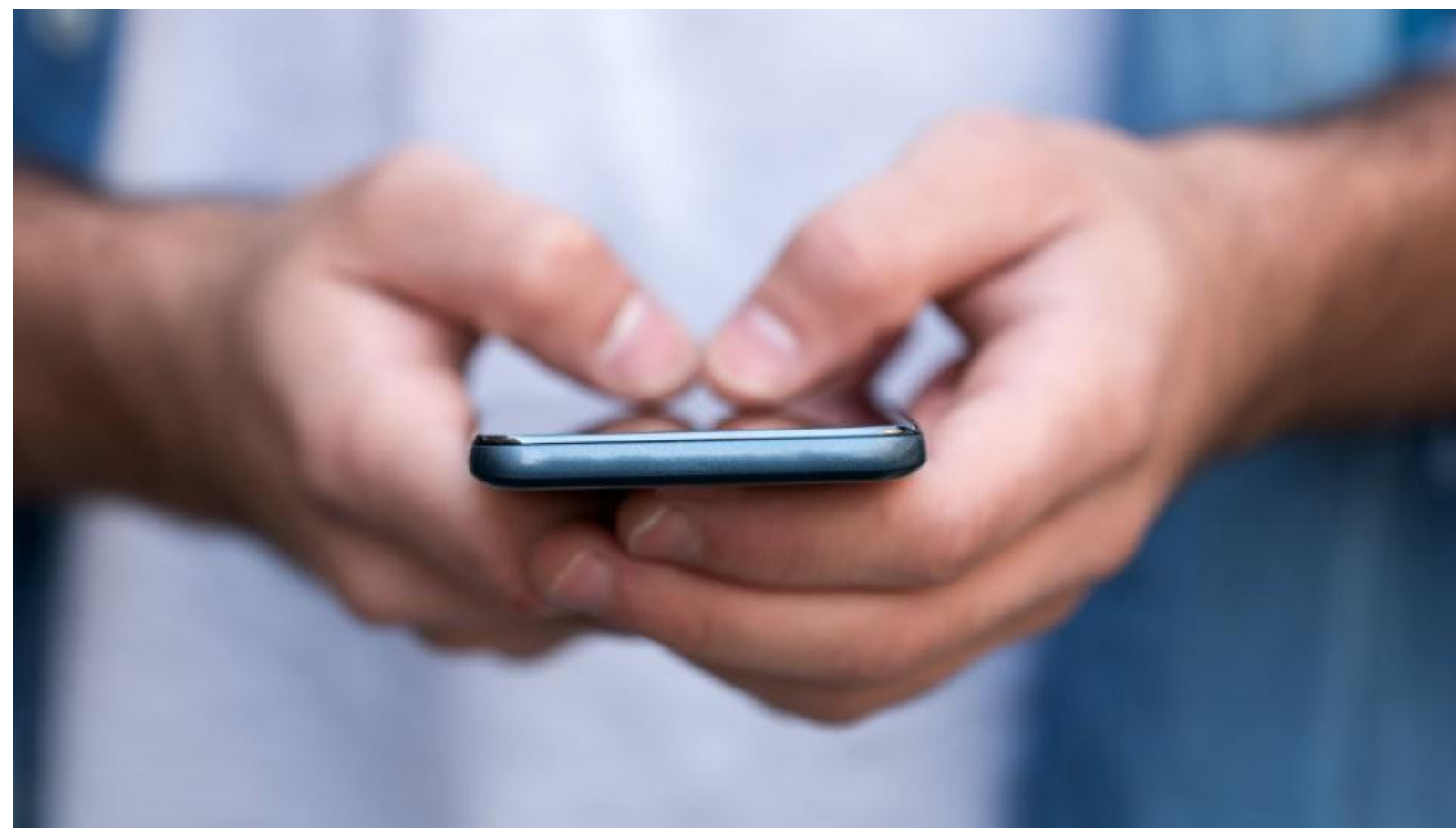
## **Mental Health Navigation Line**

**When you need answers, support  
and resources for mental health**

**CRISIS TEXT LINE |**

**Text HELLO to 741741**

**A free, nationwide, 24/7 text line for  
people in crisis**



# National Suicide Prevention Lifeline

**1-800-273-TALK (1-800-273-8255)**

- Save this number in your cell phone
- Call for yourself or someone else
- Free, confidential, available 24/7



# QUESTIONS?

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**F O U N D A T I O N**





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