

Resiliency

The Special Case of Finding Our 'Bounce' as Early Childhood Professionals



2014 CAEYC Conference
Della Pope, LSW, MEd

Introductions

Parent

Preschool Teacher

Director

Family Childcare Home Provider

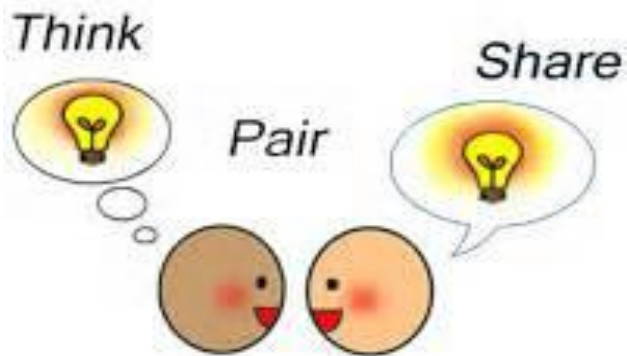
Early Intervention/Part C Infant-Toddler Provider

Other Professional Discipline

?

Introductions

If you were an animal today,
which would you be and why?



Expectations

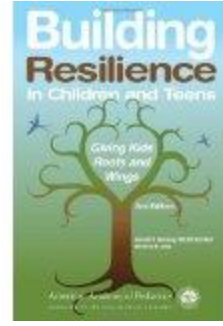
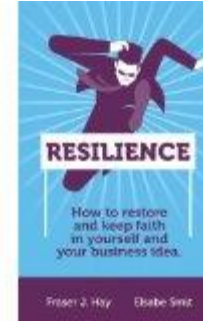
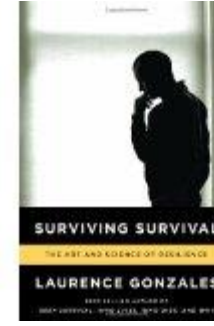
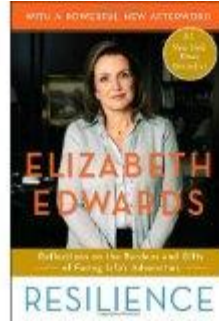
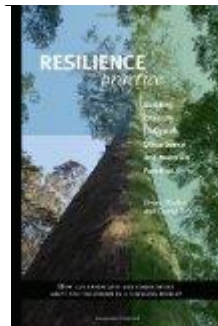
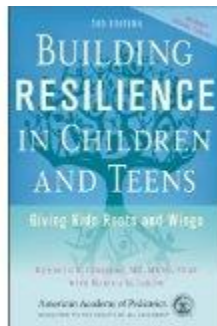
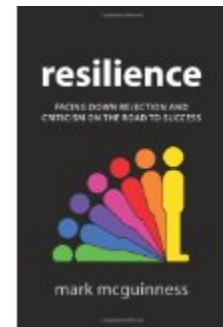
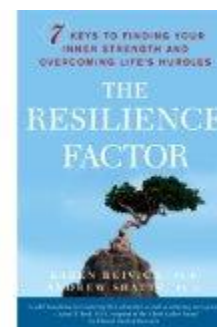
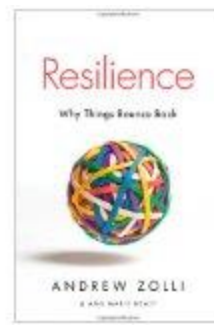
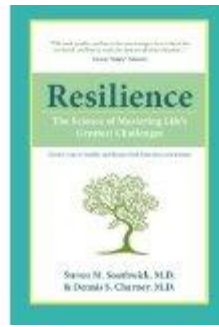
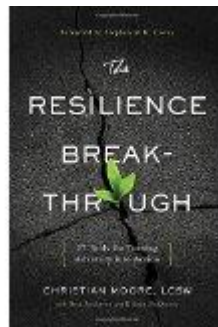
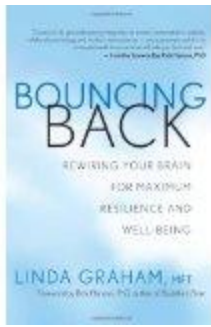
What are your expectations of our time together?

What I hope you take away...

- A clear definition of what's meant by adult resiliency
- A renewed sense of purpose--your work with young children and families really matters
- A sense of your own resiliency, how to build it, and why this matters

Brain Activation Guide

Statement	Before	After	Notes
Resilience means having the ability to have hard things happen and not be affected			
A trait that makes infants immune to multiple risk factors at birth is...HAVING AN OUTGOING PERSONALITY			
A person's ability to be resilient is innate—you are either born that way or not			



A search on Amazon using the key word “resilience” gave over 100 results!

Resiliency Defined

- Take a minute to reflect about your own understanding of resiliency
- Write or draw the definition that resonates best with you on the chart paper at your table
- Share with people at your table area
- Discuss similarities and differences

Resiliency Defined (cont.)

- The ability to bounce back
- The ability to overcome misfortune or change



Resilient: (*adjective*) able to withstand or recover quickly from difficult conditions

Resiliency Defined (cont.)

Risk factors

- Difficult temperament
- Low self esteem
- Negative thinking style
- Family disharmony, instability or breakup
- Harsh or inconsistent discipline style
- Parent/s with mental illness or substance abuse
- Peer rejection
- School failure
- Poor connection to school
- Difficult school transition
- Death of family member
- Emotional trauma
- Discrimination
- Isolation
- Socioeconomic disadvantage
- Lack of access to support services

Protective factors

child

- Easy temperament
- Good social and emotional skills
- Optimistic coping style

family

- Family harmony and stability
- Supportive parenting
- Strong family values

school

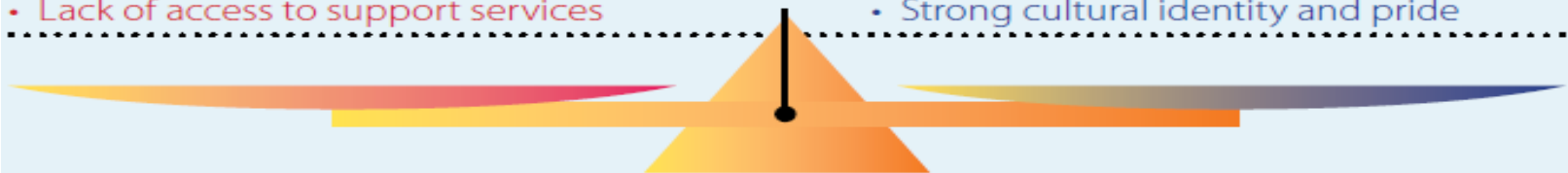
- Positive school climate that enhances belonging and connectedness

life events

- Involvement with caring adult
- Support available at critical times

social

- Participation in community networks
- Access to support services
- Economic security
- Strong cultural identity and pride



Resiliency (cont.)

Resiliency is NOT a deterministic story.

Emmy Werner Ray of Hope Longitudinal study

- Of 700 babies, 70 were immune to multiple risk factors
 - Why? They were born with ‘outgoing’ dispositions
 - They were able to recruit several resources for support themselves!
- The other 5/6 of the “high risk” group developed problems but ‘bounced back’ (RESILIENCY!)
 - How? They told researchers that someone reached out and told them they mattered

What are the characteristics of a resilient adult?

- **Relationships**—mutual, long lasting, back and forth bonds
- **Internal beliefs**—how we feel about ourselves and how these feelings affect how we take action in life
- **Initiative**—the ability to make choices and act upon them
- **Self Control**—the ability to experience all our emotions in a productive manner

Devereux Adult Resilience Survey

The purpose of the DARS is to give adults, more specifically teachers, the opportunity to become aware of personal strengths and areas of need.

How resilient are we?

Age Range:	Devereux Assessment	Protective Factors Measured
Adults	<u>Devereux Adult Resilience Survey (DARS)</u>	<u>Self-Control;</u> <u>Initiative;</u> <u>Internal Beliefs;</u> <u>Relationships</u>

<http://www.centerforresilientchildren.org/adults/about-resilience/>

Think, Pair, Share

Talk to your partner:

- What are your strengths?
- What are your areas of need?
- What might help increase your score in one domain?

Happiness

- Happiest people were those who recovered from adverse experiences
- Not related to amount of money we have
- Happiest people described being able to find their 'Zone' or 'Flow'
- Happiest people pursue intrinsic as opposed to extrinsic goals

Happiness

<http://www.bing.com/videos/search?q=ted+talks%2Bfinding+your+zone&qs=n&form=QBVR&pg=ted+talks%2Bfinding+your+zone&sc=0-23&sp=-1&sk=#view=detail&mid=9078771B27B8656A144D9078771B27B8656A144D>

Happiness Formula

- 50% Genes
- 40% Intentional Behavior
 - 10% Circumstances

Happiness (Cont.)

Faith

Family

Community

Work

What is your Zone?

Video clip: Happy



Why Increase Our Bounce?

How we wish the day went...



Why Increase Our Bounce?

How it went...



Why Increase Our Bounce?

- Early childhood professionals and other caregivers of young children often function in environments where...
 - Resources are limited and reliant on public policy changes
 - Rapid change is often imposed from outside forces
 - Support is sometimes inconsistent/unpredictable
 - The schedule and pace requires constant responsiveness

Why Increase Our Bounce?

- Scenario #1: pre-school teacher arrives work and co-teacher has been moved to other classroom to balance ratios. She is now working with temporary sub, who has limited training in early childhood.
- Scenario #2: a Director of an early learning center arrives work to find that the cook is out sick. She spends most of the morning preparing breakfast and lunch for the classrooms.
- Scenario #3: a pre-school teacher is helping a student with a gluing project when a little girl exits the bathroom and announces that the toilet is overflowing. There is no custodial support at the school. Meanwhile, her assistant is administering ASQ's in the hallway.



Physiological factors

Social environment

Personal legacy of stress

Event

Duration of the event

Unpredictability of the event

Thoughts

Why Increase Our Bounce?

Think about a day recently when things got really stressful at work or home.



Thoughts

Feelings

Physical Response

Actions/Reactions

Why Increase Our Bounce?

Now think about what might have happened prior to your arrival at work—how ‘balanced’ were you?

How did your level of stress impact your interactions with the children? (or did it?)

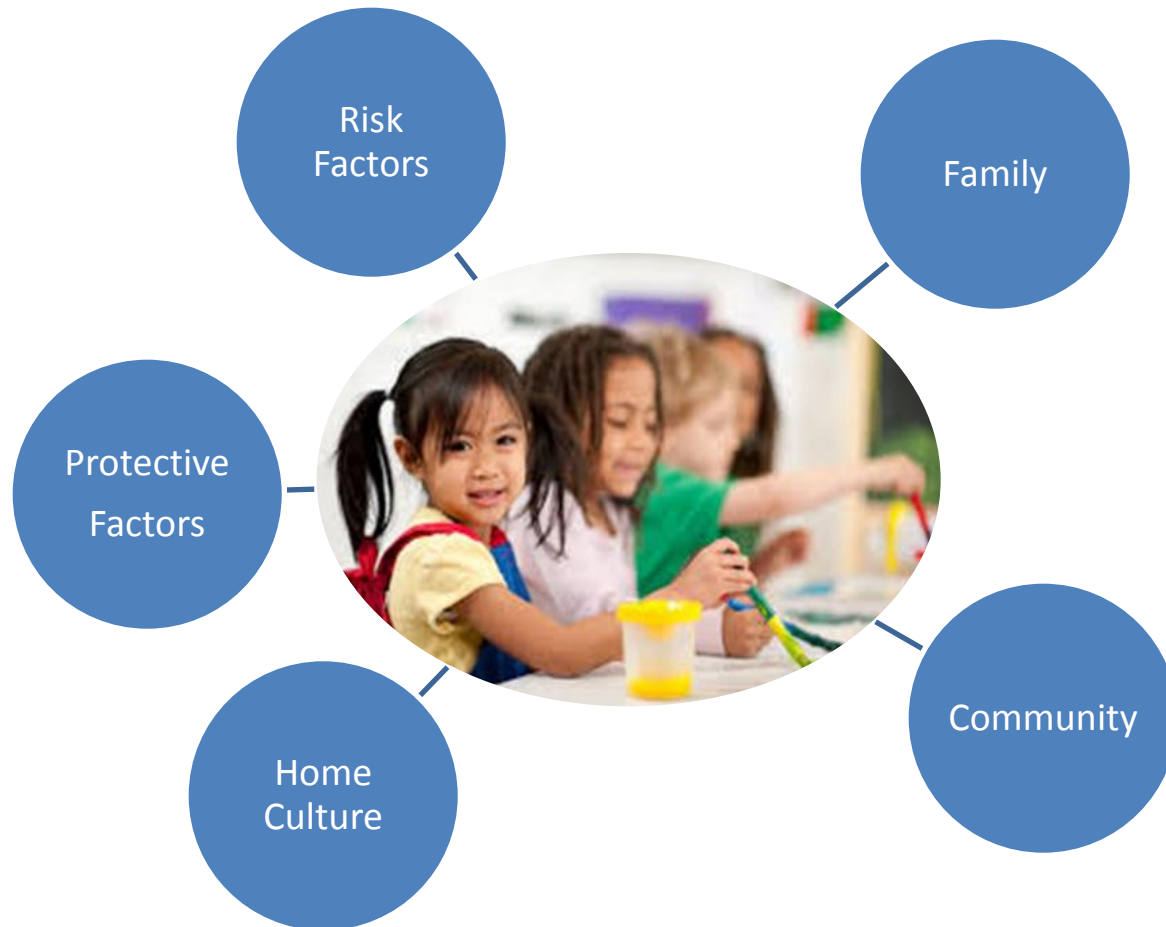
What works for you on days when you are not ‘balanced’?

List of Strategies: what works?

Why Increase Our Bounce?



Why Increase Our Bounce?



Self Care

Barriers to Self Care...

1. Place a green dot on the strategy that you find easiest to practice.
2. Place a red dot on the strategy that is most challenging.
3. Place an orange dot on the strategy you are re-committing to today.
4. What might get in the way?

How to Increase Our Bounce

#1 Find your 'Zone'—that thing that makes you feel competent, focused, and empowered.

How to Increase Your Bounce

#2 Take care of yourself physically. Treat and manage illness. This includes depression and anxiety.

How to Increase Your Bounce

#3 Take care of yourself spiritually and emotionally. Practice mindfulness.

How to Increase Your Bounce

#4 Know your 'fall back' coping strategies: what do you revert to when stressed?

How to Increase Your Bounce

#5 Surround yourself with supportive people and community.

How to Increase Your Bounce

#6 Set boundaries: say 'no' at least one x/day.

How to Increase Your Bounce

#7 At work, try these strategies:

- Seek out professional development and leadership opportunities
- Form supportive professional relationships
- Maintain clear professional boundaries
- Bring your passion into the classroom
- Breathe...Smile

And finally...the most simple strategy

Laughter!



Benefits of Laughter

Physical	Emotional
Similar to exercise: 15 minutes of laughter burns 50 calories	Releases dopamine and other 'happy' hormones
Blood flow increases	Emotional release
Immune response: Laughter boosts levels of immune cells	Places you in community with others
Regulates blood sugar levels	Creates positive experience that can be returned to again and again
Improved Relaxation and sleep	You are completely in the moment

Fake It Until You Make It

Even 'fake' or simulated laughter comes with all these benefits.

<http://www.bing.com/videos/search?q=laughing+yoga+youtube&FORM=VIRE1#view=detail&mid=70BF4BBC0126E54BF85A70BF4BBC0126E54BF85A>

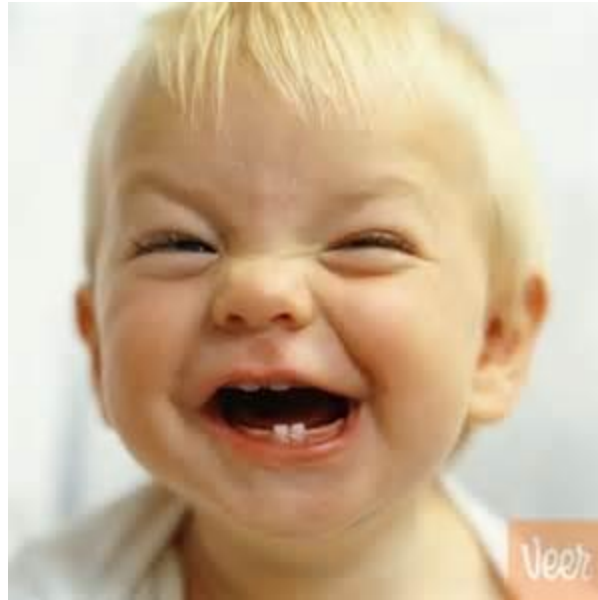


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Thank you!

<http://www.youtube.com/watch?v=P3IoDGiUCz0>



Resources

<http://www.bing.com/videos/search?q=laughing+yoga+youtube&FORM=VIRE1#view=detail&mid=70BF4BBC0126E54BF85A70BF4BBC0126E54BF8>

Werner, E. E. and Smith, R. S. (2001) *Journeys from Childhood to Midlife: Risk, Resilience, and Recovery* by Emmy E. Werner and Ruth S. Smith. New York, NY: Cornell University Press.

<http://www.centerforresilientchildren.org/adults/assessments-resources/>

Dr. Watamura Caregiver Stress Presentation Dr. Watamura's keynote address at the Healthy Child Care Colorado Caregiver Wellness Symposium (June, 2014)

<http://www.bing.com/videos/search?q=tet+talks%2Bfinding+your+zone&qsn&form=QBVR&pq=tet+talks%2Bfinding+your+zone&sc=0-23&sp=->

[1&sk=#view=detail&mid=9078771B27B8656A144D9078771B27B8656A144](http://www.bing.com/videos/search?q=tet+talks%2Bfinding+your+zone&qsn&form=QBVR&pq=tet+talks%2Bfinding+your+zone&sc=0-23&sp=-1&sk=#view=detail&mid=9078771B27B8656A144D9078771B27B8656A144)

Roko, B. (producer & director). 2011. Happy [Motion picture]. United States.