The background of the slide features a dark red, almost black, field with several out-of-focus, glowing red and blue virus-like particles. In the lower-left foreground, a more detailed, sharp image of a virus particle is visible, showing its characteristic surface with numerous protruding, cup-shaped spikes. The overall aesthetic is scientific and urgent, reflecting the theme of the slide.

CULTIVATING RESILIENCE DURING COVID-19

Doris Hess Bolton

1899 - 1988



World War I

1914-1918

116,000 Died



Polio Outbreak 1916



Spanish Flu

1918-1920

675,000 Died



The Roaring 20's





The Great Depression

1929-1933



World War II

1939-1945

405,000 Died



Walter Bolton, 1947





The Greatest Generation



What Makes Us Resilient?

**How Can We Cultivate Resilience
In Our Children?**

**Is it possible that we can not just
cope, but thrive?**

3 Themes

The background of the slide features several large, red, textured spheres that resemble virus particles or cells. These spheres are covered in small, protruding, cup-like structures. They are set against a dark red, slightly blurred background with some bokeh light effects. The overall aesthetic is scientific and somewhat ominous.

1. How Do We Manage Our Stress?



2. How Do We Take Care Of Our Children?

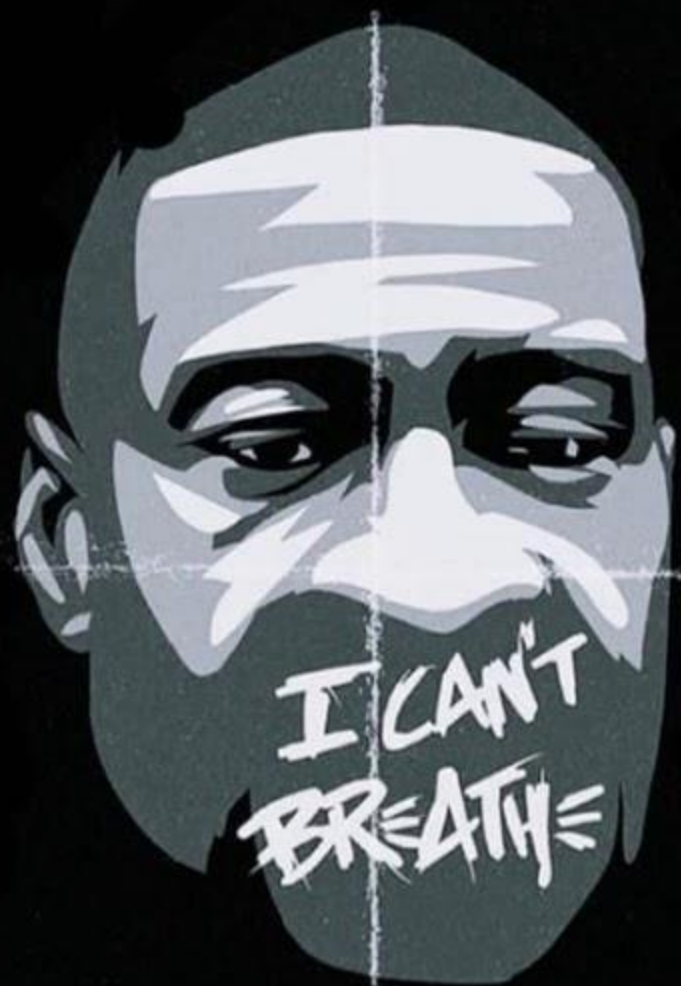


**3. What is our
opportunity?**



COVID 19 STRESS IS

**Novel
Constant
Intense
Enduring
Global**



GEORGE FLOYD



STRESS

Un-predictable

Un-controllable

Un-supported

Un-expressed

Please note:
The post-apocalyptic
fiction section
has been moved to
Current Affairs.



RULE NUMBER 1:

NEVER SET IT TO 2020

An Extraordinary Time

With Extraordinary Stress

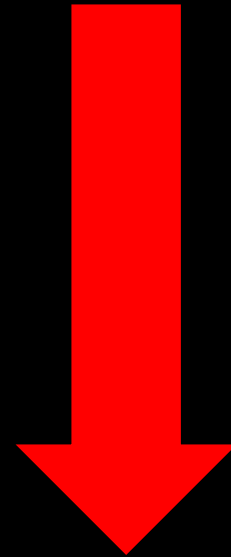
**With Extraordinary
Opportunity**

Part I: Understanding and Coping With Stress





STRESS



T
H
R
E
A
T



Fight



Flight

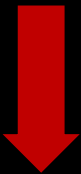


Freeze

Autonomic Nervous System



Sympathetic



**Triggers
Stress
Response**

Parasympathetic



**Returns
Us To
Homeostasis**

EITHER/OR





Fear = Real and Immediate Threat



Anxiety



Fear = real and
immediate threat

Anxiety = thoughts
about potential threats

We Are Time Travelers





EXPLORE

Health

HOME > INFECTIOUS DISEASES > CORONAVIRUS

How to Cope With Coronavirus Anxiety When We Don't Know What Will Happen Next

All the uncertainty about COVID-19 robs you of control—and that's terrifying.

By **Jenna Birch** | March 26, 2020

And Mind Readers



**We are really
bad at both
but ...**

**Our body
responds as if
these beliefs
are true.**



emotional strain or *tense*

adverse or demanding circumstances

'he's obviously under a lot of stress'

the stresses and strains of family life

Stress

is defined

Ve

people had as to

stress

times or excessive

placed with the

the

from

sure, which

the

and be a mot.

stress

on can

affect the mental

employees, for e

less in

ety or depre

and also have a significant

their physical

Stress

is

the

the

excessive

typ

cin



Anxiety is protective

Anxiety is sensitive



Is it fire?



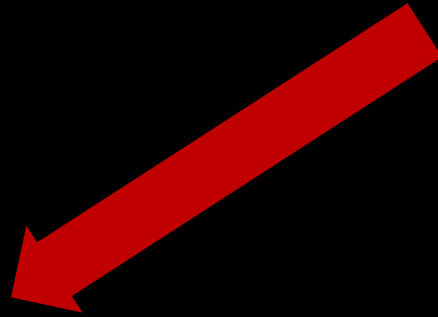
Or toast?

Anxiety is often wrong

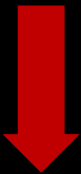
**“These thoughts are not
irrational, but they are
not true.”**

Dan Harris

Autonomic Nervous System



Sympathetic



**Triggers
Stress
Response**

Parasympathetic



**Returns
Us To
Homeostasis**

We lose
the tools
we need
the **most**

Listen
Creativity
Flexibility
Empathy
Memory
Language
Inhibition

We are not the same ...

Parents

Friends

Spouses

Workers

We do not have the same ...

Energy

Focus

Motivation

Optimism

We Need To Be Intentional

Regulation

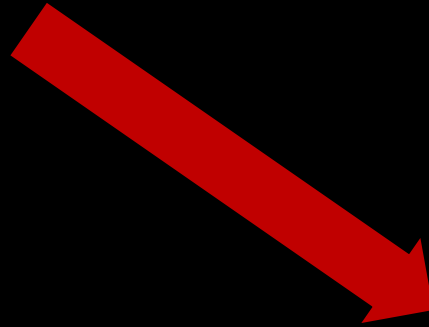


Manually Override Our ANS

Regulation



Autonomic Nervous System



Sympathetic



**Triggers
Stress
Response**

Parasympathetic



**Returns
Us To
Homeostasis**

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Exercise

Diet

Sleep

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Hobbies

Routines

Your regulation strategies

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Mindfulness/Breathing

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Connection

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Generosity

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Gratitude

Would You Take A Pill That ...

- **Creates a misperception of risk**
- **Increases anxiety**
- **Increases learned helplessness**
- **Increases feelings of contempt**
- **Increases feelings of hostility**
- **Decreases mood?**



NIGHTLY
NEWS
WITH LESTER HOLT

BREAKING NEWS
HOSPITAL
CRISIS

doomscrolling

[*doom-skrohl-ing*]

The act of continuously seeking out and reading bad news.

Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Curate



Impermanence









Baseline Regulation Strategies

To Activate The Parasympathetic Nervous System

Surf

With Intention

**Diet
Sleep
Hobbies
Routines
Regulation
Mindfulness
Connection
Generosity
Gratitude
Exercise
Curate
Surf**

Part II: Supporting Our Children



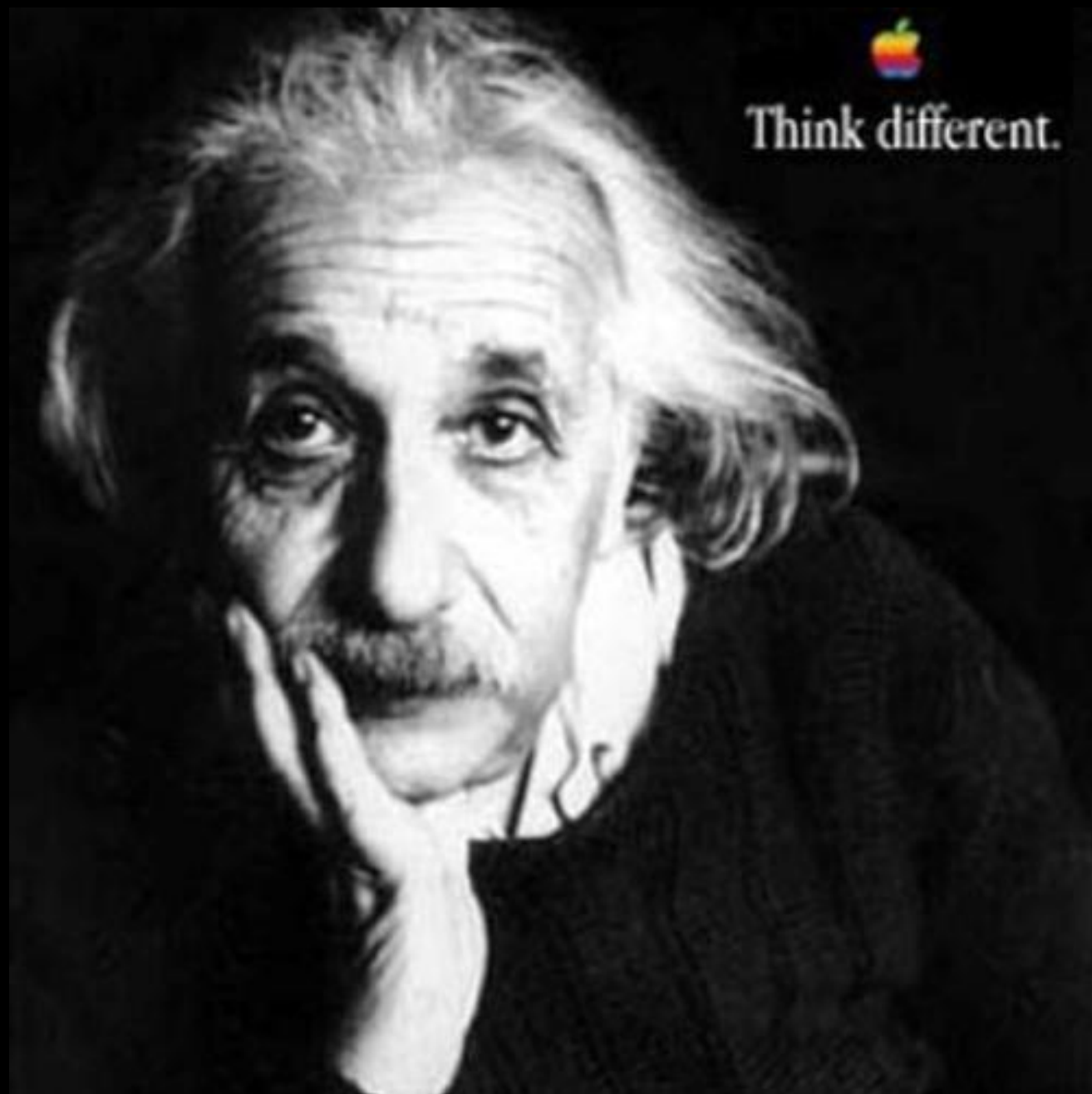
Child Limitations
Parent Limitations

How Will They
COPE?

**Where is the
OPPORTUNITY?**



Think different.



Teaching Resilience



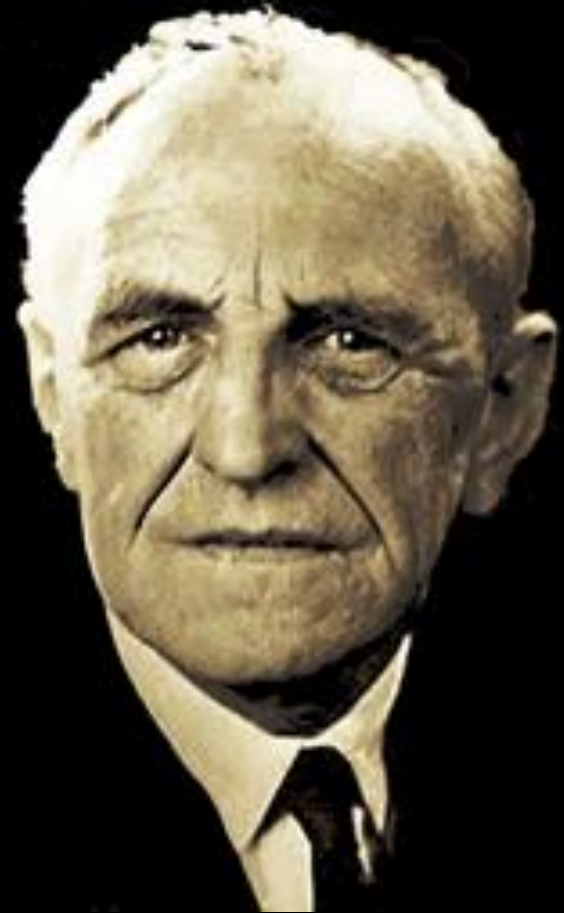
DW Winnicott

“The Good Enough Parent”



DW Winnicott

**“babies and children
actually benefit when
their mothers fail them in
manageable ways.”**



Our Inner Critic

I'm such an idiot

She's so much brighter
than me

I could have
done better



**We Worry About
The Future**





SURVIVING THE STORMS

Sometimes the bravest
and most important
thing you can do is just
show up.

Brené Brown,
Daring Greatly

NEW YORK TIMES BESTSELLING AUTHORS OF
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D. AND
TINA PAYNE BRYSON, Ph.D.



THE POWER OF SHOWING UP

HOW PARENTAL PRESENCE
SHAPES WHO OUR KIDS BECOME AND
HOW THEIR BRAINS GET WIRED

NEW YORK TIMES BESTSELLING AUTHORS OF
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D. AND
TINA PAYNE BRYSON, Ph.D.



THE POWER OF SHOWING UP

HOW PARENTAL PRESENCE
SHAPES WHO OUR KIDS BECOME AND
HOW THEIR BRAINS GET WIRED

Showing Up

**Safe
Seen
Soothed
Secure**

SAFE

Protect them from harm



Psychological Safety



SAFE

**Avoid becoming the source
of fear**

The *mistake* we make



It's OK

With Intention

**Diet
Sleep
Hobbies
Routines
Regulation
Mindfulness
Connection
Generosity
Gratitude
Exercise
Curate
Surf**

forgive ourselves
make it right

Showing Up

Safe

Seen

Seen

Be attuned to their feelings

**Be curious – see life through
their eyes**











Seen

**Feeling are both real and
fleeting.**

Help them learn to cope.

The *mistakes* we make

Fixing

Minimizing

Shaming

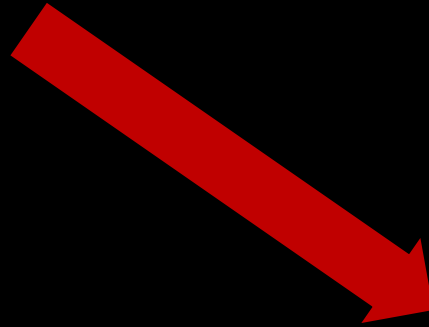
Showing Up

Safe

Seen

Soothed

Autonomic Nervous System



Sympathetic



**Triggers
Stress
Response**

Parasympathetic



**Returns
Us To
Homeostasis**







The *mistakes* we make

**We punish instead of
soothe.**



give it time

give it time

give it some more time



Showing Up

Safe

Seen

Soothe

Secure

Secure

Safe +
Seen +
Soothed

= Secure

YOU HAVE
WITHIN YOU RIGHT NOW,
EVERYTHING YOU NEED
TO DEAL WITH WHATEVER
THE **WORLD**
CAN **throw** AT YOU



Secure

=

Resilient

The *mistake* we make

Watch for it ...



Your crazy
is showing
you might want
to tuck that
back in.

We lose
the tools
we need
the **most**

Listen
Creativity
Flexibility
Empathy
Memory
Language
Inhibition

Hallmarks of Our Dysregulation

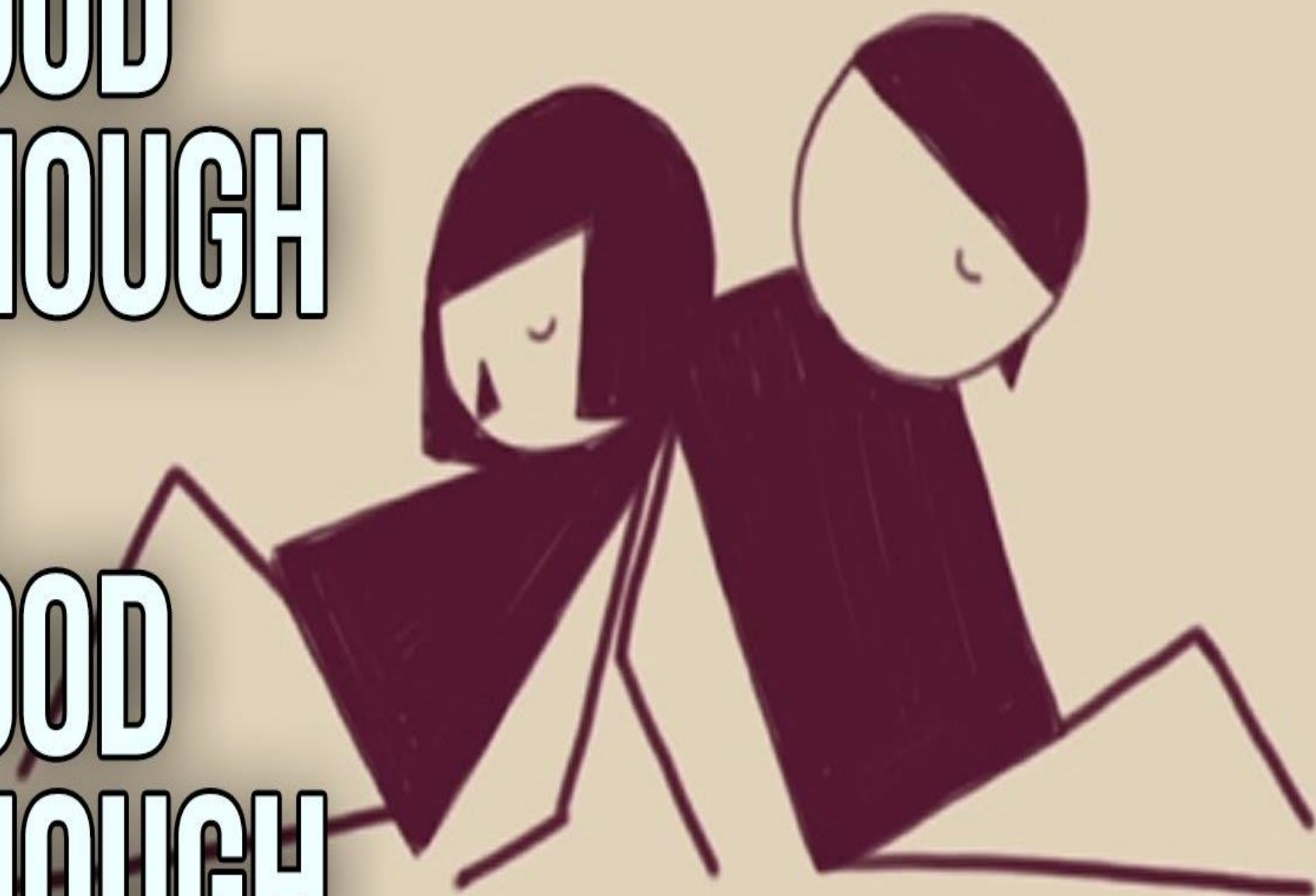
Urgency
Exaggeration

Self Care




Diet
Sleep
Hobbies
Routines
Regulation
Mindfulness
Connection
Generosity
Gratitude
Exercise
Curate

GOOD
ENOUGH
IS
GOOD
ENOUGH





Beauty in
IMPERFECTION

A black and white photograph showing a hand holding a small white sign with a black border. The sign contains the text "Forgive Yourself." in a serif font. The background is a blurred landscape featuring a dense forest of trees and a body of water in the lower right corner.

Forgive
Yourself.

A person wearing a dark blue t-shirt is holding a long, white rectangular sign with both hands. The sign has the text "I'M SORRY" printed on it in a large, bold, black, sans-serif font. The person's face is not visible, only their neck and torso are shown. The background is a textured, greyish-blue wall.

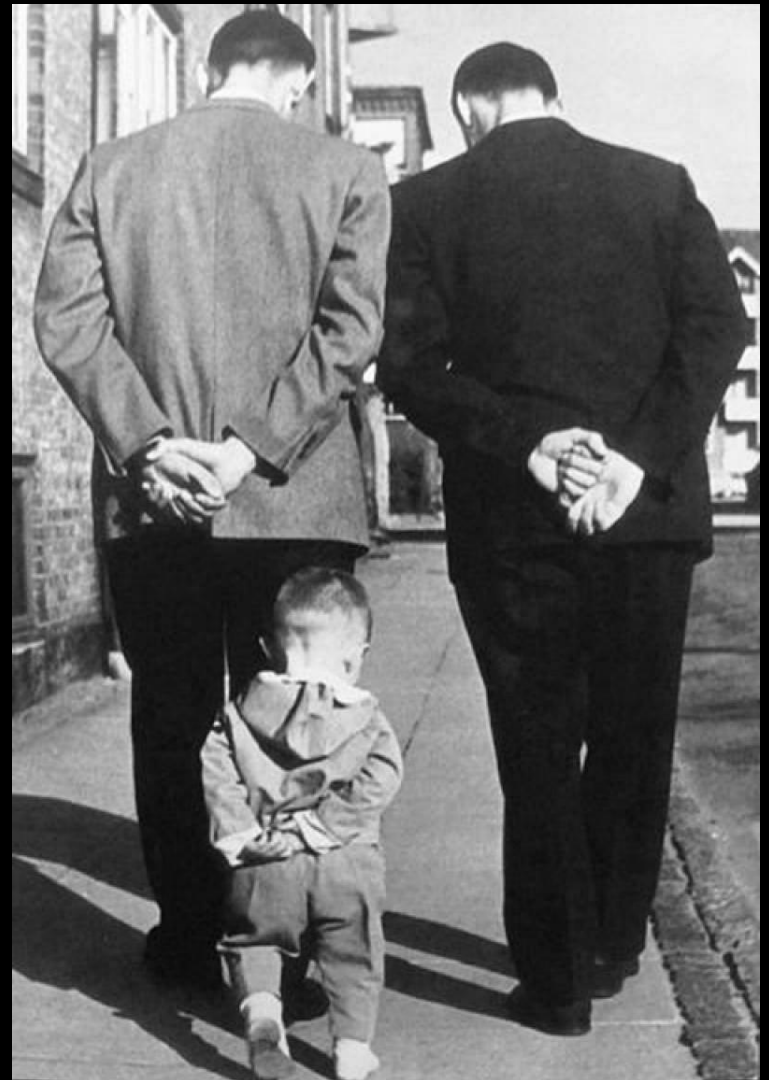
I'M SORRY

Apologies

1. Go first
2. Own your behavior
3. Listen

**“Children have never
been very good at
listening to their elders,
but they have never
failed to imitate them.”**

James Baldwin



NOTE TO SELF:

All you have to do is show up.
Be late. Be scared. Be a mess.
Be weird. Be confused.
Just be there. You'll figure the
rest out as you go.

Nanea Hoffman

**3. What is our
opportunity?**



The Flip Side







**Opportunity often comes
disguised in the form of
misfortune, or temporary defeat.**

Napoleon Hill

“

IT IS POSSIBLE TO PREPARE
FOR THE FUTURE WITHOUT
KNOWING WHAT IT WILL BE.
THE PRIMARY WAY TO PREPARE
FOR THE UNKNOWN IS TO
ATTEND TO THE QUALITY OF
OUR RELATIONSHIPS, TO HOW
WELL WE KNOW AND TRUST
ONE ANOTHER.

”

MARGARET WHEATLEY | 2004



Theories

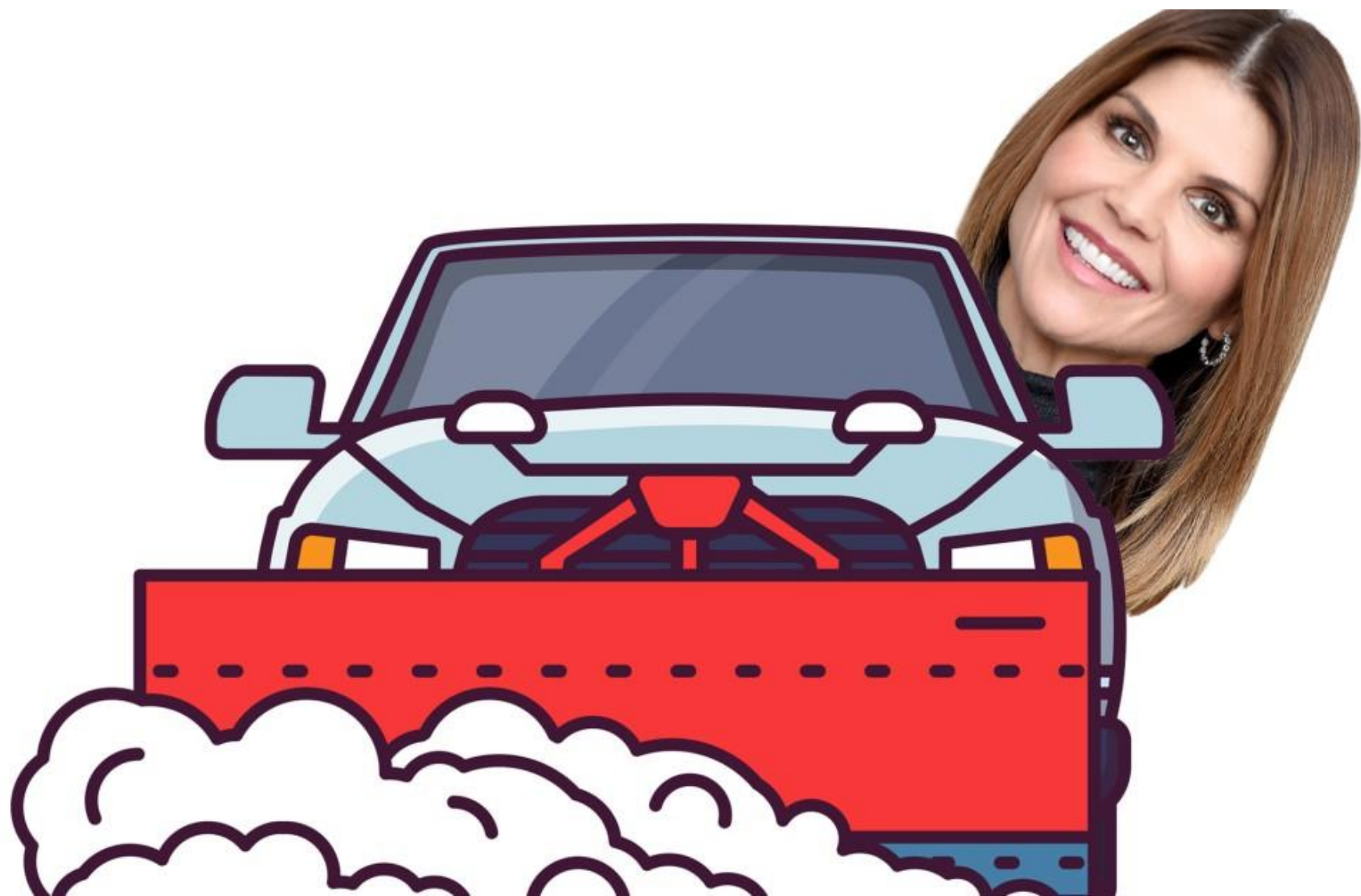
1. **Parenting**
2. **Scheduling**
3. **Screen Time**



Theories

Parenting





Independence
Resilience



Theories

Scheduling



DUE TO

CANCELLED

COVID-19



Theories

Screen Time





Zoom Meeting Controls: Mute, Video, Chat, Screen Share, Remote Control, and other icons. A "Leave Meeting" button is visible on the right.





We Can Rebuild

What Have We
Learned?

What Do We
Keep?

What Do We
Let Go?

We Need To Be
Intentional

10 Years From Now ...



**What will our
children remember?**





ADAPT

Our work is like driving a car at night. You can only see as far as your headlights, but you can make the whole trip that way.

From: E.L. Doctorow



In unpredictable times, all we can do is the next right thing. The future isn't as clear.



**“The mystery of wood is not
that it burns,
but that it floats.”**

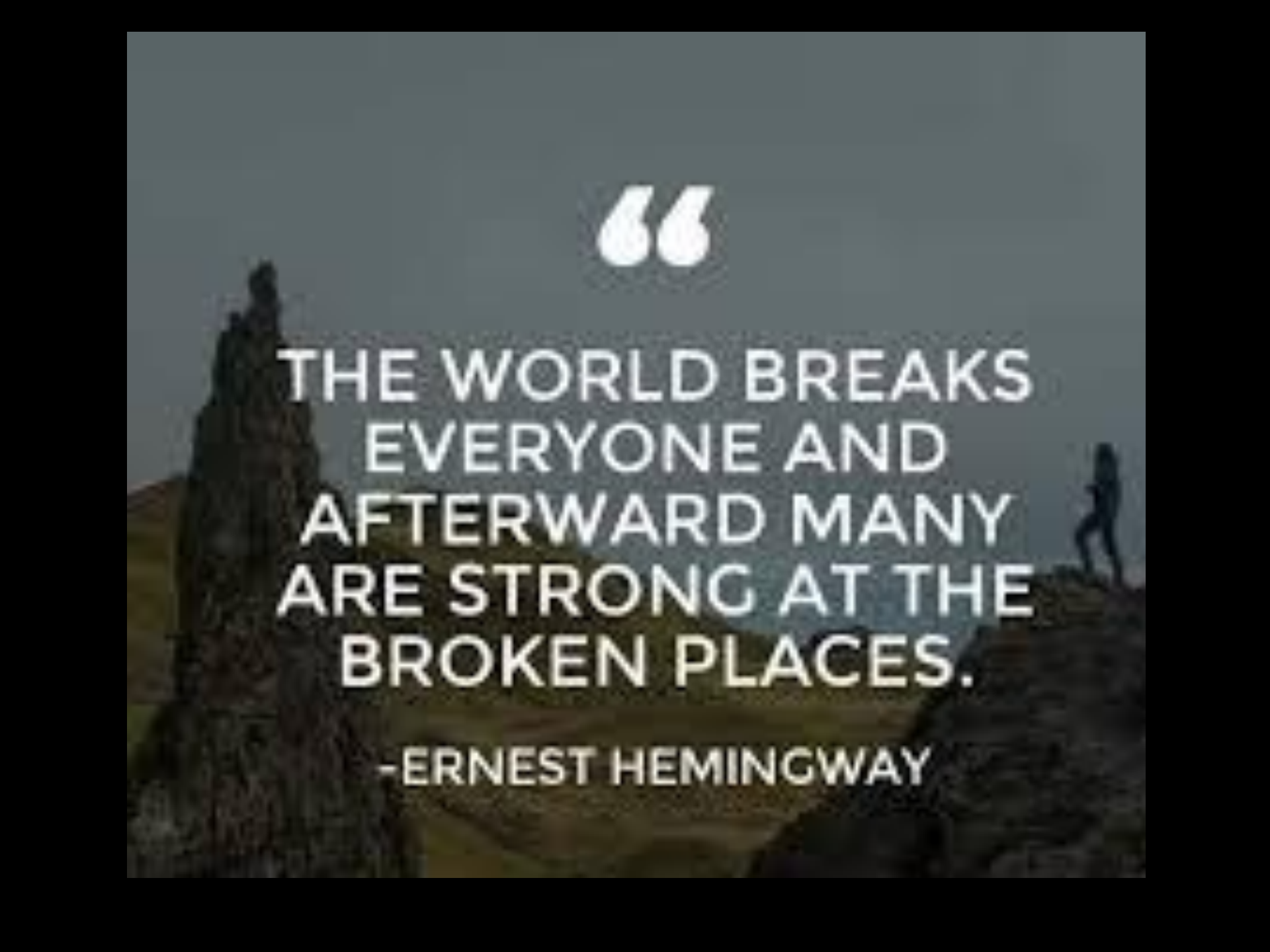


The Greatest Generation



Teaching Resilience



A person is standing on a rocky cliff, looking out over a vast, hazy landscape. The scene is dimly lit, suggesting dawn or dusk. The person is silhouetted against the lighter sky. The cliff is rugged and dark. The background shows rolling hills or mountains under a pale sky.

“

THE WORLD BREAKS
EVERYONE AND
AFTERWARD MANY
ARE STRONG AT THE
BROKEN PLACES.

-ERNEST HEMINGWAY



THE MONTH

CORONAVIRUS CHANGED AMERICA

MARCH 1

MARCH 31

186,265 NUMBER OF CASES

We Get To Write

The NEXT Chapter





FORMATIVE

PSYCHOLOGICAL SERVICES

Ravenswood

Northbrook

Loop

Doug Bolton

dbolton@fpschicago.com

872/241-9337 x5

[@drdougbolton](#)