

# Resilience and Self-Care



# Four Core Concepts of Development

1. **Brain architecture** is established early in life and supports lifelong learning, behavior, and health.
2. **Toxic stress** in the early years of life can derail healthy development.
3. Stable, caring relationships and **“serve and return”** interaction shape brain architecture.
4. **Resilience** can be built through “serve and return” relationships, improving self-regulation and executive functions.



## What is resilience?

# RESILIENCE

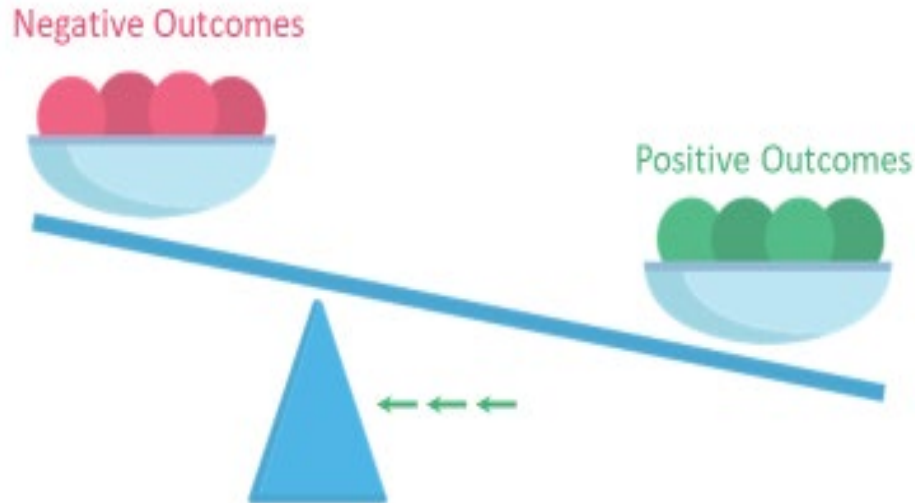
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**The power to be able to recover readily from adversity or challenge.**



# Fostering Resilience



Overtime, the cumulative impact of positive life experiences and coping skills can shift the fulcrum's position, making it easier to achieve positive outcomes.



# “The Power of Showing Up” by Daniel Siegel and Tina Bryson

“One of the very best scientific predictors for how any child turns out – in terms of happiness, academic success, leadership skills, and meaningful relationships – is whether at least one adult in their life has consistently shown up for them.”

– *Dan Siegel*

# Four S's of Resilience

- **Safe:** Children need to feel a sense of safety to take risks for growth and change
- **Seen:** Truly paying attention to the emotions – positive and negative
- **Soothed:** Teaching children how to cope when life gets hard and showing them you are there
- **Secure:** When a child knows they can count on you to show up

Siegel, Daniel and Bryson, Tina. *The Power of Showing Up*. Ballentine Books, 2020

# HOPE

## Healthy Outcomes from Positive Experiences: Four Building Blocks

1. **Relationships:** with other children, adults and through interactive activities
2. **Environment:** Safe, equitable and stable, positive home and school environments
3. **Engagement:** Develop a sense of connectedness
4. **Opportunities:** Playing with peers, learning, self-reflection, collaboration in art, sports, drama and music