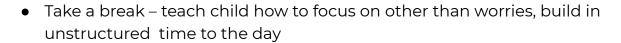


Happiness: Build Resilience and Optimism

Build Resilience

- Make connections teach social skills, maintain family connections, join groups as family
 - -- Teach social skills
 - -- Maintain family connections
- Help child to help others chores at home, volunteer, brainstorm ways to help others
- Maintain regular daily routines encourage child to develop own routines



- Teach self-care model eating properly, exercise, rest; make sure child has time for fun and down time
- Help child set goals and move in small steps praise progress, avoid perfectionism
- Nurture positive self-worth focus on child's positive behavior, help child
 - -- Remember ways she has been successful
 - -- Trust self to solve problems
 - o See humor in life
- Look for opportunities for self-discovery
 - -- Reflect with child on learning from difficulties
 - -- Talk about change as natural part of life
- Tell stories about grandparents and other relatives where they come from, overcoming adversity







Build Optimism - help pessimists

- Respond with empathy. Acknowledge child's feelings
- Take a break. Taking short break may help child step out of negative thinking trap
 - -- Hug, a drink of water, funny joke or doing something fun might be emotional reset.
 - -- Also helps child realize that not everything is terrible
 - -- Things seem more manageable when child is not tired or hungry
- Challenge all-or-nothing thinking.
 - -- Breaking down tasks or events helps child see beyond pessimistic view that she can't do anything and nothing ever goes her way
 - -- Point out small steps accomplished
- Recognize your own pessimism and adjust that behavior or at least acknowledge
- Address complaining habit. Even when good things happen, may point out how the events were less than perfect.
 - -- Make family rule that everyone who complains has to follow up by making two positive statements
- Remember happy endings. Pessimistic children get stuck believing, "It's bad now, so it will always stay bad."
 - -- Help child remember the positive "I remember when you didn't know the sounds of any letters, but now you can read!"
 - -- Remembering past happy endings can help child muster hope

