

The Power of Resilience

Responsible Gambling Council

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The purpose of life is to prepare
the next generation for their
future.

Survival of the Species

- Salmon and snakes are born with sufficient instincts to survive.
- Bear cubs require at least one or two years with their mother to insure survival.
- Higher primates require three or four years.
- Humans require at least ten years.

Caregivers are the architects of the way
in which experience influences
genetically preprogrammed but
experience dependent brain
development.

Daniel Siegel
The Developing Mind

Why are so many more children in
the river, and how did they get
there?

I Had a Revelation in St.
Augustine

The World Operates Along a Normal
Curve!

A lesson from Michael.

Resilience is a process focusing
upon strengths to overcome
adversity.

Resilience is a developmental process that involves individual differences in children's attributes (e.g. temperament, cognitive abilities) and environments (e.g. supportive parenting, enriched classrooms).

The word evokes so many rich intellectual issues regarding intrapsychic and interpersonal resilience-related processes that an increased understanding of human or higher order systemic adaptive responses and all their ramifications must follow necessarily.

Howard Kaplan

Resilience

- A process leading to good outcome despite high risk
- The ability to function competently under stress
- The ability to recover from trauma and adversity

“I’m not afraid about my girlfriends and myself, we’ll squeeze through somehow, though I’m not too certain about my math.”

Anne Frank
June 21, 1942

“I have lots of courage, I feel so strong and as if I can bear a great deal, I feel so free and so young! I was glad when I first realized it, because I don't think I shall easily bow down before the blows that inevitably come to everyone.”

Anne Frank
July 15, 1944

Resilient children are not simply born that way nor are they made from scratch by their experiences. Genetic and environmental experiences loom large as protectors against a variety of risks to healthy development ranging from resistance to bacteria and viruses to resilience to maltreatment and rejection.

Kirby Deater-Deckard

Resilience is Predicted By Three Factors

- Within the child
- Within the family
- In the community

Predictors of Resilience

- Social relations
- Not experiencing a learning disability
- Easy temperament
- Competent parents
- Available parents
- Warm parental relationship
- Living above the poverty level

Risks of Poverty

- 2.0 times to be retained or drop out of school.
- 1.4 times to have LD.
- 1.3 for emotional problems.
- 3.1 times teen birth.
- 6.8 times for reported child abuse.
- 2.2 times for experiencing violent crime.

(Duncan & Gunn, 2000)

Predictors of Resilience

- Educational opportunity
- Organized religious affiliation
- Higher intellect
- Learning to problem solve
- Internal locus of control
- Sense of self-worth
- Sense of humor

Most Powerful Predictors of a Resilient Child

- Easy temperament
- Consistent family relationships
- Competent caregivers
- Development of self-esteem
- A sense of emotional security

Adopt a learning to
ride a bicycle
mindset!

History repeats itself; that's one
of the things that's wrong with
history.

Clarence Darrow

Eleven Keys For Resilient Living

- Rewrite your negative scripts.
- Choose the path to become stress hardy than stressed out.
- Develop the ability to see the world through the eyes of others.
- Learn to communicate effectively: Listen, learn and influence.
- Accept yourself and others.

Eleven Keys For Resilient Living

- Develop connections with those around you.
- Learn to deal with mistakes.
- Learn to deal with success and build islands of competence.

Eleven Keys For Resilient Living

- Develop the ability to display compassion and caring towards others in your life.
- Develop the skills of self-discipline and self-control.
- Learn the lessons of resilience: Maintain a resilient lifestyle.

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