

Bouncing Back

In the past two weeks, we resumed the group sessions for parents, focusing on “Bouncing back”, exploring the barriers to resilience and the building blocks to resilience.

Interestingly, raising our children to be a “good” boy or girl may be a barrier to resilience because conforming and being compliant may prevent them from thinking for themselves, being curious about the what, why and how, and stepping out of their comfort zone. We know that the adolescent years are particularly important and crucial for our teens to increase their independence and ability to find creative solutions for the variety of problems, which they face.

During the session, we discussed the five levels of resiliency, starting with Level 1 on optimising your health. The foundation of our ability to cope is our health. We have to attend to the many aspects of our lives and ensure that we take care of our physical well-being, social well-being, emotional well-being, cognitive well-being and spiritual well-being. Building the individual and inner resilience helps us improve our immunity to battle difficulties that may come our way. Level 2 is to learn how to skillfully problem-solve with the use of analytical intelligence, creative intelligence and practical intelligence. We need to encourage our children to apply what they learn in school to their everyday lives. We discussed ways to work on Level 3, which is to strengthen the three inner selves, that is, self-confidence, self-esteem and self-concept. Level 4 is to develop high-level resiliency skills and these consist of a few aspects. Firstly, it is to be willing to learn, to ask questions and think out of the box. Secondly, it is to approach life with hope and positive expectations. Thirdly, it is the ability to hold two or more contrasting and differing views and perspectives about people, objects and situations, because it is not helpful to have black-and-white thinking or all-or-nothing approach to life. Lastly, to be able to integrate the executive functioning abilities of organisational skills, planning, time management, people management and so on. Level 5 is to be able to strengthen the talent for serendipity, to deal with unexpected situations and to be able to appreciate the silver lining or blessing in disguise when something happens to you.

Here are some resources, which you may want to check out:

- Taken from TED talk by Angela Lee Duckworth on “Grit: The power of passion and perseverance”: <https://youtu.be/H14bBuluwB8>
- “The resiliency advantage: Master change, thrive under pressure, and bounce back from setbacks” by Al Siebert
- “Too safe for their own good: How risk and responsibility help teens thrive” by Michael Ungar
- “Bouncing Back: Rewiring your brain for maximum resilience and well-being” by Linda Graham

It has been wonderful engaging in discussions with all of you for the past four sessions this year, and also the movie session in June. We have one more session before wrapping up for the year and this time, the focus will be on “**Talking about the birds and the bees**”. You are welcome to sign-up online for any of the sessions in September: 12 Sep (Tue) 7:45 – 9:00 am, 14 Sep (Thu) 7:45 – 9:00 am; 18 Sep (Mon) 12:00 – 1:30 pm; 23 Sep (Sat) 8:30 – 10:00 am & 10:00 – 11:30 am. Sign-up online: <http://tinyurl.com/SJII-parents>. Hope to see you next month!

Support group for single parents

Some parents have suggested that it would be helpful to organise a support group for single parents in the school. Please do let me know if you are keen to be involved in this so that we can make plans to start this group. Thank you! Sign-up online: <http://tinyurl.com/SJIIsingleparents>

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