

Confront Adversity with a Positive Attitude

Stephen Covey writes, *“The way we see the problem is the problem.”* Resilient people view difficulty as a challenge, not a hopeless situation. With each hardship, they increase their skills that enable them to cope and recover. This prepares them to face future struggles.

A good first step in building resilience is to adjust how you view adversity. While still feeling pain, anger or grief, you also believe *you will feel better*. Whether you face small trials or a life changing event, your positive attitude will guide you and your family toward recovery.

Empower your children to meet life’s challenges with a positive attitude.

- **Resist the urge to fall back into negative thinking during a hardship.** Instead of imagining the worst, face each hardship with optimism. Tell your kids, *“We can make it.”*
- **Avoid negative comments during a crisis.** *“Why do bad things always happen to us!”*
- **Use positive words and actions to convey a feeling of hope.** *“We have faced tough times before. We will be OK.”*

- **Help each child focus on individual strengths.** Discuss what strength each child plans to use. Shared strengths help the family cope during difficult times.
- **Emphasize the goodness of others.** As you see and hear news reports of terrible events or natural disasters, stress the importance of community. What does it mean to rally together? What tools or skills will people use to cope and recover?
- **Assist family, friends and your community in times of trouble.** Let your child see that others also face hardships. Helping others develops self-confidence, a strength needed in times of trouble.
- **Discuss the difference between a real crisis and a situation that just feels like a crisis.** Emotions can overwhelm a child, and she can lose sight of what is really happening.

Parents often shield their children from hardship. Helping them develop a positive attitude in times of trouble is a better strategy. This positive attitude will help them face future problems and stress.



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