

Raising Resilient Kids

教養出有韌性的孩子

Session 2 第二講

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Recap 復習

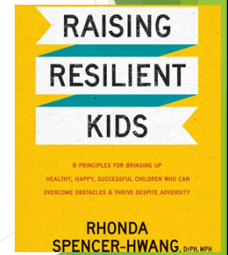
- **Resilience** is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through spiritual, mental, emotional, and behavioral flexibility and adjustment to external and internal demands.
- 適應創傷或痛苦事件，從中復原並持續成長的過程或結果；通常是藉靈修、心理、情緒、行為在面對內外壓力時所作的彈性調適有關。
- Modern men and women have lower resilience; depression and suicidal rates increase every year, especially the youths.
- 現代人的抗壓能力降低，憂鬱、自殺率年年升高，特別是青少年。

How? 怎麼辦？

- Theoretical approach: psychology, sociology, medicine, etc
• 理論方法：心理學、社會學、醫學等等。
- Learn from those who are resilient.
• 向有抗壓能力的人學習。
- Do nothing, evolution will take care of it.
• 順其自然、適者生存、自然淘汰。

8 Principles for Bringing Up Healthy, Happy, Successful Children Who Can Overcome Obstacles and Thrive Despite Adversity

by Rhonda Spencer-Hwang



Blue Zone 長壽村 Dan Buettner, 2005



Do you related? 你有這些感受嗎？

- Hectic family schedule 東奔西跑忙壞了
- Frequent on-the-go dining 經常外食
- Hidden habits 不希望別人知道的生活習慣
- Worries about lifestyle choices 擔心別人議論不良生活方式
- Concerns for child's health and success 擔心孩子健康和成就
- Routinely exhausted and overwhelmed 常常累壞了焦頭爛額
- Chronic illnesses 有慢性病
- Fear of pandemic 害怕疫情不敢出門
- Worries about worsening future 對未來憂心重重

Adverse Childhood Experience? 負面的成長經驗?

- Abuses
- Bully
- Parental divorce
- Trauma
- Poverty
- Wars/fights
- Pollutions
- Daily struggles
- Pandemic

8 Principles 八大原則

1. Active Movement 多運動 **Active** 活動
2. Nature Engagement 與大自然接觸
3. Simple Foods 飲食簡單 **Balanced** 平衡
4. Resting Reset 充份休息
5. Nurturing Relationship 培養人際關係
6. Faith Formation 信仰陶成 **Connected** 接觸
7. Positive Mindset 正面思考
8. Helping Hands 有人幫忙 **Determined** 決心

Home work 家庭作業

- Where and how does your family spend time? 你家人把花時間花在那裏?做什麼?
- Do you spend time together? Indoor or outdoor? 你們有花時間在一起嗎?在戶外或室內?
- What do you typically eat? When and where? 你們通常吃什麼?何時又在那裏吃?
- How do you interact with people in your community? 你們怎樣與所屬團體互相來往?
- Do your family members have enough sleep? 你的每個家人都有充份睡眠嗎?

Inactive Children 不能動的孩童

- A study of the running speed of children 9-17 year old in 50 countries showed US kids rank # 46. 一項研究50個國家 9-17歲 孩童的跑步速度，發現 美國孩子排第46名。
- In the US, more and more schools are reducing physical education/activities from school for fear of injuries. 在美國，愈來愈多學校 減少孩子在外活動的時間 為的是降低受傷。
- Decrease in physical activity is related to decreased academic performance 減少戶外活動反而降低 孩童的學習表現。

Nature Exposure 接近大自然

- Improve cognitive function • 促進認知/學習能力
- Improve brain activity • 促進腦部活動
- Improve blood pressure • 改善血壓問題
- Improve mental health • 促進精神健康
- Improve physical activity • 有益運動能力
- Improve sleep • 改善睡眠品質
- Enhance happiness • 增加快樂滿足
- Reduced stress • 減低壓力

How? 怎麼做?

1. Develop Your Outdoor Purpose 10 parks/incentives/connection 1.訂下目標 今年要走十個公園/邊走邊溝通
2. Use your Feet for Travel Park further away/use stairs 2.多用腳走路少開車 停遠點/走樓梯
3. Simplify Your Requirement for Getting Outdoors Park is good/Backyard is fine Plant in the pots 3.降低戶外活動的定義 去公園很好，在家後院也不錯

Jump rope, Hula-Hoop competition

How? 怎麼做?

- Jump rope, Hula-Hoop competition
 - Get a Fitbit
 - Take pictures of wildlife
 - Invite a friend
 - Bring your pets
 - Plan a playdate
 - Fly a kite
 - Play Frisbee
- 跳繩、呼拉圈比賽
 - 用走路器
 - 拍野生動植物的照片
 - 找個朋友一起
 - 帶狗出門
 - 與朋友相約出遊
 - 玩風箏
 - 玩飛盤

Positive Boost 正面的助力

- Promoting Happiness
 - Increasing resilience
 - Enhancing performance
- 促進快樂
 - 增強韌性
 - 助長表現

Conquering resistance 克服阻攔

- Boredom is okay
 - Don't compete with other families
 - Rethink your kids' schedules
- 無聊沒有關係
 - 不要跟別人比的各種活動

Write a statement 寫一個家庭宣言

- My family will get outdoors at least twice a day this week and 20 min each time
 - My family will park in the parking spot farthest from the entrance of grocery stores
 - If my family register 50,000 steps in total this week we will go to XXX for a treat.
- 我的家人這週至少要出去戶外兩次，每次至少20分鐘
 - 我的家人去購物時要停得離入口最遠的停車位
 - 如果我的家人這週共同走五萬步，我們會去XXX慶祝一下