

Raising Resilient Kids

教養出有韌性的孩子

Session 4 第四講

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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**

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Principle 6 Faith Formation 信仰陶成

Spiritual GPS - connection with God 靈性的導航 - 與神相通

- Believing in God 相信天主
- Affiliation with a house of worship 加入教會
- Practice of prayer/meditation/rituals/fasting/pilgrimage 靈修

Connect with God 與神相通

Studies had shown that youth and their families who regularly attend church have better coping skills and are more satisfied with their lives and are more involved in their families. All these help them to endure challenge times.

研究顯示：有信仰並加入教會團體的家庭成員，比較有應變能力，對生活有滿足感，喜歡與家人在一起。這些都有助於他們在困難時能有韌性，不被打倒。

Connect with the church 加入教會團體

- Be active in the church community
 - 主動參與教會生活
 - 參加服事工作
- Sign up for ministries
 - 參加信仰小團體
- Join small groups
 - 參加或者要求教會舉辦以家庭為中心的活動(親子晚餐、父子營、母女營)
- Participate in or request family-centered activities

Personal spirituality 個人靈修

- Prayers
 - Meditation
 - Retreat
 - Bible study
 - Bible sharing
 - FTCM
 - Spiritual Direction
- 祈禱
 - 默想
 - 避靜
 - 聖經研讀
 - 聖經分享
 - 信仰服事陶成
 - 靈修指導

Group 4 Embracing a Mountain-moving mindset

第四組要件：不怕移山倒海的心態

Determined - strong will 堅定意志：意志堅強

- Principle 7 Positive mindset 第七原則：正面思考
- Principle 8 Helping hands 第八原則：參與救助工作

Principle 7 Positive Mindset 第7個原則正向思考

1. Focus your steps

- Goal
- Obstacles
- Leap
- Do it

1. 努力按步就班

- 設定目標
- 可能困難
- 超越難關之道
- 放手去做

Principle 7 Positive Mindset 正向思考

2. Cultivate positivity 培養正向思考

- Bad things always happen to me → I've been blessed in so many things
- 壞事總找上門 → 我已經有許多神來的祝福
- I am not going to be successful → This time, I know I am prepared to success
- 我肯定不會成功 → 這次我已準備好要成功
- I'm not talented enough → I have talents and skills; I will do my best
- 我的才能不夠好 → 我已經有才能和技巧，我要全力以赴
- Nothing works, why bother → I have a different approach to try again
- 我既一事無成，何需嘗試 → 我有一個不同的方法再試一次
- My kids cannot achieve → My kids can do it if they set their goal
- 我的孩子一定做不到 → 我的孩子只要設定合理的目標，一定能做到
- I am not pretty not popular → I am beautiful just the way I am; I'm unique
- 我很醜 → 我有獨特之處

How to cultivate positivity? 怎樣培養正向思考

1. Positive Self-talk 正向自語

- Create motto statement (I can lose 5 lb in 3 months!) 訂下格言
- Visualize yourself overcoming obstacles 預見難關被克服
- Repeat motto to yourself throughout the day 每天以格言提醒自己

2. Short circuit negative thoughts; let go of the negative thoughts; turn to God 阻斷負面想法；不反覆思索；轉向天主

3. Allow times to develop positive mindset 慢慢改變負面想法

4. Look for signs to boost your positivity (string, feather, gem, stone, stick, mustard seed, etc) 用東西作記號提醒自己所做的正向思考

3. Embrace gratefulness 事事感謝

1. Count your blessings NOT misfortune 數算你的祝福而非厄運
2. Keep a gratitude journal 用筆記本記錄你每天得到的祝福
3. Recall positive events in our life 回憶你曾經得到的祝福

Activities for thankful thoughts 有助於凡事感謝的事

1. Count your blessings 數算恩典
2. Pray before meal 飯前禱
3. Create family fun memory 家庭回憶錄
4. Volunteer as a family 全家一起做義工
5. Just go outdoors 全家一起出遊
6. Send handwritten cards 手寫賀卡給親友
7. Give a gift that family can share 送全家可共享的禮物
8. Thankful jar 感恩玻璃瓶
9. Read book about gratefulness (10 lepers) 讀關於感恩的書

Principle 8 Helping hands - Become the solution 第8原則 參與協助工作 - 成為解決之道

Your family helps out in your household and in the community 家庭成員一起做家事並協助社區工作

1. What are your talents? 你有什麼才能
2. Where can you help? 你的才能可以在那裏發揮作用
3. Why do you do that? 為什麼你要貢獻所長

Family talents and resources 你的長才

- Arts 藝術
- Music 音樂
- Sports 體育
- Math/Academics 學業
- Animal care 寵物關照
- Gardening 庭園工作
- Cooking 廚藝
- Friendship 交友
- Babysitting 照顧小孩
- Writing/storytelling 寫作說故事
- Woodwork/repair 木工/修繕
- Fundraising 募款
- Specialty (medicine, photography, etc) 特殊技藝

Where can you help?

1. Home: 82% adults in the US do household chores, but only 28% of them have their own children help out. Children learn by observing and pitching in practical life (meal, laundry, car-washing, yard, pet, trash)
2. Community: local, global

Why do you help? 為什麼參與協助工作

Find your purpose 找到你的目的

Your desire 你的渴望

The potential outcome 可能的好結果

The bigger issue 更遠大的問題

The theology of work 工作的神學意義

Catholic Social Teaching 社會教導

Conclusion 1:

We can leave a mark that cannot be erased.

留香千古或遺臭萬年

The best thing we give our children is not a thing, but something within.

我們留給小孩的最好禮物，不會是外在的東西，而是存在他們內的特質

Conclusion 2:

1. Connected with your “reason of hope” 所懷希望的緣由
2. Defeat 3 major challenges 打倒三個主要障礙
 1. Time constraints 太忙沒時間
 2. Modern society 世俗的誘惑
 3. Ourselves 我們自己的惰性或急躁
3. Teach and encourage others 向別人推廣；教學相長
4. Build a lasting legacy. 留下永續的遺產

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