## Fostering Resilience in your T1D Family

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# Fostering Resilience in T1D Families Co Creating Activity

- □ Pick a partner
- □ *Use a take blank piece of paper and pen + draw a picture.*
- ☐ Your turn is done when your pen leaves the paper
- ☐ Hand paper to your partner to add to the drawing to keep going.
- □ When the picture is done, take turns naming it, with your partner one letter at a time
- □ Discussion

### What is resilience?

□ Resilience is the capacity to withstand + rebound from adversity (1).

- □ *Resilient children:* 
  - □ Tend to be more empathic; good communicators
     + better problem solvers, interested in school +
     dedicated to learning (2)

☐ Good news: we all have the potential to be resilient

1. Barankin + Khanlou (2008).

### What about resilience + T1D?

"Diabetes Resilience" = adjust and adapt to challenges and have both positive emotional + physical + behavioural outcomes (1)

- $\square$  Resilience in Youth with T1D (2, 3)
  - □ *Associated with better glycemic control*
  - □ Lower depressive symptoms
  - ☐ *Increased quality of life*
- 1. Hilliard et at. (2017). 2. Yi-Frazier et al (2015) 3. Jaser et al. (2011)

### What about T1D + Resilience?

- $\square$  Diabetes resilience is fostered by (1, 2, 3) =
  - □ supportive family communication
  - □ collaborative parent involvement
  - □ diabetes self-efficacy
  - □ adaptive problem-solving skills

1. Wiebe et at 2014; 2. Wysocki et at. 2009; 3. Jaser et al 2010

# Supportive Family Communication Practical Examples

- □*How does your family talk about diabetes?* 
  - $\square Diagnosis Story?$ 
    - □ Reframe with humour? The Bent Needle Story
    - "We didn't give up until we found an answer"
  - $\square$  *Day to day language:* 
    - ☐ Test vs. Check
    - □Good / Bad vs. In range/Out of range / Achieved target
    - □Control vs. Self Care or Diabetes Management
    - □ Reward the behaviour, not the result

# Supportive Family Communication Practical Examples

- □ Oscillating Narrative:
  - "Today wasn't a great day, but tomorrow will be better"

"Sometimes we focus on what I don't like, like checking blood sugars, because that is how I am going to achieve my goal of lowering my HbA1C. We are in this together"

## Supportive Family Communication Growth Mindset vs. Fixed Mindset



## Supportive Family Communication Growth Mindset vs. Fixed Mindset

Growth Mindset		Fixed Mindset
Come from hard work Can always improve	Skills	Something that you are born with / fixed
Should be embraced An opportunity to grow More persistent	Challenges	Something to avoid Could reveal lack or skill Tend to give up easily
Essential A path to mastery	Effort	Unnesscary Something you do when you are not good enough
Useful Something to learn from Identify areas to improve	Feedback	Get Defensive Take it personally
Use as a wake up call to work harder next time	Setbacks	Blame Others Get discouraged

## Parent Mindset Reflection Tool Mindset For Parents (Ricci + Lee)

- Your child gets nervous and does not do as well as you expected during a performance or an event. You say:
  - a)You were terrific!
  - b)It wasn't your best performance. I could tell you were a little nervous.
  - c) I can tell you are not happy with your performance. What do you think you can do to be ready the next time so you will feel more confident?

\*Which one foster a Fixed, Growth, or Neutral Mindset?\*

## Parent Mindset Reflection Tool Mindset For Parents (Ricci + Lee)

- You notice your child is struggling with a task. You:
  - a)Distract her with a different task.
  - b)Let her know that struggle is okay.
  - c) Help her with the task.

\*Which one foster a Fixed, Growth, or Neutral Mindset?\*

#### PARENT'S GUIDE TO A GROWTH MINDSET

PRAISE

FOR:

EFFORT

STRATEGIES

PROGRESS

HARD WORK

PERSISTENCE

RISING TO A CHALLENGE

LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:

"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM." Big Life Journal
www.biglifejournal.com



SAY:

"YOU CAN LEARN FROM YOUR MISTAKES."

"MISTAKES HELP YOU IMPROVE."

"LET'S SEE WHAT OTHER STRATEGIES

YOU CAN TRY."

FIXED MINDSET

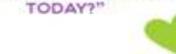
S YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE

**BORN WITH** 

ASK

"WHAT DID YOU DO TODAY
THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID
YOU TRY?"
"WHAT MISTAKE DID YOU MAKE

THAT TAUGHT YOU SOMETHING?" "WHAT DID YOU TRY HARD AT TODAY?"



**BRAIN CAN GROW** 

SAY:

"YOUR BRAIN IS LIKE A MUSCLE.
WHEN YOU LEARN, YOUR BRAIN
GROWS. THE FEELING OF THIS
BEING HARD IS THE
FEELING OF YOUR BRAIN

GROWTH MINDSET

YOU CAN

**GROW YOUR** 

INTELLIGENCE

THE POWER OF "NOT YET"

"YOU CAN'T DO IT YET".
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE YOU WILL!"

RECOGNIZE YOUR OWN MINDSET

DE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

### Resilience + T1D

- □ Praise for effort, strategies, progress no matter how small
  - □ *Teen* + *Time In Range*

- □ Failures + Mistakes
  - □ Learning Happens, Double Check That Carb Count

□Be Mindful of your own Mindset + Be Kind To Yours<mark>elf</mark>

## Fostering Resilience in TID: Wise words for adults + children

"Somehow we've come to equate success with not needing anyone. Many of us are willing to extend a helping hand but we're very reluctant to reach out for help when we need it ourselves. It's as if we've divided the world into "those who offer help' and "those who need help". The truth is that we are both."

- Dr. Brene Brown

## Discussion & Questions

# Individual + Family Factors That Promote Resilience

#### **Individual**

Temperament
Learning Strengths
Feelings + Emotions
Self Concept
Way of thinking
Adaptive Skills

Social Skills

1. Barankin + Khanlou (2008).

#### **Family**

Attachment
Communication
Parenting Relations
Parenting Style
Support Outside
the Family