



Empowering teachers, parents and students to  
choose wellbeing, even on the rainy days!

# MEET DR. JEN!



TIP #7 WITH DR. JEN

SPOT THE HOLES IN  
YOUR CHILD'S UMBRELLA

## TIP #7 WITH DR. JEN: SPOT THE HOLES IN YOUR CHILD'S UMBRELLA

Saying that our child's  
umbrella has a few holes is  
NOT a judgement. Each of our  
lives presents us with...

September 24, 2018







**WE ARE THE STORY WE TELL  
OURSELVES**  
**How we perceive the stressor  
matters**

# So what is going wrong?

“Bad” stress occurs when there is a mismatch in the demands of our environment and our desire or capacity to adapt and recover





### **NORMALIZE RAIN:**

**REFRAME OUR  
PERCEPTION OF  
CHALLENGES**



### **BUILD UMBRELLAS:**

**STRENGTHEN OUR WELL-  
BEING SKILLS**



### **CLIMATE CONTROL:**

**DO THINGS TO MAKE IT  
RAIN A BIT LESS!**



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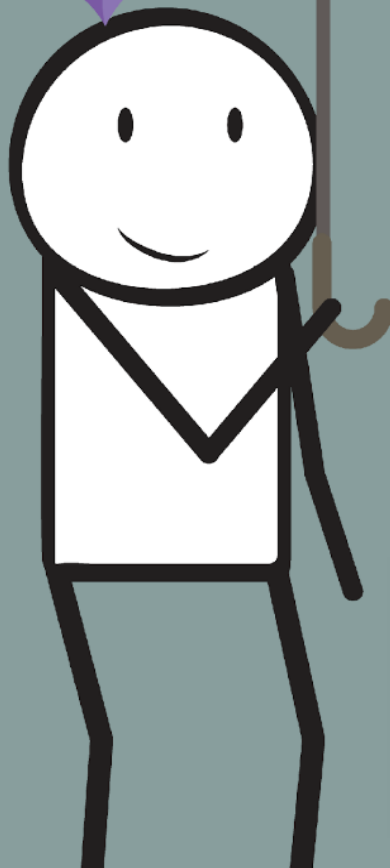
# Downgrade the rain

## 1. Teach your children to expect challenges as a normal part of life





FLEXIBILITY EMPATHY AUTHENTICITY  
PURPOSE GRATITUDE MINDFULNESS  
**GRIT RESILIENCE** INTRINSIC MOTIVATION  
COMPASSION



Umbrellas protect you from the  
rain and challenges are necessary  
to grow big umbrellas - the  
resilience vaccine

# THE UMBRELLA AS A POSITIVE FILTER

*“Positive stress (rain) is a normal part of the developmental process. When managed well, it has the potential to help children learn, grow and adapt.”*

*“Essential life skills such as coping with and adapting to new situations grow out of positive stress and children can draw on their personal strengths to cope with the demands that often lead to stress”*

*- Professor*

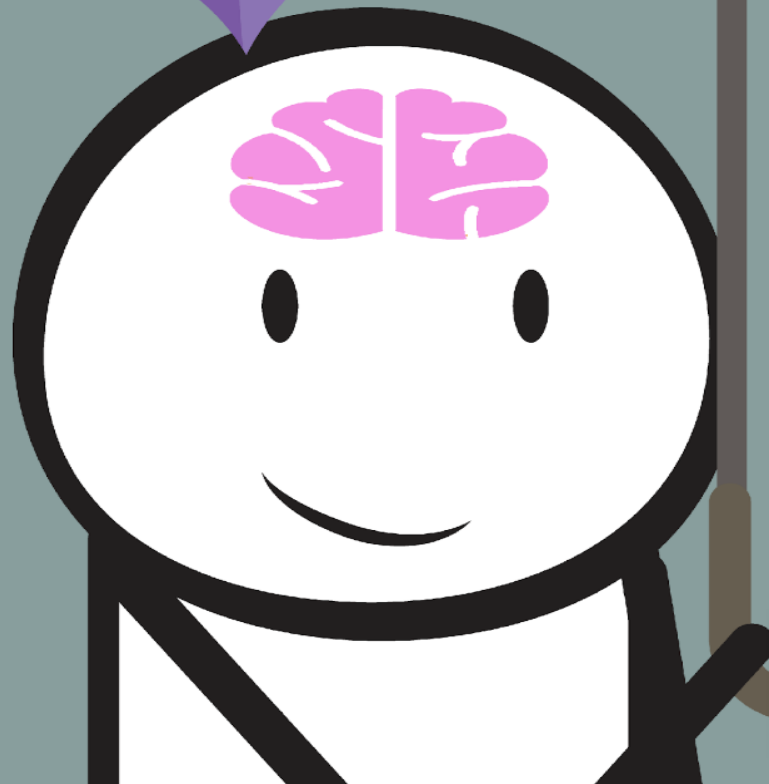
*Lea Waters*

**Waters, L.** (2015). The relationship between strength-based parenting with children's stress levels and strength-based coping approaches, *Psychology*, 6, 689-699.



RIT RESILIENCE

INTRINSIC MOTIVATION  
COMPASSION



Downgrade the rain  
3. Feed your brain

# BUILD UMBRELLAS WITH SKILL FLUENCY FOR YOUR COMMUNITY



TEACHERS/GUIDERS/  
COACHES



CHILDREN



PARENTS

# Evaluate Your Own Umbrella

UMBRELLAS COME IN ALL  
SHAPES AND SIZES



A purple umbrella with a brown handle and a white stick figure holding it. The umbrella is covered in various psychological terms. A small hole in the center of the umbrella is shaped like a five-pointed star. Raindrops are falling around the umbrella.

GRIT RESILIENCE

AUTONOMY OPTIMISM EMOTIONAL REGULATION EFFICACY HAPPINESS MINDFULNESS COMPASSION SELF-AWARENESS

COGNITIVE FLEXIBILITY PURPOSE GRADE

Strengths and holes

# STEP 1:

## COMPLETE THE SURVEY & TALLY YOUR SCORES

Name \_\_\_\_\_ Date \_\_\_\_\_

Wellbeing is the positive feeling we have when our mental, emotional, social and physical needs are being met. Wellbeing acts like an umbrella to protect us from the rain of life and is made up of skills that we can practice and strengthen. Each skill forms a piece of our umbrella and the skills work best together. They help us find meaning in our experiences and are highly predictive of our future success and happiness. Your umbrella is always growing and changing and this check-in will help you to understand which parts of your umbrella are very strong and which parts could get stronger with practice. The strongest umbrellas are made up of a mix of many wellbeing skills and are growing for our whole lives.

Please read the following sentences and choose the answer that best describes you. There are four possible answers:

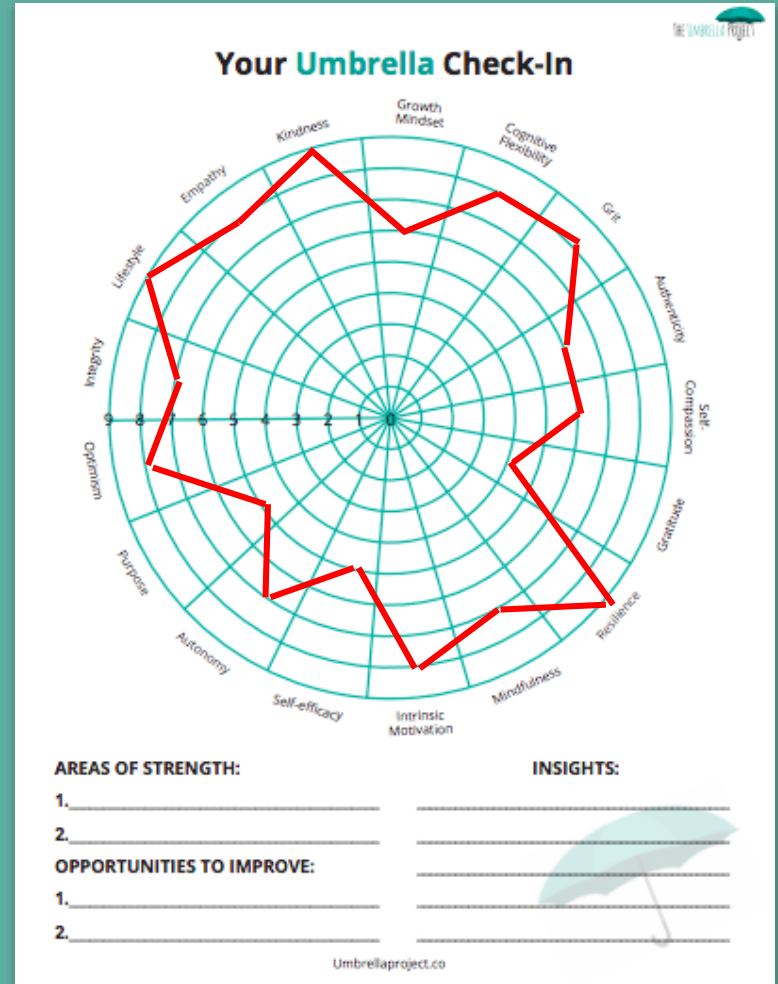
- 0 - Very seldom or not true of me
- 1 - Seldom true of me
- 2 - Often true of me
- 3 - Almost always true of me

<b>Empathy</b> 1. I am good at understanding the way other people feel 0 1 2 3 2. Before getting upset with somebody, I try to imagine how I would feel if I were in his/her place. 0 1 2 3 3. If I feel I'm right about something, I still take time to listen to other people's arguments. 0 1 2 3 Total Points:	<b>Kindness</b> 1. I care what happens to other people 0 1 2 3 2. When I'm kind to others it makes me feel good 0 1 2 3 3. I look for opportunities to be kind to others. 0 1 2 3 Total Points:
<b>Growth Mindset</b> 1. I can greatly change how good I am at almost anything by practicing 0 1 2 3 2. I prefer hard challenges over easy ones 0 1 2 3 3. I believe I can improve my intelligence through hard work 0 1 2 3 Total Points:	<b>Cognitive Flexibility</b> 1. I try to use different ways of answering hard questions when the first doesn't work 0 1 2 3 2. I enjoy trying new and unfamiliar things 0 1 2 3 3. I find it easy to switch from one task to another 0 1 2 3 Total Points:
<b>Grit</b> 1. Even when things get hard I don't give up 0 1 2 3 2. I try to stick with problems until I solve them 0 1 2 3 3. I finish whatever I begin 0 1 2 3 Total Points:	<b>Authenticity</b> 1. It is easy for me to tell people what I feel 0 1 2 3 2. I am happy with the kind of person I am 0 1 2 3 3. When I'm with friends, it's easy to be myself 0 1 2 3 Total Points:
<b>Self-compassion</b> 1. When I handle things the wrong way, I remind myself that everybody makes mistakes from time to time 0 1 2 3 2. When things are going badly for me, I see the difficulties as part of life that everybody goes through 0 1 2 3 3. When I'm feeling down, I try to observe my feelings with curiosity instead of fixating on everything that's wrong 0 1 2 3 Total Points:	



# STEP 2:

VISUALIZE YOUR UMBRELLA



# STEP 3:

REFLECT & DISCUSS

WHAT ARE THE MOST COMMON TYPES OF RAIN YOUR LIFE RIGHT NOW?

ARE YOU VIEWING THE RAIN AS A CHALLENGE OR A THREAT?

WHERE IS YOUR UMBRELLA THE STRONGEST?

WHERE DO YOU HAVE OPPORTUNITIES TO STRENGTHEN YOUR UMBRELLA?

WHAT OTHER PATTERNS AND INSIGHTS DO YOU NOTICE?

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# SO, HOW DO WE DO IT?



## **PLAY IN THE RAIN:**

**CONSCIOUSLY  
EXPECT AND EXPOSE  
YOURSELF TO  
CHALLENGES**



## **ROLE MODELLING:**

**CAPTURE STORIES,  
OBSERVE OTHERS USING  
THEIR UMBRELLAS AND  
CONTINUE TO BUILD OUR  
OWN UMBRELLAS**



## **POSITIVE PRIMING:**

**DELIBERATELY PRACTICE  
SKILLS OF WELL-BEING**

# Resources for Parents

Newsletter:

<http://eepurl.com/c62pPn>

Facebook Page:

<https://www.facebook.com/umbrellapjct/>

Twitter:

<https://twitter.com/umbrellapjct>

# Resources for schools

[UmbrellaProject.co](http://UmbrellaProject.co)

[drjen@umbrellaproject.co](mailto:drjen@umbrellaproject.co)

