



Learning Together:  
An Inside Look at Resiliency and Well-being in  
Children and Adolescents

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Lauren Boyle, LCSW, has worked in the Northern Virginia Region for over 20 years and has been in private practice for 17 years. After receiving her Bachelor's in Social Work from James Madison University, with a minor in Family Issues, she completed graduate studies at Virginia Commonwealth University, attending the Advanced Standing Program and receiving a Master's in Social Work. Lauren has been an LCSW since 2005.

Areas of clinical interest include anxiety, crisis stabilization, depression, co-parenting, divorce/separation, school avoidance, self-injury, and self-esteem. Lauren works with individuals and families. Lauren is on the Board of the Backpack Buddies Foundation of Loudoun.

# Today's Goal



## Explore Well-being and Resiliency

- Define well-being and resiliency
- The formation and dismantling of well-being and resiliency
- Discuss the intersection between resiliency and well-being
- Look at resiliency and well-being in the specific context of children and adolescents
- Supportive strategies to promote growth of well-being and resiliency



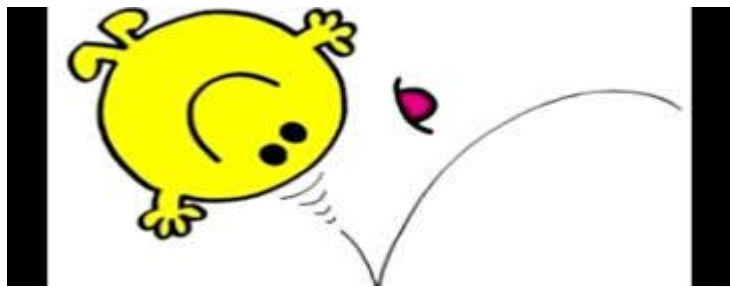
# Well-being



## How do we define well-being?

- Ability to function optimally in our daily lives
- Stability related to self-worth and self-esteem
  - Self-worth: A feeling that you are good person that deserves to be treated with respect
  - Self-esteem: Confidence in one's own worth or abilities

# Resiliency



## Definition:

- The capacity to recover quickly from challenges
- The ability to spring back into one's baseline state
- Aptitude for resourcing
  - Resourcing: Knowing who, what, & when to ask

# Building



Resiliency

Self-esteem

Well-being

Self-worth



# Factors that Impact Well-being and Resiliency

## Formation

- Interpersonal Relationships/Resourcing
- Realistic Expectations
  - Achievable goals
  - Learning new skills
  - Appropriate consistent responses
  - Reflection/emotional awareness
- Insight
- Optimism
- Mindfulness

## Dismantling

- Anxiety and depression
- Trauma
- Flight vs. Fight
- Negative self-talk
- Discounting
- Comparisons
- Value

# The Intersection of Resiliency and



## What do they have in common?

- Self-compassion
  - Kindness, connections, balance
- Self-worth/Self-esteem
- Self-awareness/Insight
  - Strengths & Weaknesses
- Connections
- Mindfulness
- Achievable goals/learning new skills
- Hopefulness
- Problem solving skills
  - Minimize escalation, maximize control
  - Take action, make a plan



# Applicability in Children and Adolescents



- School
  - Assertiveness
  - Self-advocacy/classroom participation
  - Avoidance/Impulsivity
  - Hyperfocus
- Home
  - Open communication
  - Isolation/withdrawal
- Community
  - Activities
  - Social situations

# Supportive Strategies



- Comfort
- Descriptive Praise
- Role-modeling
- Self-care:  
Active/Relaxation
- Open Communication
- School Support
- Fostering Friendships
- Therapy

# Questions & Comments

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